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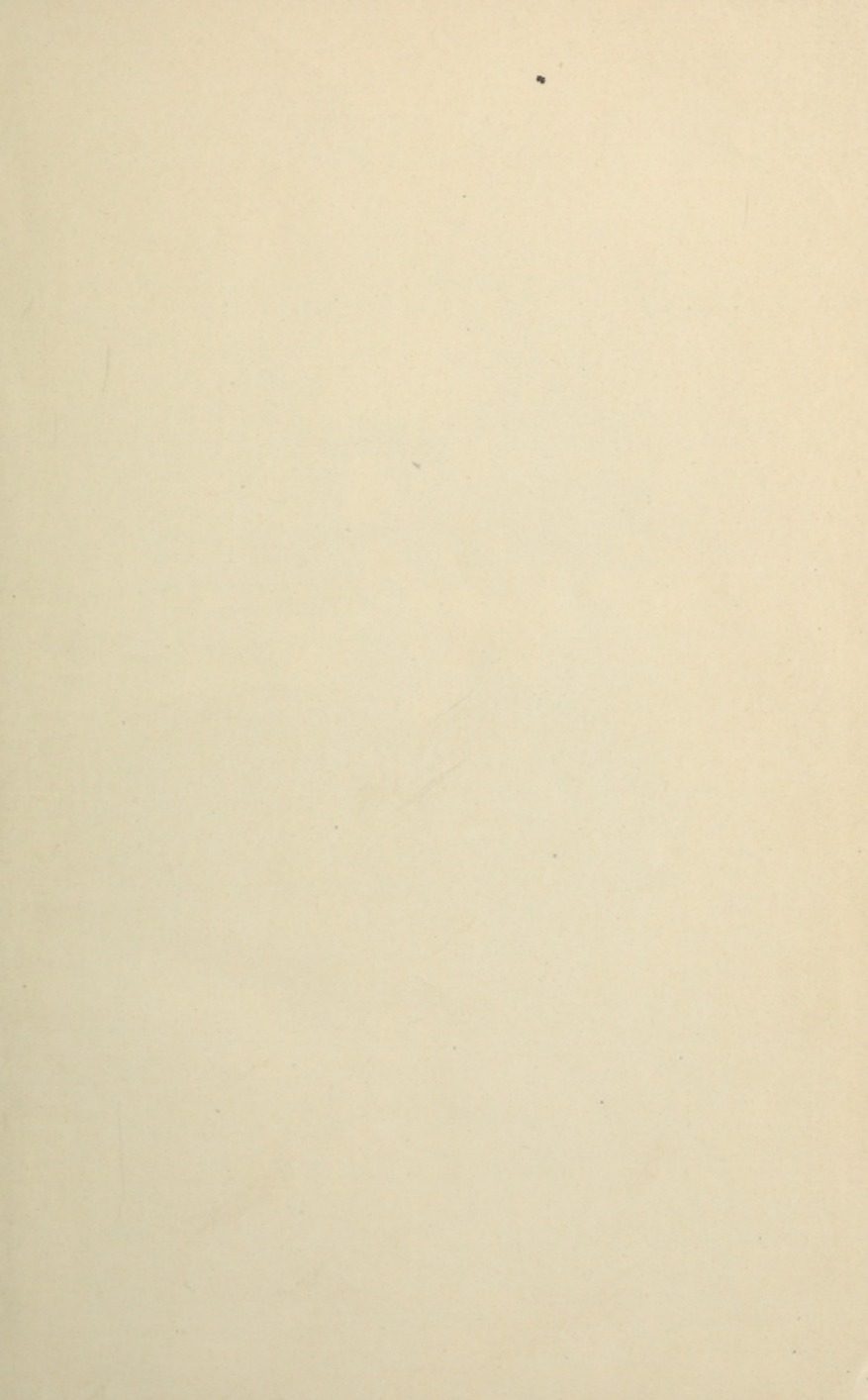
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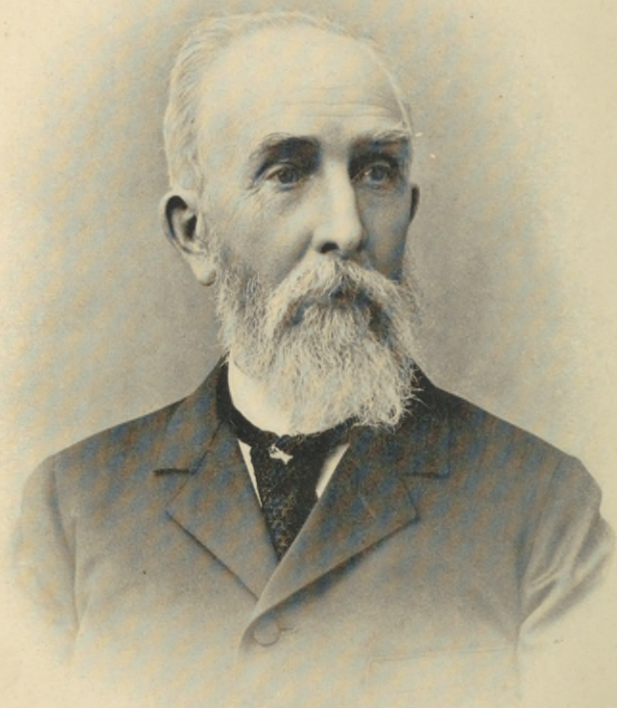
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MARVIN E. CONGER, M. D.

THE NATURE CURE

BY

Physical and Mental Methods.

ILLUSTRATED.

A BRIDGE FROM THE OLD TO THE NEW; THE DAWN OF A
NEW DAY IN MEDICAL PRACTICE. A CLEAR,
SHORT-CUT TREATISE ON THE
CAUSE AND CURE OF
DISEASE.

The Light Turned On.

BY

MARVIN E. CONGER, M. D.

ASSISTED BY

ROSAMOND C. CONGER, M. D.

SECOND EDITION.

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PREFACE.

A SEEMINGLY irresistible impulse, stimulated by my past experience and observation, and a constantly increasing demand for more light regarding the cause and cure of disease, has led me to prepare this volume for the public good.

I have put aside every consideration that could tend to shadow or prevent a free, frank expression of the truth as it has been many times demonstrated.

Crucial tests are applied to old and new methods and remedies; only the best will stand.

A revolution is on in medicine; the present popular medical system is being tried as never before. People begin to think; the next step will be to act. This book will prepare the way for both thought and action.

Because of discoveries in the past half century, very much of the old has been superseded; this is especially true in medical practice.

Only methods and remedies tried and proven successful have been accepted for this book; theories and experiments with poisonous drugs, or surgical operations, are justly condemned. Every person with a common English education will, with study, be able to heal himself and family without danger or experiment.

The most powerful healing agents, methods, and remedies we use are simple and safe.

This work is free from the technical rubbish that makes up a majority of medical books for the home.

The key to every chapter is the one important truth, that sickness is a result and may be prevented.

The search-light of truth has been turned on to all old and new methods, and a clear, short cut to health, prosperity, and happiness pointed out.

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CHAPTER I.

INTRODUCTORY.

IF the elixir of life is ever discovered, it will be the result of an intelligent understanding of the life-giving influences of sunshine, air, and water. The search for the elixir of life in the chemical laboratory, or in the animal or vegetable kingdom, will be a failure in the future, as in the past.

Prompted by Selfishness.—Thus far the search for a condition of perfect harmony has been prompted by too much selfishness; an effort has been made to discover something, some material substance, that would palliate, not limit, but license humanity to gratify sensuous appetites and passions; something that could be taken—as we drink a cup of water—that would prove an antidote for any and every violation of mental and physical law. To discover something that would give life, overcome the effects of transgression, and get a corner on the discovery, has led men to ransack every nook and corner of material existence, for the one selfish purpose of gain.

Air and Sunshine Free.—If air, sunshine, and sunlight could be cornered, we would soon discover their value. There is no other physical influence so powerful as sunshine to prevent and cure disease. We cannot live without air for our lungs; we could not live many days if the air was not purified by sun-heat and light. In chasing after some supposed

elixir, we have overlooked the all-healing, the most powerful, most potent of all physical agents, the sun. Although we all know the necessity of having air to breathe, only a comparatively few realize the necessity of having an unlimited amount of air, *pure air*, to maintain life, health, vigor, and harmony.

Water, and Its Relations.—Without air and water, the *short cut* to health would be superfluous. Water is one of nature's necessities, an important, powerful element in world-building, in life-sustaining. Water is one of the positive constructive agents of worlds, in mineral, vegetable, and animal life; its influence has been in the past limited and ignored by old school practitioners. This is not strange, as we know the best things, the best thoughts, are always destined to *fight* their way to the front. We could not have a world to live in without water; we could not live without water; we cannot have health without water; *we can without drugs*; we cannot cure the sick without water. A brief study of the elements of water, its influence, its power for good or evil, will suffice to prevent old-time medical depreciation.

Sunshine, Air, and Water.—If the contents of every corner drug store, medical case and medical college could be dumped into the sea some dark night, life would go on as usual; no deaths would result. On the contrary, thousands of lives would be saved; life would be prolonged in many thousand instances.

Drugs Not Necessary.—Drugs are not a necessity for the well informed; they may be considered

by many as a convenience, but they cannot be classed as a necessity, as are water, sunshine and air. Shut away sunshine and air, or dry up the fountains of the great deep, and we would soon perish. To neglect the use of water as a preventive of sickness is to invite disease. By using water intelligently, sickness may be prevented; by study and observation of the necessities of life, sunshine, air, water, food and exercise, sickness may become a relic of the ignorant past. Sickness is not a necessity; it is always a result. This I intend to make clear to every reader of this book as I proceed.

Four-Fifths Water.—Four-fifths of the blood in the human organism is water; two-thirds of the bulk-weight of the body is water. The blood is the river of life. How very important that this river should be pure and sparkling as a mountain rivulet! It can only be made so by supplying the daily waste with the elements that make blood. Blood cannot be made of drugs, *nor purified by them*. Pure blood is made only by pure food, pure water and pure air; healthy blood must be sweetened with sunlight and heat. Pure blood signifies perfect health; impure blood affects the brain immediately, and is reflected upon every portion of the physical form. Clear mental and spiritual expressions are dependent upon the brain; therefore, how important that the blood should be pure. Physical disease is not possible so long as the mind has a clear, healthy brain to reflect mental expressions.

The Free Gifts.—The attempt to compare the value of sunheat, sunlight, air and water as health pro-

motors, disease preventives, with any or all of the thousand schemes of chemist, druggist or physician, would be as absurd as to compare the flash of a tallow dip with a streak of chain lightning in a dark night.

Every Step a Mistake.—Every effort of dyed-in-the-wool drug doctors tends toward mystifying the people and keeping them in ignorance of the value of natural remedies and certain preventives of disease. Earth and sea have been searched for remedies, while the most potent, natural, inexpensive, safe and sure methods and remedies have been ignored, because they cannot be bought up, cornered, or put up in packages and a patent label placed upon them; this will prove in the future as in the past a patent mistake.

The Masses are Not Posted.—Why are the common people ignorant regarding matters of the most vital import? Have they not supported the professions of *Law, Theology and Medicine* for many centuries? Yet four-fifths of the race are more ignorant regarding the natural laws of health than the birds or animals, wild or domestic. Be not ruffled, you who have learned the value of bathing, but step into your neighbor's home and see how quickly they shiver and tremble if you suggest the value and necessity of a daily towel bath that consumes but little time and is attended with only a trifling expense. Step into the home of your next-door neighbor, who has a sickly baby looking very much like a potato sprout grown in a dark cellar, and suggest that a little sunshine be let into the home through those barred windows—two sets of curtains and blinds. Because of these conditions the child is dying.

Air Suffocating.—Go to the next neighbor, and there find the lady suffering from a cold, and rheumatic and neuralgic pains; the air of her bedroom is vile; it is suffocating, poisonous; you can hardly endure the odors for ten minutes. Protest with her, entreat her to open a window and let in some fresh air and sunshine, and she will say, "Oh! I shall take more cold!" She will shiver and wrap her shawl more closely about her diseased body, while her family physician makes no suggestion of baths, pure air or sunshine. How can he afford to, poor fellow? In many cities and villages, a day, a week or month may be spent in finding a baker's dozen who have any knowledge of the value of pure food, air, water, sunshine and sunlight. Is it not a fact that the people have paid for something which they have not yet received? Will they not soon begin to assert their rights? Will the Short Cut to Health put a flea in their understanding? That is its object.

Doctor Signifies Teacher.—Originally the doctor was a teacher; in the near future honest doctors must become teachers or their occupations will be gone; there is a large and constantly increasing demand for them.

Drugs a Deception.—The very foundation of the drug practice rests on deception. How many would take the vile, poisonous potions did they intelligently understand what they were taking, and knew the exact truth, the experiment of the dose? Not one in a thousand. The Latin label, the Latin prescription means *I know but you don't*. The patent medicine maker and vendor covers his secret with a patent, and

deception controls the business. If all these schemes of druggist, chemist and doctor tended to reduce disease, to lessen the varied complications of sickness and suffering, to prolong the life of young and old, we could well afford the deception, the fearful experiments, and lastly, the enormous expense. But when we see on every hand the great increase of sickness, weakness and dependence upon doctors, we are stimulated to make every possible effort to change the current of thought which trusts in a system that is not scientific—as it claims—is not demonstrable, is always experimental, is sustained and lives only by the ignorance and neglect of its patrons.

Too Much Trust.—Trust is a virtue, and like other uplifting attributes of humanity may be indulged in beyond a reasonable limit, proving a curse rather than blessing. It is surely a mistake to trust our lives to the care of doctors, no matter how good and trusty they may have been; the best and wisest make mistakes; each and every one should understand something of the personal demands of their own lives; doctors should be called as counsellors and teachers. Physicians well know that nursing is of vastly more importance than any drug prescription they can write; the nurse must be informed in all the simple laws and necessities of life in order to be a good nurse. The short cut to health will make many hundred valuable suggestions that will aid all those who are ready to trust themselves more and doctors and experiments less.

One Disease.—All pain, sickness, weakness, low vitality and deranged nerves, we call disease, one

disease with many expressions. Disease is want of, or lack of ease; any condition that disturbs the normal condition of harmony is cause, and disease the result. We shall never reach our highest physical, mental and spiritual estate without an understanding of basic principles. Simplicity of teaching and brevity of expression are the demand of this wonderful epoch. Everything that relates to health, sickness or therapeutics, should be made so simple that those who have only a common education may be able to understand. Health must be made catching; sickness must be the exception instead of the rule as at this date. This is possible and may be easily accomplished. It does not require that mountains be removed, only a few mole-hills of ignorance and neglect; it is far easier to live in harmony with good health laws, than to violate them and suffer the penalty.

Another Truth needs to be indelibly stamped upon every life; it is this: All violations, physical, mental and spiritual must be atoned for; a recognition of this law, of this truth if realized, would revolutionize the moral and physical habits of the people in a very brief period. Every conceivable scheme, theory, discovery, invention and deception has been drawn upon to evade and subvert the infinite law of results. The professions have been called upon to provide some escape for disregard of infinite law; the church provides a religious escape for all violations—a pardon—the doctor provides pills, and the lawyer is paid well to distort the law; the masses have been trained in the past to accept of these schemes, but they will not in the future. If we stop to think and look at this subject squarely for

a single hour, we know that neither the church, the doctor nor lawyer can change or modify infinite law, which says the one who sins must suffer. The wages of physical violation of law is sickness—*pain—there is no escape.* The church should teach obedience, the doctors right living, and lawyers the justice of infinite law. Let this broad, just, all-inclusive law of cause and effect be recognized, and sin and sickness will be quickly relegated to the past.

Why Demoralized?—The present demoralized condition as regards health, society and government, is a result of causes; views of cause and effect have been limited by selfishness; the clergy must ease the conscience, the physician the pain, and neither is expected to suggest a remedy that will reach the cause. If the doctor succeeds in easing pain by paralyzing the nerves with a deadly drug he has won the confidence of his patient, and is pronounced *the best* family doctor. Should clergyman or doctor suggest that the transgression of law must be atoned by suffering, that palliatives only soothe and do not remove, that nothing less than full atonement will satisfy infinite law, the tendency at once would be towards obeying.

Our Public Men.—When such noted men as John A. Logan, Roscoe Conklin, Secretary Gresham, President Grant, Senator Carpenter and Senator Hill die just in their prime, the nation is shocked and asks the cause; the doctors respond, but in what manner? By naming the cause as some disease but little understood and most mysterious; heart failure is a very common explanation. Aconite killed John A. Logan; a small three-quarter inch surgical instrument similar

to a joiner's chisel, was driven into the head of Roscoe Conklin to remove pus supposed to be collected there, the result of cold and exposure in a severe storm. The Short Cut Vapor Bath would have removed the cold in twenty-four hours, but Dr. Agnew would have pronounced it quack treatment; his treatment was "*regular*," but it killed a strong, healthy man. Secretary Windom died of heart failure, so-called; I believe it was stomach failure, failure to digest a big dinner immediately succeeded by a lengthy, intricate discussion of finance. Secretary Gresham died from lack of vitality to overcome disease and the doctor's drugs; I believe the disease alone would not have caused his death. Of course his heart failed just the moment he died. Senators Hill of Georgia, Carpenter of Wisconsin and President Grant died of the tobacco habit, Hill and Grant of lip cancer; Carpenter broke down and became a nervous wreck from smoking a large number of cigars every day, and his heart failed. I have made brief mention of these noted cases in order to call the attention of the reader to facts that are purposely overlooked by the medical profession.

The Law of Resistance.—Without power to resist, the fittest do not survive. Appetites must be restrained. Neither of those able statesmen previously mentioned, would have died in their prime had they learned a very important lesson: simply to control their appetites, husband the life-giving and life-protecting forces, and to trust to good nursing, instead of drugs and surgical experiments. Because disease does not attack heart, lungs, stomach, liver or kidneys,

it is no evidence that disease is not undermining the resisting forces; the vital organs may endure a long siege of abuse, but remember the office of those organs is to manufacture the elements used by the unseen life force as a resisting and perpetuating power; therefore, every excess, every neglect to sustain the vital organs and functions, lessens our powers to resist, consequently shortens life.

True Heart Failure.—Death is surely a result—should be natural and painless—and does not come in sickness until the life forces are exhausted or overpowered, or until the physical resisting forces fail. This is the only true heart failure. If the stomach and other digestive organs are constantly overtaxed to gratify a depraved, abnormal appetite for food, tobacco or strong drink, the brain may be weakened for want of nutrition, the nerves deranged, and yet no external sign of disease for months or years; but an extra demand on the life forces causes the draft to be protested, and “heart failure” and “divine providence” sum up the tale of a premature death. Heart failure and divine inscrutable providence make a convenient drop curtain; friends and society are satisfied, but truth and justice go into mourning.

Health Important.—If health in this as in all past ages is the most important subject of life, if this is really the fact, then the first duty we owe ourselves and posterity is to be able to maintain health under all circumstances. Ignorance and neglect are acknowledged causes of the present low state of health.

The Old Methods a Failure.—The old methods have proved failures; disease has as rapidly increased

as new-fledged doctors; the more doctors, the more sickness. The time has come to face these facts and to demand a radical change. If humanity are determined to be doctored and drugged, is it not wisdom and good common sense to choose your physician, and refuse to take deadly poisons? There are a sufficient number of safe remedies if people will teetotally refuse dangerous ones.

New Methods.—The past fifty years have developed many new and very remarkable methods and remedies. Some of these have become popular and in many localities—in nearly all—sanitariums and health resorts have supplanted the old. Homeopathic, eclectic and reformatory medical schools are common. Magnetic, electric, massage and movement cures, methods for compressing air, mental and spiritual science, Christian science, prayer, faith and divine cures, and many other methods are before the public. Some of the old schools have modified their systems, others have invented methods and schemes simply diabolical; general tendencies are in the line of more safe and simple methods, less experiment, more trust in Nature's methods and remedies.

Note This Point:—After more than forty years of observation, I have never known of one case helped in the slightest degree by drugs, which failed to be cured by Nature's remedies and methods. I have known and read of thousands of cases given up by the regulars and their councils, that were restored in a very short time by calling in a reformatory doctor, who often receives the significant name of quack, which in plain English denotes an honest, independent physician.

The "Regulars" are Jealous.—The simon-pure orthodox regulars, who want to be regulators, are jealous of all these new-fangled quack notions and methods of cure, and would, if they could, turn the world and the people upside down in order to suppress these cranks and cranky methods; they might as well try to turn the Mississippi river up-stream, or command a blizzard or cyclone to cease. When this nation becomes really free, as it will in the good time coming, compulsory vaccination and all similar schemes, dangerous and infamous, now encouraged, will be abandoned; unscrupulous doctors who have labeled themselves regulars, will be compelled to seek other fields for their efforts. In that good time, people will choose the kind of treatment they desire, or have no treatment, which is often the best.

A Mistake.—As no two human beings are alike physically, mentally or spiritually, it is a mistake to dose any two of them alike when sick. It is a notorious fact, however, that our drug friends, the regulars, those who think they have reached the ultimate, in seasons when epidemics or fevers prevail, will go from house to house in their round of calls, and dole out the same drugs to all alike, only varying the size of the dose to suit age and condition of the patient. This is no doubt professional, but a grave mistake. A complete diagnosis would at once pronounce the course unscientific and dangerous. If their remedies were Nature's own, such a course would be perfectly proper. Why? Because no harm could come from using any of the non-dangerous remedies. The twentieth century doctors will be

wise, broad and honest enough to choose the best methods and remedies for each patient, who will not all be ground through one drug mill, the mill of one school. No special mills, medical, political, or theological will be necessary in the better time near at hand; the wise, gifted ones will become teachers; prevention by right living will take the place of all barbarous medical schemes now at full tide; light will dispel darkness; knowledge will take the place of ignorance; order will supersede neglect; health and harmony will be the rule, sickness the exception; babies will be born well, well born; when the ripeness of age comes, sickness will not be a necessary cause for death; the second birth should be one of health. Let me die as the golden ripe fruit drops from the tree, without pain or sickness.

CHAPTER II.

CAUSE OF DISEASE.

THE study of medicine in the broad and popular sense, is most important. To know how to prevent sickness, is an attainment that ranks with the highest upon this physical plane. The study and practice of medicine includes *all* remedies, methods and systems, although often understood to signify only the drug system. In studying cause and cure of disease, I wish to simplify as far as possible. Disease is want of ease; disease is pain. I am unable to see any benefit gained by giving disease a hundred or a thousand names. On the contrary, giving of names to different expressions of disease is a gross and dangerous error. It is, from my point of view, one of the most potent influences for increasing disease by mental impressions.

Disease is a Unit.—This position will be accepted by the profession in the near future, as now outside the profession by most intelligent students. Now let us reach the cause of disease by a short-cut, straight ahead course, going directly to the fountain of physical life—the blood; we find the blood to be a great commercial highway; its office, to carry food to every part and portion of the human structure; returning, it carries away the debris, the excrescences. Infinite law designed that this stream of life should not become high, low or impure, and it cannot if the supplies are kept pure.

EXPLANATION OF THE CHART.

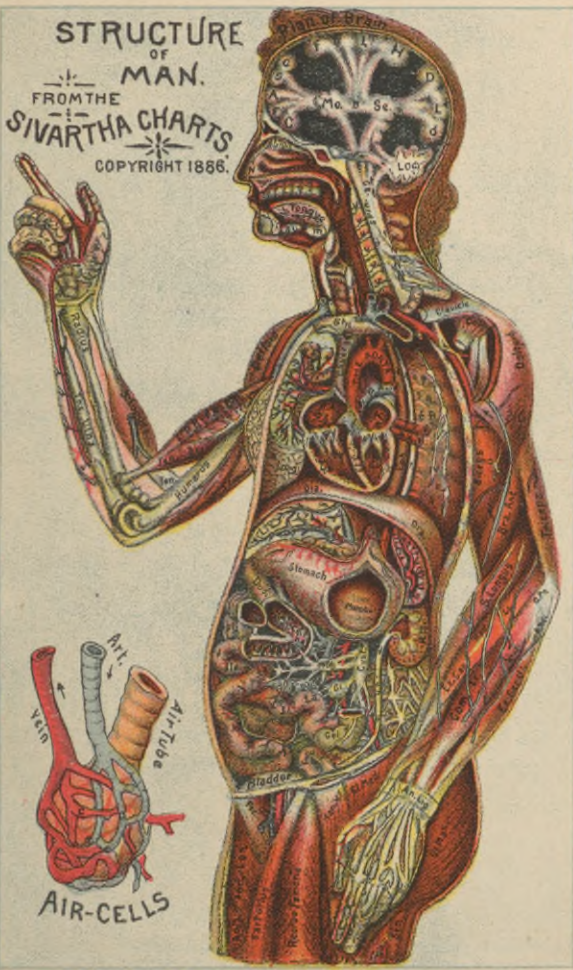
THE STRUCTURE OF MAN.

THIS admirable dissection of the body displays in a very striking way the vital mechanism of the internal organs, and the connected manner in which they perform their functions. We can trace the food down the œsophagus to the stomach, and then its course along the lower digestive organs. Just below the stomach, the small intestine has been laid open to show how the villuses and lacteals, *LA, LA*, absorb the nutriment from the food, carry it back to the chyle-cyst, and then up the thoracic duct to be emptied into the veins at the neck. Then it passes to the heart, to be sent out over the body. Back of the stomach the spleen is shown, and below this is the kidney, each of them dissected. The diaphragm, *DIA*, is a muscular partition separating the chest and the abdomen. Just above the stomach coursing through the liver veins are seen.

The right arm is dissected, to show the action of its muscles. On the left arm the external muscles are seen.

The general plan of the brain is shown in the head, *MO* is the motus or center of motion, and *SE* is the sensus or center of sensation. From these centers the bundles of nerves branch out to the surface and terminate in clusters of microscopic cells.

STRUCTURE
OF
MAN.
FROM THE
SIVARTHA CHARTS.
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A Sin and Crime.—To corrupt the river of life is a sin, a crime; there is no atonement for this sin; the penalty *will follow*. Anything interfering to obstruct or poison the stream in any manner may cause a commercial crisis, a fever, pain, congestion or inflammation and disturb the smooth, natural course. Every part of this river of life is dotted with stations and signals; if an enemy gets into the stream, the distress signal—pain—is raised. Every ancient and modern discovery and invention have been adopted along the line of this beautiful river; pumps, strainers, filters and the latest compressed air methods of purifying have been adopted by the infinite designer, to secure and perpetuate the purity of the river of life, the blood, for the very good reason of its universal importance. If by neglect, ignorance, vitiated appetites or any excesses whatever the blood becomes impure, sickness will follow.

Sickness Impossible.—If the blood is kept pure sickness is impossible except by accident or calamity.

Ignorance the Cause.—Ignorance is surely a primary cause, the cause of causes. Sickness is a result. We may know and partially realize that a violation of health laws will result in sickness, but habit and tradition may hold us to a continued violation, until disease is upon us. Ignorance and neglect are cornerstone causes, and while none of us like to be classed as ignorant, the intelligent physician well knows that *a great majority* of humanity are grossly ignorant and negligent upon this most important subject of preserving health.

The Result.—The present condition of the masses, is the natural legitimate result of turning over to the doctor the whole subject of health. Do we not know that doctors are human, ambitious and selfish, like too many others? Therefore the reason of the ignorance that prevails is plain to be seen. We know that fire will burn the body and cause pain; pain is disease; water will cause death by drowning; gas by asphyxiation—suffocation; strychnine, opium and many other deadly poisons will cause sickness by paralyzing the nerves and poisoning the blood; these facts are well-known causes of sickness and death.

Serious Consequences follow ignorance or neglect of these facts; cause should receive first attention. Universal infinite law will not be, cannot be violated without serious results, *sure* to attend every violation sooner or later.

Increased Tax upon the Vital Organs.—With increased facilities for money making, comes a greater tax upon nerve and brain; this means that all the vital organs are required to do extra work, and in consequence more attention must be paid to breathing. The farmer, the mechanic, the merchant, and the people's public servants should one and all make a note of this important fact: *the more breath the more life.* Poorly ventilated offices, sleeping rooms, living rooms and nurseries are objectionable; there must be an abundance of pure air and sunshine if the occupants would avoid disease. Ladies' parlors are too often sunless and airless, although flyless, and as dark as dungeons, like the fashionable club houses and churches seldom used; seemingly, the darker the more

impressive. Increased opportunities for gaining wealth, has increased the desire for gratification.

Gratification is Lawful.—Gratification is not a sin; proper amusements, simple life-giving recreation and relaxation, should be encouraged and recognized as a necessity for health and life. The husbandman who understands the use and necessity of giving his fine stock of colts an opportunity to run and kick up their heels, should quickly perceive the importance of giving his boys and girls similar opportunity. A neglect to do so may prove a cause of disease.

Insufficient Rest.—The law of rest is one of the fixed, immutable laws; its continued violation is a cause of nerve disease, of nervous prostration. The nerves are elastic, as well as the muscles, and will endure much overwork; but a time comes when endurance ceases to be a pleasure with the nerves, if not with the pleasure seeker, and they cry out for rest. Overtaxing the nervous system is a great mistake, and cause of the many nerve complications of the present day. Late hours, over-eating, the drinking of stimulants, as tea, coffee, beer and wine to spur on the nerves, overwork them; all excesses that tend to limit the necessary amount of rest, overtax and are fatal to good health and a successful career in life, no matter what the profession or occupation.

Hereditary Tendencies.—It is convenient and often quite satisfying to lay our sins of commission and omission upon parents and grandparents to the third and fourth generation, but the nineteenth century thinkers and investigators have demanded proof; neither demonstration nor logical proof can be pro-

duced; say-so's and traditional beliefs are not sufficient to establish the important proposition of heredity. The present thought is, we may inherit *tendencies* good or bad, but we lack proof that humanity do or must inherit the errors, the excesses, the debaucheries or their effects of parents or grandparents.

Children Innocent and Free.—The child is innocent and free at birth, and although manifesting inherited tendencies, they may be easily overcome. Right living is the panacea, the cure-all; an understanding of the laws which govern physical, mental and spiritual life will neutralize all hereditary tendencies. Right generation is one of the virtues of right living. *Parents!* this thought is important and far-reaching.

Climate and Malaria.—Climatic influences develop and modify, but do not cause disease. People who have lived on drugs until their systems are saturated, are much benefited by getting away from their home climate, because they usually leave their drugs and drug doctor at home; this change is always beneficial at least for a time; the change of diet, the society—social—change, all are important factors. If the family physician recommends some hot spring sanitarium as is often the case, the baths, massage treatment and copious draughts of water used, purify the temple of life, carrying off the poisonous drugs, with other health-destroying accumulations. In a few weeks behold a radical change for the better. Of course, the climate gets the credit mainly, but the facts are common-sense methods as taught in this book have been used. Malaria is a myth; when the resources of the orthodox drug doctor are exhausted, remedies have

failed to kill or cure, he discovers that his patient has malaria and must be removed to some anti-malarial climate; rich or poor, he must go; the doctor is glad to get rid of his patient, who is fortunate in getting away alive. Twenty-four to forty-eight hours of Short Cut bilious attack treatment would have cured the patient.

No Perfect Climates.—If doctors did their duty to those dependent ones who pay them well for what little health they have, they would teach that more—a hundred times more—depended upon right living than upon climate; we ought to be well and enjoy life in *any* climate. Command your appetites and passions; rise above surroundings; make your environments healthy and harmonious, and you need not run after climates, nor from districts labeled malarious. Many people need frequent change of scene, and should close up the home and make the change when the impulse or inspiration indicates. There are no perfect climates; all have their unpleasant features. The writer has carefully examined, lived in favored and unfavored climes, and enjoyed health in all alike.

Direct Material Causes.—In addition to what has been said, I will now name the most positive and direct material causes: All drugs, including tobacco, all stimulants, all excesses of over-work, over-eating, sleeping, dancing and over-study; extremes of selfishness, ambition, jealousy, pride or passion; deception in high or low prices, whether by pope, priest, doctor or lawyer.

Mental Causes.—A gossiping man or woman may be a serious cause. The tongue should be bridled; it may create inharmony and attack the life centers.

Inharmony is a direct cause of disease which often results in some criminal act. Other causes might be placed in the list, but are not general; they are mostly related to, or results of, a violation of those enumerated. Constipation is said by some of the profession to be the "mother of maladies;" constipation is disease, and disease is an effect.

Everyday Causes.—Before dismissing this most important subject connected with medical practice, I desire to call especial attention to some of the most common everyday causes. *First:* The drugging habit. If I could present in a panoramic view the mighty destructive results of the drug system for one day, a revolution would be on; add to the dark picture the untold millions of dollars paid for the drug curse, and the view is appalling. *Second:* My second picture shows the sickness and distress everywhere present, resulting from gratification of abnormal sensuous and sensual appetites and passions. But, says my critic, what are our appetites and sensual passions for, if not to be gratified? I answer, they are ours for a grand and noble purpose: That purpose is for life, pleasure, and natural gratification; we are blessed with reason as well as appetites. If our reasoning faculties are educated and intelligently brought to bear upon all subjects of interest, the natural expression will rule our lives, and sickness be a relic of the past; no one cause is more prolific of sickness than the gratification of appetites, our tyrannical masters. *Third:* The goddess fashion is an insidious cause of disease; no tyrant is more unreasonable, no foolishness more foolish. Fashionable people have little else to do; they have

only time to follow the goddess. This, no doubt, is a wise provision that the fashion hunter should be busy. What a calamity to the world, should dudes and dudesses be out of a job! Every article of clothing, fashionable or otherwise, that limits the free and healthy action of any organ or function of the body, is a cause of disease. These are positive physical causes in the make-up of every fashionably dressed woman.

Ridpath says that "man is without question one of the most long-lived animals inhabiting the earth; and the supposition of great duration, past, present and future, for the human race, is in accordance with right reason and scientific deductions." Man can live three times his now allotted time, if he will observe the laws which regulate the physical universe. He digs his own grave with his own teeth and reckless passions.

Big Dinner Results.—Torpid livers, indigestion and big dinners are as cause and results, in perfect harmony; I may add bilious attacks, sick headaches, paralysis, epilepsy, obesity, gout, heart failure and a score of expressions of disease are big dinner results. The stomach fails one hundred times to the heart once. In addition to the above causes, there are hundreds of cheap, worthless preparations called food and drink put upon the market, because of the money made in their sale, which rob the poor, destroy digestion and produce disease and death. This is a good field for the medical missionary. Take this hint and learn to discriminate.

Prolific Cause.—Disease may be caused by unbalanced conditions, as when one part of the system becomes so excitable that it draws off the warmth of other parts, leaving them cold. Overheating causes

inflammation, inactivity and chronic disease of the parts drawn from. The parts of the body most liable to inflammation are, the brain, stomach and epigastrium, the sexual organs, and the small of the back. One prolific cause of disease is in allowing the lungs, liver, hips, knees and extremities to become too cold. Disease is also produced by allowing the body or even a part of it to receive a chill.

One Physical Method of Cure.—If the blood becomes impure from any one or number of causes, there is only one physical method yet discovered, or ever can be in the very nature of its make-up, that may be *safely* used to cleanse it, viz., the remedy prescribed in this book, *hot lemonade*.

Come, Let us Reason Together.—Heat is life and cold is death, was the theory of the "*Thompsonian practice*" and text-books forty years ago, and these are important truths involved in the action of cold and heat. Any chemical forms of alkaline poison injure the life of the blood, therefore are not safe remedies, or natural cleansing medicines for the blood. Hot water and acid of the lemon will cleanse the blood, as soap and hot water do the linen. Hot lemonade is also an antidote for blood poison.

Drugs Absurd.—Further, it is just as absurd to dose the stomach with poisonous drugs in cleansing the blood as it would be to use poison in cleansing the linen. What becomes of the long list, a thousand or twelve hundred poisonous chemical remedies and more being compounded every day for the money there is in their manufacture—nearly all intended for the human stomach—if my position is correct? If

disease is pain, no more nor less, if the cause is impure blood, if the blood can only be safely cleansed by nature's methods, air, water and exercise, where is the use or necessity of a thousand or more poisonous chemical compounds, or a long course in a medical college? A knowledge of anatomy, physiology, hygiene and medicine may be gained in a short course, sufficient for caring for the body and for teaching.

Experience the Best School.—A doctor's experience is the most important knowledge he has gained; he did not get much of it in college. Domestic and other animals understand how to care for and protect their lives without colleges, drugs or doctors; they are in no respect as high as the human animal; even their instinct, so called, is far inferior to human instinct. Experience is the best school in which to gain a medical education; no really successful physician ever became proficient except through experience. By adopting *Nature Cure* methods, experience can be gained without endangering life. Not so in adopting drug methods. It is dangerous to *think* of Strychnine, Arsenic, Opium, Aconite, Belladonna, and a hundred more deadly drugs.

Do Not Jump at Conclusions.—This is an age of research and discovery, of sifting and condensing. Critics are invited to point out errors. Truth will stand alone anywhere, and gains nothing by the garb in which it may be dressed. Truth has not yet become popular; fragments of truth in the study of medicine have been accepted in a commercial sense; naked truth is often the easiest discovered and the

most thoroughly appreciated. We are accustomed to apply the crucial test; we want an indelible brand placed on all truth relating to life and health.

The Tides of Life.—"Remember, the great tides of life are continually wearing away the organisms of existence. The elements of creation are not more active than the elements of destruction; where there is individual life, except it does its utmost to perfect and perpetuate itself, it will be borne away by the great tides of wind, air, storms, sunshine and devastation all around; that which gives life gives death also. The spirit of man is the aggressive force that meets this aggression of nature, and if you do not occupy and possess the physical form by the consciousness that is yours, by pervading it in every portion, by endeavoring to possess all its powers and attributes spiritually, then the encroaching tides of physical life will gradually steal its health and strength away. It is not enough to know that the wages of sin is death. Reason and experience alike teach that the road to destruction lies straight through the gates of iniquity. But not everyone, therefore, refuses to go in thereat. Wisdom warns and science demonstrates that to violate is to invite retribution. Yet who of us does not himself sometimes transgress and feel, therefore, in his own person, the penalties of his wantonness?"

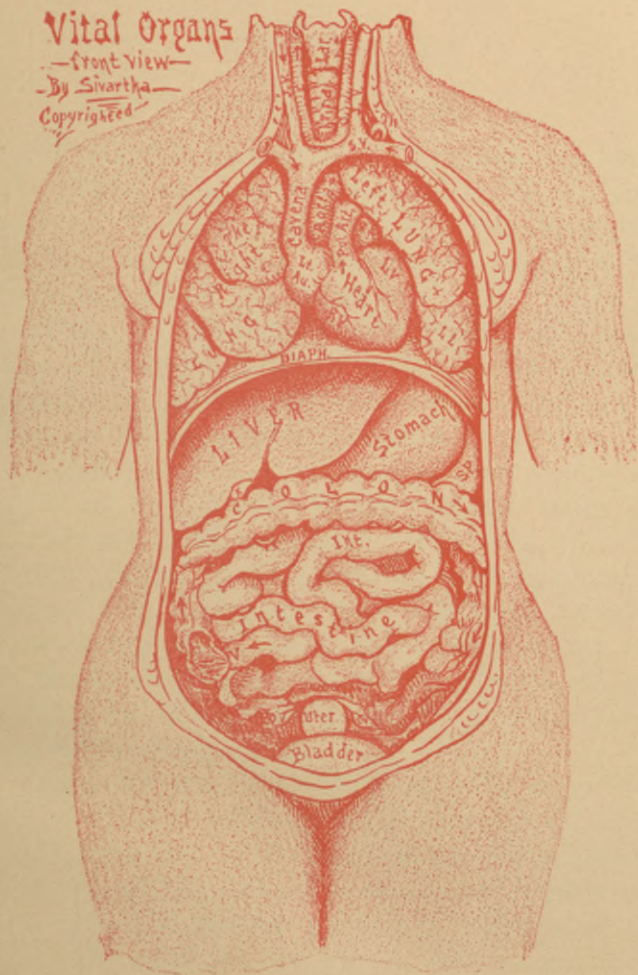
CHART OF THE VITAL ORGANS.

In this engraving the organs of nutrition are seen as they would appear if the front walls of the chest and abdomen were removed. The chest contains the heart with its four chambers and the large arteries and veins proceeding both to and from this center of the circulation. On each side of the heart are the lungs, with their lobes. The diaphragm separates these from the stomach on the left side and the liver on the right. At the end of the stomach is the spleen marked *SP.* The letter *K* marks the gall bladder.

The small intestine leads downward from the stomach, and it finally opens into the colon, through the ileo-cecal valve at *V.* The food then is conveyed along the colon upward, across to the left side, and then downward to its exit.

Vital Organs

—front view—
—By Sivatha—
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CHAPTER III.

FOODS AND DRINKS.

THEORIES innumerable are offered regarding foods; indeed, there are few subjects of the day more agitated. It is not alone the quantity, but the quality, of what one eats that satisfies and nourishes the body, that should be considered.

Effects of Chemical Combinations.—No house-keeper has mastered the art of cooking who does not know something of the chemical combinations of food, and how to combine to best feed the system. It is very important to know what will best supply the needs of the growing family. Wants, tastes and needs have to be considered. The more perfectly food is adapted to the needs, the more vigorous the body and the more perfect the development of muscle, nerve and brain. Consider first, in the selection and preparation of food, what is best adapted to each peculiar condition, remembering the age, occupation and habits of life.

The Brain and Muscle-Worker.—The diet of the brain-worker of sedentary habits should differ essentially from that of the man whose active business pursuits call him into the open air and furnish him with plenty of exercise. Albumen contained in the white of an egg and the lean of meat is said to be the richest substance in muscle-making. Many an infant's life has been saved, when suffering from ex-

treme disorder of digestion, by the use of white of an egg. The heat of the body is sustained by the use of vegetables and cereals abounding in starch. Oil also supplies carbon to the system, but overtaxes digestion. Beef fat is the least objectionable of all fats. Carbon is also supplied by the use of sugar. Most fruits are rich in sugar, hence their worth as food. Eggs contain a great amount of carbon, and combine well with articles composed principally of starch. Other necessary elements of food are the phosphates, particularly needed in these days when brain and nerves are overworked. These are found in game, oysters, fish, cheese, and some vegetables, fruits and nuts. Milk contains the necessary materials for nourishing the system, but is not sufficient for hard-working or grown people. Buttermilk is wholesome, particularly in warm weather, on account of the lactic acid it contains, being an excellent tonic for the stomach. Graham bread and milk make a suitable diet for growing children, as they supply not only nerve and muscle, but are rich in material for the growth of bone. In cold weather, carbon in the shape of heating food is necessary; but in warm weather, the cooling effects of fruit, nuts and vegetables will supply it in better form.

Foods.—Food of some kind is a necessity, while we live upon this physical and material plane. The food subject is always an important one, for the very good reason that life is dependent upon food, as well as water and air. Air, water, food and exercise, are a quartette that must ever be considered as the four absolute necessities of animal life. The food question

as related to the cause of disease, will be discussed in this chapter, followed by an exposition on the necessity of exercise.

A Retrospective View.—If we were permitted to take a retrospective view of the past, regarding the subject of food, we should be amazed at the change that has taken place in one hundred years, and more amazed, if we could compare our present, endless round of mixed, unpalatable, unsatisfying dishes, with those of our ancestors of ten thousand years ago. It is true we *know* but little of their habits, much more of those who lived fifty and one hundred years ago. If our parents could have retained the ancient simplicity of diet and habits of life, and dismissed their prejudices, traditions and superstitions, they would have acted wisely.

All Dyspeptics.—From *my* view no other physical subject is as important as the food question, or the food and drink of the people. Scientists may theorize, the moralist moralize, the theologian dogmatize, the philosopher philosophize, and the politician speculate, yet they are all dyspeptics dominated by their appetites; nearly all of them fall into the hands of straight-laced M.D.'s and die long before they are ripe, prematurely.

Epicures may Approve and Sanction.—The necessity for food has given the human animal an almost irresistible appetite for it; the normal appetite has been catered to, experimented with for money, until it would be difficult to conceive or imagine a food mixture, that some epicure may not approve and sanction. To find a normal stomach or appetite

among the medium or favored classes would be very much like looking for a hen's tooth or a needle in a hay stack. Indulgence of abnormal appetites is a cause of disease; mixed dishes highly seasoned create thirst; when water, tea and coffee fail to satisfy, iced tea and other temperance drinks are substituted; the next substitutes are beer, wine and the strong drinks; smoking and chewing tobacco habits are easily acquired after the appetite has been debauched by the indulgences above mentioned.

Normal Appetites.—Normal appetites require only simple, plain-cooked dishes; no others fully satisfy. Mixed dishes, no matter how delicate or how temptingly prepared, do not satisfy the cravings, the abnormal demand, consequently some substitute is sought. The less cooked food used the less danger of disease; cooked food can never satisfy as does the uncooked.

The Best Foods.—My instructions given in books and lectures to patients and those who consult us regarding the food question, is, always choose the best to be found. I sum up the matter in a short sentence, *viz.*, *the food that feeds the body the most and taxes it the least in digesting and assimilating, is the best;* when we once comprehend this simple sentence of twenty words, we have the key to the most important health problem ever propounded. There can be no excuse for using poor food, when we understand by examination and comparison that the best is the cheapest. The intelligent, unprejudiced student of food reform will not fail to see that a pound of high-priced food, that takes two pounds of strength and

energy to digest and appropriate, cannot be considered the best food.

Cooked Foods Inferior.—All cooked foods by whatever process are inferior to those termed *natural foods*, such as fruits, nuts and grains that may be eaten without cooking. An unseen life-giving, life-sustaining element, energy or chemical combination, is expelled by heating foods; this element is the substance that gives strength and vigor, that satisfies the cravings of the natural appetite; when satisfied, fancy drinks and the scores of mixed table preparations that tax the cooks, destroy stomachs and the vitality of all the digestive organs, are easily dispensed with. Reason and common sense should control; excesses and health-destroying appetites should give place to health laws; then life would be dominated and stimulated by an uplifting, regenerating influence; disease, fear and sickness would be relegated to the darkness of the past; a new life, a new world, would open to our vision; sense appetites would be under the control of reason. Every person who reaches this plane of life is a free man or woman; until then all are slaves to sensuous appetites, ruled and controlled by them; no tyrant is more oppressive or heartless. *Look for one moment* at the slaves of strong drink, tobacco, and opium, in all their many vile life-destroying preparations, before you dispute our position.

Food and Drink Question.—To the intelligent, progressive family no question is so important as the food and drink question, none that so universally affects every home, country and people.

The Gospel that Will Redeem.—Pure food, air,

water and exercise constitute a gospel that will redeem the world physically, from sin, sickness and degradation. Pure food is the key; every family or person, that will or has adopted, understandingly, the natural pure food regime is already redeemed. Any redemption that does not rest on and include this subject under discussion, has failed, and will ever be a failure. Do not be frightened at this bed-rock declaration, and conclude that the writer is brash or inexperienced, but consider the subject, face the facts and expose our errors; not by theories, infallible popes, books or dogmas, but start with the everyday common experiences of life, and we will meet you half way and compare notes. Remember, sin and sickness are results; obey the laws of life, and sin and sickness will be no more.

I Know of No Other Redemption.—Torpid livers, dyspeptic stomachs, sick headaches, constipation, kidney complaints, typhoid and other fevers, pneumonia, rheumatism, neuralgia and heart failure are results; remove the cause by right living, and your redemption will commence and continue, just so long as *you* continue to obey the law of health. It is not my object to go into details on the subject of food and drink; space, time and expense forbid more than general suggestions, although I feel sure no subject relating to health is more important.

Fish and Flesh.—The very best foods are fruits and nuts; vegetables and grains come next, and fish and flesh last. This order exactly reverses the present thought upon the food question, but if I am right, and custom, habit and past experience wrong, I have

only to demonstrate my position, and all health seekers will adopt the best and gradually discard the poorest.

A Scientific Fact.—It has been proven scientifically that double the time is required to digest flesh than fruits and vegetables. Fruits are the easiest digested, consequently tax the system the least. Vegetables grown above ground, in the sun and air, are next in value as food, next to fruit in digestion. Vegetables grown underground come next, then cereals, and then flesh. Starchy food should be used little by people of sedentary habits, and is best suited to those whose occupation requires firm, hard muscles—the ditch digger, for instance.

Most Perfect Health.—White flour, cornmeal and Irish potatoes are starchy. Men, women, boys and girls occupied in stores, offices and manufacturing establishments where the labor is light, and the brain work most taxing, will as a rule feel best, have the most perfect health, by avoiding all starchy, greasy flesh diet, using fruits, graham, or breakfast food prepared from wheat or ryemeal. The professional classes may always adopt fruit, vegetables and cereals to their advantage; the plainer they live the better the health and longer the life. This is not all; their old age from 75 to 125 years will be the most satisfactory part of life; they will not lose any of their faculties, but remain as sensitive as in youth or middle age.

The Trench Diggers.—Those who dig trenches for sewerage, for water and gas in cities, and ditches upon farms, may eat Irish potatoes and other starchy

foods, also those who live during the winter in lumber camps; in fact, all of our out-of-door laborers upon railroads, great lakes, rivers and oceans, may live upon heavy, starchy foods and enjoy good physical health, but will not be inclined to use their brains very much. The time has arrived when men and women of intelligence will not ignore dietary reform; no rule can be made that will fit everybody, but we can all learn by observation and experience that health cannot be bought, that the food and drink question is ten times more important than the climate question.

Haphazard Methods.—Until the food subject receives more general consideration, the haphazard methods and habits of the present will continue. So long as cereals are popular as bread food, wheat flour will no doubt be the leading and popular article. Graham flour for bread and mush is no doubt the most valuable. Oatmeal, ryemeal and cornmeal are chosen by different nations and people, but they do not feed as much and tax as little as graham, therefore wheat will remain the leading cereal. Graham mush, with cream, Jersey milk and sugar, or some plain fruit sauce, has no equal, certainly nothing in the mush line superior, all things considered.

Second Choice.—Ryemeal mush is my second choice; it should be made from fresh meal as coarse as cornmeal, and for a change from graham mush is desirable. Oat and cornmeal mush are so popular and well known that I can add nothing to their value. They are standard cereal foods, cornmeal being the heartier—heavier—is most taxing, but popular with

millions of out-door workers, whose habits enable them to digest and assimilate the heavy, coarse foods.

Remain Childish.—Quite a portion of humanity remain in their childhood through life; the child puts everything into its mouth, irrespective of results, that happens to catch its eye, that looks tempting. It is so with full-grown men and women; the end and aim of life seems to be to eat and drink everything that is put upon the market.

Test all Food.—My rule is to test all food by eyes, nose, taste and good sense—reason; if it will pass those tests it may go into the stomach, the chemical mill of the body. Eye it, smell it, taste it, and then test it with your reason, before selecting it to feed and nourish your wonderful body, the temple of the living soul.

Less and Better Food.—Do not pollute your bodies by gratifying a depraved taste. The less food, the more easy the digestion. About double the food necessary to sustain life is eaten by a majority; the result shows machinery overtaxed and worn out. A premature grave, a wrecked life, is the end.

Sand in the Crop.—The liver and kidneys are strainers in the anatomy of the animal organism, assisted by the vitalizing electric influence of the heart and lungs. Overeating, eating impure, indigestible food, overtaxes those important eliminating organs, causing them to wear out, just as sand will wear out fine machinery.

Health and Climates.—Healthy people can live in any and all climates. Healthy people are those who obey the laws of life and health; vigilance is as nec-

essary for health as for liberty. In summing up, I desire to say I could easily reach a satisfactory solution could I eliminate appetite, selfishness and habit. Appetite demands, and selfishness provides a hundred unnecessary, unhealthy dishes and preparations.

Normal Appetites.—Normal appetites may be fully gratified; natural appetites would not demand the slaughter of animal, fish or fowl, we claim, having studied this subject more than a generation, and lived up to its most reasonable and far-reaching teachings. I will suggest that a rigid diet be observed by the sick, who may as a rule fast to their advantage. Those who are well and have steady healthful exercise, may indulge in a greater variety than when deprived of out-door work or exercise. It is safe to say that we can discard to our advantage all flesh-eating by a careful study of the subject.

Suffer in Mind.—No doubt there are many persons who suffer or think they do, for want of the stimulating effects of a flesh diet, but as soon as the habit is overcome, the necessity will cease to exist. Once meat-eating is disposed of, and the starchy foods are found to be unnecessary, in fact, disease-producing, a selection may be made of fruits, nuts and vegetables, that will maintain life in its grandest, purest and most healthful expression. Each individual should study to live in harmony with his highest convictions. As soon as normal—natural—appetites are reached, we shall all have a safe food guide.

Eve and the Tree.—And Eve saw that the tree was good for food, and that it was a delight to the eyes.—*Genesis*.

Stay me with raisins, comfort me with apples.—*Solomon*.

The following article, clipped from a monthly magazine, entitled *Natural Food*, printed and issued from London, England, better expresses my views than I can express them, and as corroborative testimony is often not only acceptable, but necessary to hold the critical, skeptical mind, I gladly place this interesting article on the value of fruit as food and medicine, in this volume; it has our hearty endorsement. I also add Dr. de Lacy Evans' classification of foods in their relation to longevity.

First, Fruits. *Second*, Fish. *Third*, Animal foods. *Fourth*, Vegetables. *Fifth*, Cereals.

Dream of Fruit.—"Another great action of fruit in the body is its—shall I call it—antiscorbutic action. It keeps the body in a healthy condition. When out on a long voyage where fruit is scarce, how one longs for it. Those who have been without it for an extended time long for it until even in their dreams they picture the fruit their system so badly needs. The following case will illustrate my meaning: A ship's crew had any amount of fresh meat, new bread, tea, coffee, etc., aboard, but no fruit nor vegetables. As days went by the men grew haggard, breathless and weak, with violent, tearing, rheumatic pains in the joints. Then the gums grew spongy, the blood broke through its veins, and the whole system was demoralized and dying. In short, they were dying of scurvy. A fruit ship passing sent aboard a good supply of oranges and lemons, which was greedily eaten by the sufferers. Mark the result; though they still went on eating the same food the addition of fruit to their diet made all the difference between life and death. In a few days their gums began to heal, the blood became healthy, natural color came into their faces, and strength came to the limbs so lately racked with pain. This is, perhaps, an extreme illustration, but I am satisfied that in a lesser degree the want of fruit is responsible for much of the illness in the world. When a student I remember sitting beside a leading London surgeon as an unhealthy child was brought in suffering from a scrofulous looking rash over the face. Turning to us he exclaimed, "That is rash from eating lollies." And many times since I have

had occasion to remember his teaching, as I have seen it verified. Good fruit clears the blood, and prevents this sort of thing.

The Lemon Juice Cure.—"The lemon juice cure for rheumatism is founded on scientific facts, and having suffered from acute gout for the last fifteen years, I have proved over and over again the advantages which are obtained from eating fruit. Garrod, the great London authority on gout, advises his patients to take oranges, lemons, strawberries, grapes, apples, pears, etc. Tardieu, the great French authority, maintains that the salts of potash found so plentifully in fruits are the chief agents in purifying the blood from these rheumatic and gouty poisons.

"Perhaps, in our unnatural, civilized society, sluggish action of the bowels and liver are responsible for more actual misery than any other ailment. Headache, indigestion, constipation, hemorrhoids, and a generally miserable condition, is but too often the experience of the sufferer, and to overcome it about half the drugs in the world are given in all sorts of compounds. Let the man of drugs go aboard that ship in mid-ocean, with its crew suffering from all these ailments; let the man with his artificially-made fruit salts have his trial at their bowels and liver; let the man of mercury and podophyllum, and all the so-called liver doctors try their best; call in the tribes of tonics, and give iron, quinine, arsenic, strychnia, and all the rest of the family; then try your stomachics for his digestion, but in spite of all these the scurvy fiend will sit aloft and laugh you to scorn. In fact, all these drugs have been tried over and over again, and Dr. Buzzard, perhaps the greatest authority in the world, tells us they have all proved miserable failures. But bring in your fruit, and the whole scene changes. Cannot we show the world that what is applicable to these men in their extreme condition is more or less applicable to the millions of sufferers on land who now persist in looking upon fruit as a thing they can well do without.

Dr. Buzzard's Advice.—Dr. Buzzard advises the scorbutic to take fruit morning, noon, and night. 'Fresh lemon juice in the form of lemonade is to be his ordinary drink; the existence of diarrhoea should be no reason for withholding it. Give oranges, lemons, apples, onions, cabbages, salads,' and if this advice is good for those abroad, and there is no doubt about that, it is equally good for the millions who are spending millions annually in drugs which will never cure them. The first symptoms of scurvy are a change in the color of the skin, which becomes sal-

low or of a greenish tint. Then follows an aversion for all exercise. Bloodshot eyes, weak heart, bad digestion, and constipation follow on. Dr. Ballard says many of the most serious and fatal cases of scurvy he has seen have only presented as symptoms the pallid face, the general listlessness and bloodshot eyes. If we go through the back streets of our large towns how many pallid-faced, listless-looking people and children swarm around us, and they have, as a rule, plenty of food.

To the Farm and Apple Packers.—"Within the last two weeks two of my own children have given me a good example of what fruit will do. Two months ago I decided to let these two boys, aged six and eight, go to my farm among the apple packers. They were not actually ill when they went out, neither had they been at all shut up, but they were pale-looking, would not eat their food, etc. During the last two months they make their boast they ate a dozen apples a day each, and as soon as they began eating these apples their appetite for other food about doubled, and during the eight weeks they have grown stout and robust, skin clear and healthy with the glow of health on their cheeks, and bodily strength equal to any amount of exertion.

Fruit as a Medicine.—"As a medicine I look upon fruit as a most valuable ally. As previously shown, when the body is in that breaking up condition known as scurvy, the whole medical profession look upon fruit and fresh vegetables as the one and only known remedy. I believe the day will come when science will use it very much more largely than it does now in the treatment of many of the every-day ailments. I have shown how it aids digestion. Observations in scurvy prove that it exerts a very powerful influence on the blood. But "the blood is the life;" poor blood means poor spirits, poor strength, poor breath and poor circulation. Impure blood means gout, rheumatism, skin disease, rickets and other troubles. As it is proved that fruit will purify and improve the quality of the blood, it must follow that fruit is both food and medicine combined. In fevers I use grapes and strawberries, giving them to my patients in small but frequent doses. Oranges and baked apples if the others are not obtainable.

Lemons for Rheumatism.—"For rheumatism plenty of lemons are invaluable. White girls with miserable pallid complexions want a quart of strawberries a day; where these are not obtainable bananas, which contain much iron, are a good substitute. Prob-

bly, of all fruits, the apple stands unrivalled for general purposes in the household; either raw or cooked it can be taken by nearly everybody, and it contains similar properties to the other more delicate fruits. To my mind the pear is more easily digested than the apple, and for eating uncooked is superior to it. In our climate we can have good dessert pears nine months in the year, and their culture should be much increased."—*By Harry Benjafield, M.D., Australia.*

Can't Eat Fruit.—No! My stomach rebels. Why this condition of your stomach? Simply because it is not in a normal condition. Any stomach that has been petted, stimulated, overfed, drugged, ice-creamed, ice-tead, ice-coffeed, pinched by tight lacing, gorged with all sorts of fiery condiments, rich soups, ham sandwiches, sausage, beer, wine and alcoholic liquors, *ought* to rebel. Cut off this list of trash to which you have treated your stomach, every one of the above abominations called food and drink, and in a few weeks or months you may have a natural stomach, one that will be delighted to have some food as good as fruit to digest.

Weather-Crazed.—There is a class of nervous, high-strung people called sensitives, who are troubled with the climate craze; in talking with them one would think if they could find some place free from climate they would all flock to that haven. A large part of the extreme sensitiveness that irritates could be easily dispelled by an intelligent study of the laws of life and health, and by adopting hygienic teachings. The distressing climates and conditions complained of are mostly within us. The wise course is: so live that we may have a healthy resisting power and influence both within and without, such as will enable us to

make good use of the true sensitive condition, which is the result of right living.

Cure for Constipation.—Constipation results from bad habits in eating and drinking, and a neglect in taking outdoor exercise. The remedy: Learn to select the best food, study how to eat, drink and exercise as taught in this book, live up to it, and that most insinuating disease, constipation, so common and destructive to health, may be a condition of the past; attend to the calls of nature regularly; go regularly without a call. Change your bill of fare by cutting out all heavy, starchy, greasy, expensive articles and substitute a few plain, healthy ones. This is a common-sense cure for all *bowel disease*, and is always a success. For temporary relief in severe bowel attacks, hot milk drank slowly, a mouthful at a time, three or four times a day, without any other food, with a hot lemonade to cleanse, a perfect fast except the milk, a long rest, keeping feet warm and head cool, will accomplish a cure in due time.

Try It.—The very best food, drink, exercise, air, sunshine and sunlight are yours; use them and have health. A soft flannel bandage may be worn over the bowels and the small of the back, if coldness, weakness or a torpid condition exists.

Dr. R. T. Trall says: "Probably more than half the adult population of the United States are sufferers, to a greater or less extent, from piles in some form. I have found a great majority of invalids who have applied for water treatment, whatever might have been the character of their leading malady, to be also afflicted with this. Its special, and almost exclusive cause is concentrated food, inducing constipated bowels; but it is almost always greatly aggravated by the purgatives which have been given by regular and irregular quacks, on account of the consti-

pation. Most of the patent pills from which newspapers derive so large a revenue, and the people so many shattered constitutions, are strongly aloetic, and hence peculiarly calculated to inflame and relax the vessels of the rectum, already irritated and engorged by their hardened contents. Many frightful cases of external protrusion, or falling down of the anus, have come under my observation in the persons of habitual pill takers."

"The *immediate* cause of piles is *everything that tends to irritate or overheat the anus or rectum*. Persons subject to constipation, or its opposite condition, diarrhœa, are frequently annoyed with piles, while some have them not subject to irregularity of the bowels. *Impure blood* is invariably the *predisposing cause* of piles. If the rectum or anus be irritated or heated, as it may be in many ways, no permanent difficulty results, *unless the blood* possesses humoral properties."

Tea, Coffee and Their Effects.—Coffee seems to effect the liver more than the heart, although many have had to give up coffee because of its stimulating action on that organ. In certain forms of disease of the heart it is very pernicious. It powerfully increases respiration and the rate of the pulse, while the action of the skin is diminished. It lessens the amount of blood sent to the organs of the body and distends the veins. As a mental stimulus it is liable to great abuse.

Cause of Wakefulness.—Taken in excess it produces wakefulness, indigestion, acidity, heartburn, irritability of temper, irregular pulse, trembling and great injury to the spinal functions.

Coffee a Medicine.—Coffee is sometimes an excellent medicine. It dispels stupor, is an antidote for

many kinds of poison, and invaluable in spasmodic whooping cough and cholera infantum. Hot coffee used in yellow fever and fever and ague districts will enable the patient to avoid the chill, and the stranger to escape the yellow fever contagion. An occasional cup of the best may be used without injury, but an every day use is injurious to stomach and bowels. The strongest, most healthful out-door worker should never drink more than one large cup a day at the close of the morning meal. It is better for people whose habits are sedentary to use fruit in place of coffee; if any hot drink is used let it be hot water.

Tea Drinking and Constipation.—Tea drinking produces constipation, while coffee tends to relax. Tea irritates and excites the nerves, stimulating to greater activity, and like a whip applied to a tired horse if weary, after drinking a cup often one is revived and invigorated, yet none of the worn-out tissues are rebuilt. Tea drinking gives false strength; besides, whatever stimulates reacts. Tea makes the complexion sallow.

Sick Headache.—Tea drinking is a cause of sick headache. An old friend who was very fond of her cup came to spend some months under our roof; day after day the old story of wakefulness was told: "Could not sleep till nearly morning." When we induced her to substitute hot water and milk, no more complaints, but instead, "I can now sleep as sweetly and quietly as a babe." Strong tea of any kind or grade is injurious because of its astringent effect.

Milk Alone as Food.—"A medical man expresses the belief that a person could live any length of time, and take heavy exer-



cises all the while, on no other food than sweet milk. His conviction is the result of personal experiment. He wished to establish the fact that persons convalescing may grow stronger with no other nutriment than sweet milk, and that they are not obliged to take 'something solid' to eat, as so many people imagine. He holds that many a convalescent has gone to his grave as a result of overtaxing his weak stomach by putting "solid" food into it. It is maintained that the old belief as to bread being the first essential to human life is shown by experiment to be erroneous. This person's test was to live for thirty days with only sweet milk as a nourishment. In the whole time he lost five and one-half pounds in weight, but no strength. He even attributes the loss of weight to the warmth of the weather, excessive exercise on the bicycle and the daily manipulation of sixteen-pound dumbbells and other heavy weights. He took more exercise than usual in order to test the thing fairly. On the seventh day of the experiment he ran several foot-races with a skillful runner, and was beaten in each race. On the thirtieth day he again pitted himself against the same runner and did the best of the racing, which certainly would tend to confirm his statement that he lost no strength during the thirty days' test. He drank four pints of milk daily for the first three weeks, and five pints daily for the last week. He thinks a healthy person should take about five pints of milk daily when no other food is being taken. His practice was to drink milk at intervals of two hours during the day, commencing at 7 o'clock in the morning and continuing until 10 at night. After that he would take no more until the next morning."

Sunday Dinners.—The custom of the present day of indulging in an extra large dinner on Sunday is all wrong. The American Sunday, is, by custom, a day of rest; it is the height of wisdom to be honest and conscientious, and respect the *object* of this day of rest to the fullest extent. To do this, Sunday meals should be the plainest, most simple ones of all the week. Over-eating is one of the most insidious health destroyers. Give me a feeding of a thousand children until they are of age, and the mortality

would not be one per cent. It is safe to say that more people die prematurely as a result of over-eating than from all other causes combined. If the muscles, nerves and bones need rest, why not the stomach? What justice is there in keeping the wife and servants in a stew all day Sunday, preparing a big dinner to gratify an abnormal selfish appetite? The opposite course is the common-sense one. Let the good wife put her foot down and teach her family to eat only *two* light meals on Sunday, giving the stomach, servant and all concerned a pleasant, full day of rest. Monday morning will find the workers fresh and vigorous for the duties of the week.

Medicinal Properties of Vegetables.—"The following information, says the *Scientific American*, may be useful to some at this season of the year, if not new to many: Spinach has a direct effect upon the kidneys. The common dandelion, used as greens, is excellent for the same trouble. Asparagus purges the blood. Celery acts admirably upon the nervous system, and is a cure for rheumatism and neuralgia. Tomatoes act upon the liver. Beets and turnips are excellent appetizers. Lettuce and cucumbers are cooling in their effects upon the system. Onions, garlic, leeks, olives and shalots, all of which are similar, possess medical virtues of a marked character, stimulating the circulatory system, and the consequent increase of the saliva and the gastric juice promoting digestion. Red onions are an excellent diuretic, and the white ones are recommended to be eaten raw as a remedy for insomnia. They are a tonic and are nutritious. A soup made from onions is regarded by the French as an excellent restorative in debility of the digestive organs."

Human Building.—"The question arises, can a child, boy or girl, between the time of weaning and fifteen years of age, be so trained as to have larger, stronger, and better bones than he or she could have without training? I answer unhesitatingly in the affirmative. Chemistry has indubitably settled the question that phosphate of lime, which is one of the constituents of human bones, cannot be organized out of starch or fibrine. Nine-tenths

of the millions of children in this country between one year and fifteen years of age are eating as their staple articles of food, prepared in some form, superfine wheat flour, potatoes and lean flesh of animals. Out of these three articles how is it to be expected that good, fine-grained, big, strong bones can be built? I cannot understand it. If parents would only try it they would find by experience that from weaning to puberty the best bone-forming foods are the grains, and of these, wheat ground without bolting and good cows' milk. Of vegetables may be included beets, onions, squashes and pumpkins; of fruits, strawberries, raspberries, blackberries, apples, peaches and pears, and of these none is better than the pear. Bring your daughter up to outdoor life, to well-regulated exercise, to abundant sleep, to such food as I have suggested, and you will see her grow to have large bones and a large frame. She will be healthy, agile and strong. Do not be frightened. In due time her muscles will even up her body and she will be beautiful to look on, and full of resources to develop into a delightful character."

Artificial Food.—"Healthful food contains the sixteen elements needed to repair the body and to furnish it with fuel. Besides a large amount of carbon to burn, there must be silicon for the teeth, calcium and phosphorus for the bones, and nitrogen for the muscles. There must be sulphur, and iron, and sodium; in all sixteen different elements in the food, or some portion of the body will be starved. Fortunately the Creator has given us an endless variety of tempting fruits and berries and melons; great numbers of excellent vegetables; the useful family of cereals, wheat and corn and oats; with peas and beans and nuts. Then there are eggs, and milk; truly a vast variety of healthful foods, and all of them contain the sixteen elements absolutely needed to support life. Yet, sit down at an average table, and see how little is eaten of these genuine foods, and how much of other things that were not made by the Creator, and do not contain the elements needed by the body. Often much of the meal consists of butter, and sugar, and starch, and grease and gravy in various forms;—articles lacking nearly all the elements, and not worthy the name of food. Being composed mainly of carbon, they clog the cleansing organs with that substance, and leave many parts of the body without nourishment. If this excess of carbon is digested, it makes one gross and fat, if not, it ferments and brings dyspepsia, and kidney and liver ailments. No words can denounce too

strongly the candy habit, that makes children sickly, and is often the first cause of their untimely death.

Poison Condiments.—"Pepper, mustard, curry powder, and like fiery substances, are not food, but irritant poisons. Things that will blister the tough outer skin, are surely hurtful to the delicate internal organs. It may be said that we take very little of them, yet the amount is large consumed in a year. They rank not only among the causes of impurity, but of neuralgia and congestion.

Vinegar is a vile fluid, swarming with germs; and even salt should be used in moderation.

The taste for condiments is a false one, and he who flings them away and trusts to the fine flavors of nature, will soon come strongly to dislike them.

The Use of Stimulants.—"There are certain mild poisons that do not cause death, but simply excite and rouse the system to expel them. They are like whips to jaded horses. Alcohol in all its forms, and tea and coffee and tobacco are such poisons; and one has only to read the figures of their cost and use, to see that they are gigantic sources of human impurity. It is almost rare to find a man whose breath is not vile with beer or whisky, or else his body reeking with the stench of nicotine. It is rather rare to find a woman whose complexion is not muddy with tea or coffee, and her nervous system broken down. Stimulants are perhaps our most tempting, but deadliest foes. It is so easy, when we are tired or low in spirits, to swallow ruby wine, or puff a fine cigar, and be roused to life or cheerfulness again! The habit is well-nigh resistless. Yet stimulants are only whips, and when their spasm of excitement is gone, the victim falls back lower than before, and is tempted to take more stimulant and lash himself again to life. He who would have pure blood and cheerful health, must shun all stimulants save air and exercise; and if his other habits are correct, he will rarely feel either languor or depression.

Over-eating.—"In these days of plentiful and cheap food, one of the most common causes of diseased cleansing organs and foul bodies is over-eating. Invalids in particular, who are most injured by any excess, have an absurd fear of starvation. The less their appetite, the more they force down food that only harms them. A sound man can live more than a month without eating, and there is no remedy so good for many diseases as moderate fasting.

That vast army who have dyspepsia and sluggish bowels, need to be extremely careful of excess. Nearly all the people who have lived to great age agree in this, though differing in other things—that they have been moderate eaters. Gladstone, who is a wonderful example of age and activity, tells us that he owes them mainly to slow eating. Here lies the secret. Eat slowly, never without an appetite, and you will rarely eat too much. There are certain kinds of food, healthful enough in small quantities, that tend to clog the system if eaten freely. Potatoes and white bread consist largely of starch, and are dangerous to health if made staples, as we often see. Large use of meat also is the cause of much disease. Meat is the most impure of all our foods. Not only does it contain trichinae and tapeworm and other parasites, but the dead blood and bile that were in the animal's veins come very near to being poisons. The danger is especially great to invalids and those who live indoors; and such should use meat most sparingly, if at all. Raw meat, or meat half cooked, is most unwholesome, for a high degree of heat destroys the germs and stops decay. Overeating is so great a danger that we must repeat, never eat without an appetite, then only what you have the patience to chew slowly and thoroughly. An admirable plan is to keep fruit upon the table, and if you are not hungry, take only an apple or sip the juice of an orange."—*Health Culture*.

Healthfulness of Fruit.—"If people would only realize the immense importance and value of fruit as an article of diet in the early morning, we should find its appearance far more general on the ordinary breakfast table, says the *London Family Doctor*. Of its healthfulness at this period of the day there can be no doubt whatever, and more fruit and less animal food would undoubtedly conduce to a much healthier condition of the body. In the morning there is an acid state of the secretions, and nothing is so well calculated to correct this as cooling, subacid fruits, such as peaches, apples and pears. The apple is one of the best fruits; oranges also are generally acceptable to most people, but the juice alone should be taken and not the pulp, and the same may be said of lemon and pomegranates. Tomatoes act on the liver and bowels, and strawberries, figs, raspberries, currants and blackberries may be classed among the best foods and medicines. The sugar in them is nutritious, the acid is cooling and purifying, and the seeds are laxative. Fruits are the natural correctives for disordered digestion, but the way in which many persons eat them converts them into a curse

rather than a blessing. Instead of being taken on an empty stomach, or in combination with simple grain preparations such as bread, they are frequently eaten with oily foods, or they are taken at the end of the meal, after the stomach is already full, and perhaps the whole mass of food washed down with tea, coffee, or other liquid. Fruits to do their best work should be eaten on an empty stomach or simply with bread—never with vegetables. In the morning, before the fast of the night has been broken, they are not only exceedingly refreshing, but they serve as a natural stimulus to the digestive organs. And to produce their fullest, finest effect they should be ripe, sound and of good quality. In our climate fresh fruit should constitute not the finishing but the beginning of the meal, particularly the breakfast, for at least six months of the year. The good effects that would follow the abundant use of fruits are often more than counterbalanced by the pernicious habit of saturating them with sugar. Very few fruits, if thoroughly ripe and at their best, require any sugar, particularly if eaten in the raw state, but it unfortunately is a fact that what is intended and prepared for us as a great good in the matter of diet is transformed into exactly the reverse."

The following brief article appeared in one of our leading Chicago dailies recently. I am pleased to add it as corroborative of my views:

Comfort in Summer.—“If people understood how much of the physical suffering incident to protracted seasons of hot weather is due to the food they eat there would be more common sense used in the selection of diet. It is not at all uncommon to see in any of the city restaurants men plying fans industriously with one hand, while with the other they convey to their mouths roast beef with a greasy, rich gravy, potatoes heavily buttered, or pork and beans. Having filled their stomachs with a heavy charge, they go out into the heated air and wonder why they suffer so intolerably from the heat. If they loaded the furnaces in their houses with fuel and applied fire to it they would not wonder why the house was uncomfortably warm. Yet they will do a similar thing to their bodies and then wonder and suffer and groan. In hot weather two things ought to be avoided to insure comfort and health—food and drink that are stimulating or are rich in carbon or nitrogen. Any person can subsist on about one-half the food in the summer that is required in the winter, and the summer diet

should consist chiefly of vegetables, fruits, milk and the farinaceous foods. Fish should take the place of beef. Pork should be wholly discarded. Milk can be used in place of veal. Spring lamb is always wholesome. Macaroni, the various preparations of wheat, farina, toast, asparagus, custards, fruits and the scores of similar delicacies, with some light meat, like lamb, tongue, chicken or fish, once a day should constitute the daily food. A little common sense lies at the bottom of all physical comfort in these torrid days, and comfort is a more important factor in good health than is generally understood."

"The pleasures of the palate deal with us like Egyptian thieves, who strangle those whom they embrace."—*Seneca*.

DROP OF BLOOD.

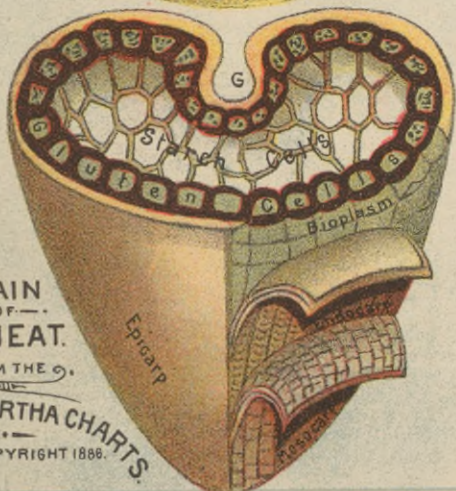
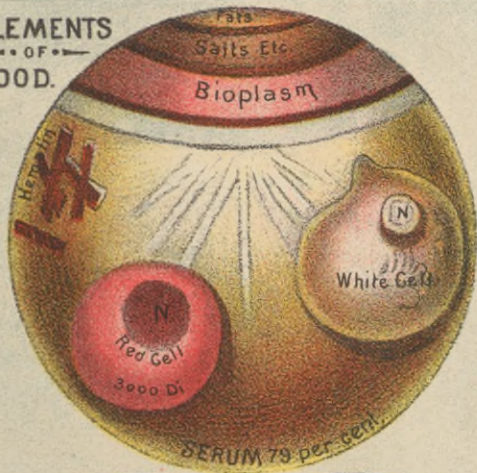
More than three-fourths, or 79 per cent of the blood is water (serum). This water of life holds in solution the bioplasm, the salts and the fats, the materials from which all parts of the body are built and nourished. These elements are separated and placed at the top in the plate above. The red and white cells float about in the water, and form 13 per cent.

GRAIN OF WHEAT.

This grain of wheat is cut across to show the starch cells in the interior. These contain carbon, oxygen and hydrogen. Outside of these are the gluten cells, here stained dark. The gluten cells contain *all* the elements of nutrition ; that is, carbon, oxygen, hydrogen nitrogen, sulphur, iron and phosphates.

Three layers of the bran are also shown.

ELEMENTS
— OF —
BLOOD.



GRAIN
— OF —
WHEAT.
FROM THE
SIVARTHA CHARTS.
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CHAPTER IV.

EXERCISE.

Good Digestion.—The necessity of exercise will not be questioned by the well-informed in any community, but the kind and amount of exercise is as much an open question as the kind and amount of food considered necessary for the multitude who labor with hands and head.

Impossible Without Exercise.—I think it doubtful if a majority of the people in America or in any of the leading European countries understand the necessity of exercise in maintaining perfect health. For the benefit of those who have not considered this subject, we say: Without exercise, perfect physical or mental expression is impossible. It has been demonstrated that manual training in reform military schools has been a success, showing a marked improvement in the morals and character of the men.

Digestive Organs.—Good digestion results from healthy, vigorous exercise, and is coming to be considered not only a necessity, but a condition not to be overlooked in the future as in the past. A half century ago the majority of people knew little about the digestive organs; did not understand that stomachs needed rest, or that exercise aided digestion; very few dreamed that a choice of foods was even necessary. Discovery, invention and machinery have changed the order of life to such an extent in the past fifty years,

that exercise is considered one of the essential factors of health. Within the recollection of the writer, much has been said and done, by the invention of articles that make exercise easy, attractive and convenient for those whose business habits are necessarily sedentary.

The Wheel.—"Bicycle."—At this writing the *wheel* is the one absorbing invention that seems to fill the bill, combining pleasure and business with exercise which promotes good digestion and health; the lucky bicyclist is as independent as his wealthy neighbor, whose money alone cannot buy good digestion. Ball games, lawn tennis, rowing matches, toboggan slides, swimming, dumb-bells, and many other enticing attractive plays and games have become popular more for the pleasure they afford and the money the selfish can make out of them, than the benefits the participants receive in the exercise furnished body and mind.

Out-Door Work.—Any one, or all of the different games and methods, are better than neglect to exercise, but no one of them is as valuable to the life and health of each individual as healthy out-door *work*, some pursuit that furnishes exercise for every part of the body, having an object of wages, or the charm of gain and growth which attend the making of a beautiful home or farm. Exercise for the one purpose of improving digestion may be a necessity, but much more valuable and natural if it has an object requiring labor.

Labor a Blessing.—We reverse the order of the ancients, and consider labor a blessing; times and cir-

cumstances make cases; we have lived long enough under the labor curse. Discovery, invention and machinery have come to make labor a pleasure, a blessing. We are rapidly approaching an era when labor will be considered a necessity for every intelligent and independent man and woman. Without labor they will not be able to gain or maintain any first-class position in the nation, in society or business circles.

The Stone and Grist of the Past.—Crime, debauchery, suicide and imbecility of the present century, have their cause largely in the effort to perpetuate the old systems, methods and traditions of the people, who went to mill with a stone in one side of the bag and a grist in the other. The material and spiritual revolution of the past half century has swept into oblivion many old dogmas, traditions, forms and customs; but the work is not yet complete and will not be, until a recognition of the full significance of the origin and destiny of humanity is understood. The time is coming when every man and woman will be a success, a triumph; this world is to be redeemed from sin and sickness by a thorough understanding of the laws of life and health. Labor in that good time will not be considered a curse, but a blessing. Exercise will be natural in the near future; health will be the rule and will be catching when law and order are recognized and obeyed; health and harmony will result. I do not consider it necessary to point out in detail how and when to exercise, or what methods or kind may be necessary. On succeeding pages indoor exercises are described. Perhaps no one exercise is better than a brisk walk; for the young, a run of a mile or two

every day will keep the blood warm, the digestive organs healthy, and the bowels acting as nature designed.

The Bicycle a Perfect Success.—The bicycle is said to be a perfect success as an exerciser. Choose the kind of exercise that is best and most convenient, never forgetting that all legitimate labor, business of every kind that is a necessity, and will bring into action the greatest number of muscles, functions and organs of the body is the best and most healthful.

Why Should We Take Exercise.—The *Glasgow Herald* gives ten reasons for the necessity of muscular activity:

1. Any man who does not take time for exercise will probably have to take time to be ill.

2. Body and mind are both gifts, and for the proper use of them our Maker will hold us responsible.

3. Exercise gradually increases the physical powers, and gives more strength to resist sickness.

4. Exercise will do for your body what intellectual training will do for your mind. Educate and strengthen it.

5. *Plato* called a man *lame* because he exercised the *mind*, while the body was allowed to suffer.

6. A sound body lies at the foundation of all that goes to make life a success. Exercise will help to give it.

7. Exercise will help a young man or woman to lead a chaste, honorable, successful life.

8. Varied, light and brisk exercise, next to sleep, will rest the tired brain better than anything else.

9. Metal will rust if not used, and the body will become diseased if not exercised.

10. A man "too busy" to take care of his health, is like a workman too busy to sharpen his tools.

Gymnastic Exercises.—"Nature lives by toil; beasts, birds, air, fire, the heavens and rolling worlds, all live by action; nothing lies at rest but death and ruin."

Nature has implanted in us a special organ of motion; the object is to secure the perfect develop-

ment of the body. Children must have their play spells or be sick; this is the demand of their nature.

To be healthy we must be active, in both mind and body.

Laziness is therefore a disease, the result of an abnormal condition. Respiration, the vitalizing of the blood, the nutrition of the muscular system, the circulation of the blood, are all dependent upon active exercise.

A regular, systematic course of gymnastics will soon develop the muscles of any part of the body.

Proper Time.—The most favorable time for gymnastic exercises is in the morning, soon after rising. If practiced late in the evening they should be quite moderate; never take your exercises immediately before or after a meal; not sooner than *two hours after eating*. If possible, exercise in the open air or by an open window; if not convenient, have an in-door gymnasium; see that it is properly ventilated and kept at a low equable temperature. Exercises should always be commenced and finished gently, and all abrupt transitions, as a general rule, avoided. They should often be varied, so as to call into use the various sets of muscles. Do not continue the exercises so as to induce great fatigue; this would be more productive of harm than good. *Avoid cooling rapidly.* If exercising has caused you to become heated, walk about slowly for a time till your pulse has become normal and blood cool. Carefully avoid currents of cold air and drinking of cold water while in a heated condition.

Dress.—The dress should be both light and loose, so as to allow perfect freedom of motion.

1. Stand erect with feet together; throw shoulders back; breathe slowly, deeply; *fill the lungs to their utmost capacity*. Repeat this several times each day, in the open air, or by an open window. One to five minutes' duration, stopping before you are fatigued, is sufficient at one time.

2. Stand erect, feet together, hands on the hips; throw the arms forcibly back; keep body firm. Inhale as you throw the arms back. Repeat the movements, avoiding fatigue.

3. Stand erect; take a full, deep inspiration; retain the air in the lungs as long as possible; then let the breath go out steadily, but slowly, while you beat the chest, abdomen, back and sides with the hands. Repeat this two to five times.

4. Place the arms forward at right angles with the body; now throw them backward several times *forcibly*. Next, bring the arms downward and backward, and strike the elbows together. (This is beneficial for those who are round-shouldered, as it expands the chest and flattens the shoulder blades. Tight lacers will find this exercise invaluable.)

5. *To strengthen back and loins*.—Extend the arms, bend the body slowly from side to side; remember to keep the knees stiff. Continue five minutes.

6. Place the hands on the hips, with knees stiff. Bend first backward, then forward, repeating this movement four to ten times.

7. Sit upright; back unsupported; feet firm upon the floor; hands clasped and resting on the crown of the head. Turn or twist the body from side to side alternately. This may be repeated twenty times, depend-

ing on the strength of the person. By accelerating the movement the circulation becomes excited, respiration is increased, as well as bodily heat and perspiration.

8. Stand erect; place hands on hips; turn or twist the body in a rotary motion, varying from slowness to some rapidity.

Exercises 5, 6, 7 and 8 are especially adapted to women having uterine "weaknesses."

9. "Recline on the back on a spring bed, flex the knees, inflate the lungs; move hips up and down with the springs twenty to thirty times. This can be performed by even quite a weak person, and is beneficial to the strongest. Brings into action moderately a great variety of muscles.

10. "Flex the knees and elevate the hips, resting the body on shoulders and feet. Move slowly up and down ten times. Hold to count ten, and then rest to count the same. Lungs with this had better be inflated. No exercise is more valuable for developing deep breathing. Sick and well would be benefited by taking this exercise morning and night."*

II. Sawing Wood Exercise.—This is an amusing, but practical exercise, for those having colds in the head, catarrh and imperfect circulation. A person of delicate organization, with a large brain, should at first exercise very moderately. In taking the exercise, one in an adjoining room would judge from the sound accompanying the motion, that their neighbor was actually sawing wood. The reason is obvious. *Directions.*—Place your left foot on the upper rung of a chair; close the mouth; clench the fists, and imitate the motions of the wood-sawyer. You will now discover, in forcing the breath through the nostrils,

* Women who have long suffered from uterine affections, and are desirous of obtaining full directions for self-treatment, should send for Dr. George H. Taylor's excellent work, "Health for Women"; price, fifty cents.

the reason for thus naming this exercise. Enter heartily into this without repression. Continue from three to five minutes, until a warmth and glow is produced, permeating the entire body. This exercise may be repeated three or four times each day with benefit when the case is severe.

12. "Kneel on a cushion; knees far apart; stretch arms upward, parallel with each other, by the side of head; bend trunk slowly backward as far as possible; remain to count four; return forward as far as possible, keeping knees and feet firm. This is one of the best exercises for strengthening the muscles of the back and pelvis.

13. "Same position, hand clasped on top of head, move the body from side to side slowly, count four with each movement, and then rest. In the same position twist the body from right to left."

Massage, or a thorough manipulation of all the muscles, with a systematic kneading of the entire body. Especially useful in general debility, in cases of impoverished blood, and in chronic uterine disease.

"In chronic constipation massage is most effectual. Knead the bowels as you would knead dough. Make the movements tend in the direction of the large intestine, beginning at the lower right side of the abdomen and extending upward to the ribs, across to the opposite side, thence down to a corresponding point upon the left side. A little practice soon rewards with proficiency. Enter into this with spirit, and thoroughly manipulate, squeeze, press and pinch every muscle in the body, and spat the surface with the 'muscle beater,' or ends of the fingers, having the wrist free. Do not make hard work by using the arm and palm of the hand. If the operator is magnetic the patient's flesh will tingle, while good results follow. In 'massage' and 'Swedish movement cures' the 'muscle beater' is often used as a substitute for the hand. This little instrument consists of three rubber tubes fastened together toward the handle. It is both useful and inexpensive, and does away with the help of an assistant. To promote soft and elastic skin, the activity of the blood vessels, etc., use the 'muscle beater,' if the magnetic hand of an attendant cannot be secured."

Ventilation.—Air is the first necessity of existence. It must be pure to meet the requirements of the system. At all times an ample supply is requisite, but especially so at night in the sleeping room. As our dwellings are now constructed, the only feasible and convenient method of ventilation is by lowering the top sash and raising the lower sash until they meet in the middle of the window frame. The fresh air is admitted, while the heated, vitiated air passes out. Sleeping and family sitting rooms should always have a sunny exposure. If you are afraid of curtains and carpets being faded, take them out of the way, but have the sunlight and air. Reckless, indifferent, ignorant people permit fermenting filth about kitchen drains and doors, in pig-pens and in neglected privies. Wherever these disease-breeders exist, sickness is inevitable. Ashes, lime or soil are good deodorizers, and to a limited extent disinfectants for those unnecessary nuisances about any home in country, village or city; therefore, if you would have pure air, remove, cover up or burn up all offensive surroundings.

Sleeping.—Strict attention should be given to secure a free circulation of air in all sleeping rooms at night. It is not enough to have an open door, with the windows shut, because a window may be open in the hall or elsewhere about the house. There must be an admission of fresh air into the bedroom, and an escape for the air which has been rendered impure and heated; otherwise it becomes stagnant, poisonous. Every sleeping apartment should have a fireplace with an open chimney, and in cold weather it is well if the grate contains a small fire, enough to

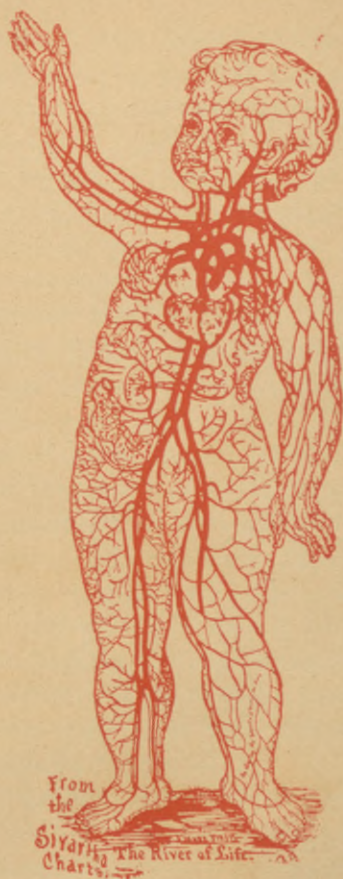
create a current and carry the vitiated air out of the room. In such cases, however, it is necessary to see that the air drawn into the room comes in from the outside of the house. Summer or winter, it is well to have a free ingress for pure air. The aim must be to purify the air without causing a great fall of temperature. *Fresh air in sick rooms* is all-important and must not be overlooked.

How to Remove Foul Air from Churches.—The best time is immediately after the congregation has departed. Open wide the doors and windows, and let them remain open a short time. The same rule will apply to all halls, theaters, lodge-rooms, etc., etc. It would improve the air of all public as well as private rooms to let in the sunlight and heat at least once a week. The sun's rays crystallize disease germs that breed in darkened halls and rooms, and they are thus destroyed. Some are afraid of night air. Florence Nightingale replies to this objection by asking, "What can we breathe at night except night air?" Her rule is to keep the air *within* as pure as that *without* the house.

Fire as a Purifier.—Burn all the waste garbage about your home. In cool and cold countries this is the best and surest way to be rid of disease-producing accumulations. Burn up the rubbish, the unpleasant letters—in fact, all unpleasant influences that *will burn*.

THE
RIVER
OF
LIFE.

SHOWING
THE
CIRCULATION.



From the ventricles or lower chambers of the heart the blood is sent through the arteries to every part of the body. It is returned through the veins to the upper chambers, the auricles. From these it passes down to the ventricles, to be again sent around. On the left arm of this figure the lymphatics are also shown. While making the round of the circulation, the blood is purified by contact with the air in the lungs, on each side of the heart.

CHAPTER V.

FEVERS: CAUSE AND TREATMENT.

TYPHOID FEVER, CAUSE AND CURE.

ANY condition, habit or environment that is unsanitary, personal neglect of cleanliness, unventilated bedrooms, unsuitable clothing or unhealthy foods, are underlying causes. Still further: poisonous gases generated in rural districts from neglect to keep out-houses, pig-styes, hen-houses, etc., clean and sweet; in our large cities neglected streets, sewers and leaky gas conductors, poison the air and blood, and are most prolific causes. Common earth is a cheap, reliable disinfectant; use it freely, is my advice.

Symptoms.—Loss of appetite, an inclination to sleep, an impatient, nervous irritable feeling; tongue coated, mouth dry, breath fetid, a desire to be alone, disturbed by noise or company. Some one, and often a number of the symptoms above enumerated will be noticed. If the instructions and suggestions given in previous chapters could be read by every family, and the simple teachings fully understood and lived, there would be no necessity for detailed instructions of methods of cure.

Necessary Requirements.—As pleasant and convenient surroundings as possible for the typhoid patient. A large, airy, light and clean room, that can be easily ventilated; I prefer a secluded chamber as far removed as possible from the odors of the kitchen and the noise of the street. A sick room with the

best and most sanitary appointments should be free from carpets and upholstered furniture, using rugs and strips of carpet to deaden sound in walking.

Perfect Cleanliness.—A sweet, clean room, entirely removed from barnyard odors, and all others disagreeable, is a condition not always recognized as indispensable. There are no objections to inspiring sentimental music, if it does not disturb the patient; music has a healing influence upon a large majority of the sick.

Things Indispensable.—With the above life-giving, healthy surroundings, which I consider the very foundation of a sure and rapid cure, I am ready to proceed. Let the nurse and attendants (one for the day and another for night) understand that there must be pure water in abundance, some convenient stove for heating it and keeping hot constantly at least a gallon. With an abundance of hot water and a few lemons, a liberal supply of towels, a cake of English castile soap and a fountain syringe, an intelligent nurse is prepared to successfully treat a clear cut case of typhoid fever, either simple or malignant, without the use of drugs, experiment or danger, and with perfect assurance. Every case treated as we here direct will begin to improve at once, and continue until cured.

Cured Quickly.—Only a short time is required for a cure by our methods, and only a few days in which to gain strength and health; the patient has not been drugged nor poisoned, and little time is required to overcome the results of the fever. The blood has been thoroughly cleansed by nature's own methods

ana remedies; the cause has been removed by the only common sense treatment ever discovered. This treatment has been dubbed "short cut" by our old style M. D.'s; we accept the title with thanks, and will make it as true and significant as possible.

Not Arbitrary, but Orderly.—The following is our method of treatment, which may be varied a little according to age, occupation, temperament and condition of the patient. The treatment given is suitable for a vigorous middle-aged person. The nurse should understand how to vary the treatment for young, very old, or persons low in vitality.

Treatment in Detail.—Use a teaspoonful of the juice of a lemon for each coffee cup of hot water. Keep the water fresh, clean and pure. Give the patient a coffee cup of hot—*red hot*—lemonade every half hour for five or six hours, until the patient is literally full. This treatment is to be continued every hour until convalescence, which may in many instances occur in twenty-four to forty-eight hours, and in every case from three to five days. Patients are not to be disturbed when in a quiet natural sleep, but as soon as awake continue the treatment. Should the patient complain of too much lemon in the stomach, as may be the case in a very few instances, the amount may be cut down to half a teaspoonful, and every alternate hour give only the hot water without the lemon.

The Clear-Headed Nurse.—The clear-headed, patient and unprejudiced nurse is expected to work in perfect harmony; if necessary vary the treatment as good sense may dictate. No sugar is used in the lemonade, as this would make the blood too dense.

Persist and Succeed.—If a cure is delayed beyond the usual time, from neglect or other cause, and the fever still lingers after four or five days, a cup of crust coffee may be given the patient twice each day. Toast to a brown two slices of bread, and turn enough boiling water over it to make a cup of coffee. It is always best to fast until the fever is removed, when the patient will convalesce.

Baths.—A sponge or towel bath is required every eight hours, as long as the fever runs high; two baths each day will be sufficient for a mild form of the fever. These baths will quiet the nerves, cool the blood, keep the pores open and rest and soothe the patient. Commence the bath by first bathing head, face and neck, then the trunk, and lastly the lower limbs. Use a trifle of old English castile soap; make the baths thorough and pleasant for the patient. *Much, very much, depends upon the cool bath* in our method of treating typhoid fever. A turkish towel rubbing should follow the towel or sponge bath. Coarse crash toweling may be used in place of the turkish. Hand rubbing is reviving and healing, especially when given by a magnetic hand. The short cut methods are in perfect harmony with the truly magnetic, and all other reformatory safe methods. For the vigorous patient of full habit a thorough rubbing is essential; if the nurse understands massage treatment it may be used, the rubbing being vigorous or mild as the patient prefers. In adopting reform methods you are to ignore drugs.

No Consultation with Drug Doctors.—You are not to consult, counsel, or have any communication

whatever with drug doctors or their long cut methods, for the very good reason that drug schools are sworn to oppose all innovations, good or bad, every discovery not ground through their mills and sanctioned by the high priest of the drug system.

Our Discovery.—Our short cut methods are pronounced in advance rank heresy, therefore in adopting the new, discard the errors of the old. This is the only safe, just, manly course; the old methods are a total failure in typhoid fever; the *short cut* is a success *in all fevers; try it.*

Constipation Must be Avoided.—The object of the short cut treatment is to do everything possible to make the most favorable conditions for nature to heal in her own way; this is all the wisest can do. In order to best do our work we must cleanse the bowels—the colon—thoroughly by injections and use of a fountain syringe. For the typhoid patient begin by using a pint of tepid water; just before retiring is usually the most convenient time and always the best for one sick in bed. If the pint is retained a quart may follow in a half hour; if not retained, five or ten minutes after it passes away inject a quart of moderately warm water, and assist the patient to take a position with hips raised, that the injection may be more easily retained, the object being to cleanse and cool the bowels at the same time. The bowels of all fever patients must be thoroughly washed, therefore the injections must be continued until a large amount of fecal matter is removed; this is important, very important; it may take two hours to soak up the bowels and remove the feverish excrecences. I repeat,

make this bowel treatment thorough, and continue it every evening until the cure is effected. After a thorough wash out and short rest, a pint of cool—not cold—water should be injected and retained all night. It is very desirable that the patient understands that this, if possible, should be retained. There are thousands of clear-headed men and women in America who have learned the value of keeping the bowels—the human sewers—clean by a weekly use of the fountain syringe; not because they are constipated, but for reasons of cleanliness, health, strength and beauty; these people are our sturdy health reformers; not proud, but ashamed to be sick.

A Rigid Fast.—Fasting is a curative agent of the first water during the treatment of a typhoid case, and must be rigidly observed. As long as there is fever there is impure, poisoned blood; until cleansed by the hot lemonade treatment the fever will burn and be prolonged. *Orangeade* in mild cases may be alternated with lemonade; the former given cold and the latter hot. Children do not need as much acid of the lemon as grown people and will take kindly to orangeade. *Nothing stimulating*, which includes tea, coffee or tobacco, is permitted until the cure is complete.

The Most Favorable Conditions.—To accomplish our object in a remarkably short period of time, we demand and must have the most favorable conditions and surroundings. Typhoid fever baffles the skill and experience of the entire drug fraternity, who treat this disease as an army of soldiers would an impregnable fort. They fire away at the colors with

their deadly strychnine, aconite, morphine, etc., to keep up their courage, without a thought or hope of arresting the disease. They look and act wise—by not saying much—make themselves agreeable, and trust to nature to eradicate the disease and overcome the poisons they daily prescribe.

Treatment Constantly Changing.—The methods of treatment for the sick are constantly changing. Especially is this true with those who try to keep in touch with the times. The wide-awake physician and nurse are on the alert for every new discovery; this must be so, for the very good reason that medical science thus far is more experimental than scientific. When people learn to discriminate between the physicians who experiment and those who use only natural remedies and methods and are sure of results, therefore are not experimenters, a revolution in medical practice will result. This change is close at hand; I am trying to hasten the good time.

Convalescence.—By following the detailed instructions given above as rigidly as in the use of drug practice, convalescence will be rapid. The patient should have the very best nursing for two or three days after the fever has been conquered. Food should be simple and only two or three articles selected for each meal. Uncooked ripe fruit is the best; cooking destroys part of the fruit. Graham flour or rye *meal*—*not flour*,—will make good mush. Plain tomato soup is good. The nurse will readily note the convalescing period. Several million pores seem to return thanks and weep profusely for joy, by pouring out impurities. As soon as perspiration subsides and

the patient begins to realize the true situation, a cool, very thorough towel bath may be given, and some food taken if desired. The Short Cut treatment removes the cause in a few days, and, barring extreme cases and conditions, two or three days' treatment will purify the blood, vital organs and bowels, and health will return.

The Fever Subdued.—When the fever is finally subdued and the crisis comes, there need be no cause for alarm because of apparent weakness and listlessness of the patient. Let the surroundings be cheerful and quiet; nature will finish the cure in her own good time and way. A cup of crust coffee, an orange or a cup of hot milk may be given, as soon as the patient demands food. While there is any fever, food is but a hindrance to recovery, as it only clogs, and in taxing the nerve force to digest it, weakens the patient.

Extreme Cases.—Treatment of all ordinary cases has been given. Extreme cases may need in addition the water or milk-pack, one or two each day; friends and nurses can readily determine. There is no objection to water and milk-packs in *ordinary* typhoid cases; they will always promote a speedy cure. The writer invariably uses them in connection with the hot lemonade treatment where patients are robust. Packs make the most complete poultice ever used upon the body; they quiet and soothe the nerves, at the same time cool the body, and suck the sheet full of the impurities of the blood. (*See Bath Chapter for instructions and application of water and milk packs.*)

Head Compress.—Use the head compress in all fevers, especially those that involve the head, as in

typhoid, yellow, intermittent, scarlet and nervous fevers. A compress for the loins and abdomen will also be found very useful in fevers, especially in treating women who suffer from pain and weakness in the small of the back, also from uterine difficulties. Yes, this loin compress, when its value is understood, where it has been used, is pronounced a God-send for women. Try it thoroughly for a month, if your back requires treatment.

All Fevers Cured.—*All fevers* may be successfully removed in a very short time, by adopting the treatment detailed in the preceding pages of this chapter. I do not say that they must run seven, ten, twenty-one or forty days, but may be cured in from ten hours to three days, by the simple, safe methods laid down in this chapter. *Especial instructions* will be given in succeeding pages for some of the fevers labeled epidemic, only in a relative sense. No fever can long exist under the treatment prescribed in this chapter. Water puts out the fire of the blood as surely as the burning building. This fifth chapter should be studied by every parent in this broad land; to neglect or ignore such important facts is folly.

Fever a Friend; Only Nature Cures Disease.—The reformatory physician considers fever a friend, for the good reason that it is nature's method of purifying the system by fire; it heats, opens the pores—the doors and windows of the physical house—and the impurities are expelled by vibrations caused by the increased heat. What does not thus pass out is burned out by the fever. These are nature's methods of house-cleaning and in man's normal

condition would always be successful; they are infinitely better than the present popular methods. In speaking of normal and infinite conditions my language is relative; in the absolute all is normal and infinite. In sickness, if like animals, people would fast, drink pure, cool water and rest, they would soon convalesce. Fevers are signals of distress; face the signals as we must the results; the cause should be sought and removed. No physician can do more than assist nature. Note this fact: no doctor does nor can cure sickness; the most he can do is to make the best conditions, nature will do the rest. *Only nature cures disease. Infinite law is cause and cure.*

A Request.—I desire every reader of this volume to carefully digest the following confession from one who stands high as a teacher and leader in medicine.

The Successful Treatment of Typhoid Fever.—On the death of Prince Albert Victor, an eminent writer takes occasion to criticize medicine as follows:

“That after an illness of only three or four days’ duration the heir to the greatest monarchy in the world should lose his life, when surrounded by every attention and aid that sympathy, wealth, skill and science could suggest, shows how slight the advance is that has been made in the healing art.

Slight Advance in the Healing Art.—“Everything was, no doubt, done that trained human experience could suggest; but in spite of it all, and with a reasonably clear knowledge of the exact character of the disease, this young man’s life was taken from him in much the same manner it might have been if he had been the child of savage parents in central Africa, instead of the future ruler of the wealthiest, the most enlightened and the most extensive empire on the face of the earth. That great advances have been made in the science of medicine in the last few centuries, no one would think of denying; and yet, when one takes into account the absolute helplessness of the modern physician in such a case as that we have been considering, the advance that has been made

seems, by comparison with what has not been attained, as relatively insignificant." Dr. Charles E. Page, of Boston, deplors the fact "that the modern physician seems able to do but little if any good when brought face to face with a severe case of typhoid fever or pneumonia."

Startling Statements of Dr. George L. Peabody.—Listen to the startling statements of the eminent Dr. George L. Peabody, professor of materia medica and therapeutics in the College of Physicians and Surgeons, New York: "The results in the treatment of typhoid fever continue to be so bad in general in this country as to constitute a chronic opprobrium to the art of medicine here. We do not seem to be capable of approaching, at least in New York, the low rate of mortality which has rewarded the efforts of the medical profession in many cities of Europe. While we endeavor to explain our relatively higher death-rate by various differences which, without doubt, exist in the manner of collating and recording statistics in different countries, still, after making every allowance for local differences of these descriptions, it must be admitted that our death-rate in this disease is far higher than it should be. Those who still adhere to the expectant plan of treatment are still in the large majority here.

Expectant Plan, Expect to Die.—"The expectant plan seems, in a general way, to make us quite content with our bad results, and to lead us to expect the patient to die if he becomes gravely ill. In this plan of treatment, practically nothing is done unless symptoms in themselves very disturbing or grave, or even threatening, develop; and then much is often done which is likely to be pernicious in its effects. If a patient have a headache, he receives the bromides or an ice cap, or both, depending upon its severity; if he develop a bronchitis he is given opium, or cough mixtures, or inhalations; if he suffer from tympanites he is given turpentine, or turpentine stupes are applied; if he have a diarrhoea he is given opiates and astringents; if hemorrhage from the bowels occur, to the opium is added tannic acid or gallic acid, or some equally useless and disturbing drug; if he become delirious the dose of the opium is increased, or he is physically restrained, and most pernicious of all, if his temperature reach what is considered a dangerous height, an elevation which, long continued, would become incompatible with life, he is given a *large dose* of some antipyretic drug, and his temperature is suddenly reduced to a level which may be several degrees below the normal.

Objectionable Procedure Repeated.—"Often this objectionable procedure is repeated in an almost rhythmical way for several days or weeks, and if, accompanying the fall of temperature thus produced, there be a degree of prostration and feebleness of the heart which is alarming in itself, then, to counteract this bad symptom for which the drug and the doctor are responsible, alcoholic and other stimulants are given in large amount. This method of treatment, if it be proper to call that a *method*, which seems to lack all true system, is often dignified by its advocates by the appellation *rational*. In fact, however, it would be difficult to advise a more *irrational* method than the symptomatic method, carried to its logical issue."

A Confession.—Such a confession from such a source ought to open the eyes of the blind if anything in the world could, regarding the methods and danger of drug treatment in this day and age of growth.

Fasting Endorsed.—In the matter of feeding fever patients, *Dr. Chas. Page* says: "I desire to emphasize the importance of a radical reform. . . . Let me illustrate this point by contrasting the diet of an active man, in good health and of abstemious habits, with that of a fever patient. In many cases the latter consumes more food every twenty-four hours than the former. Suppose we put our robust man to bed in the average sick-room, with its not over-fresh air, to say the least of it, and compel him to swallow several ounces of milk every two or three hours, day and night, with occasional little nips of whisky, champagne or brandy, which is the stock plan of feeding in typhoid fever! In the writer's estimation it would be difficult to devise a better prescription *if we desired to produce typhoid fever*. How then can it be imagined that a diet calculated to produce fever in the healthy subject will prove curative or helpful in a

case already developed? It has for years been evident to my mind that this plan of 'feeding fever' is like playing a stream of petroleum over and through a burning building. It is found that water answers the purpose far better, in the one case as well as in the other. . . .

Have Tested Water and Never Been Disappointed. "I have tested the water diet over and over again, in typhoid, scarlet and rheumatic fever, and have never been disappointed in it. It can be truly said that food, for want of digestion and assimilation, is a *drug*—a harmful drug—in typhoid fever, *until the crisis is passed.* . . . In some of the most distressful cases that have happened to be thrown in my way, when all hope in the minds of friends had been abandoned, I have found that the withdrawal of food, drugs and 'stimulants,' and the substitution of simple, fresh, soft water, has produced results that have seemed almost miraculous. The reason for the frequency of relapses and fatal terminations in cases that were thought to be getting along well, may be found in the prevalent obedience to the following advice of one author in a recent important work on therapeutics: 'Every period of apparent improvement must be seized for keeping up nutrition, and also for making a distinct impression with *quinine.*'" . . .

Stale Graham Bread the Test.—"As to the question of the proper length of time for fasting, I can only say that my own practice is to withhold food until the patient is convalescent and *unmistakably hungry*, and the temperature nearly normal. Then the test of

hunger is a piece of plain stale graham bread, 'dry on the tongue.' There would be very few relapses under this plan intelligently carried out.

The Cold Bath.—"The cold-bath treatment consists of immersing the patient in a comparatively cold bath when the temperature reaches 101° F. to 103° F. The bath is given at 65° F., the patient being immersed to the chin, if the size of the tub admits; if not, he sits in the water, which is dashed over the exposed parts, and he is *actively rubbed by the attendant during all the time he is in the water.*

Hand Rubbing.—"This hand rubbing is practiced, not only for the temporary comfort of the patient, but as an essential part of the treatment. The patient remains in the bath fifteen to twenty minutes. If his temperature is 103° or more, the time required for the best effects may be even longer.

The Shock.—"Dr. Baruch says on this point: 'The shock of the cold submersion may cause the patient to declare that he cannot breathe, or it may produce trembling. Usually, if the temperature of the water is below 70° , he will remonstrate with the attendants that he is very cold, and that he cannot bear it; but patience and avoidance of flurry or excitement, firmness in insisting that no harm shall befall him, and extreme gentleness will overcome his objections. . . . In some cases the bath may be required every three or four hours. It is important to employ the cold pack about the body during the intervals between the baths, or whenever the patient's temperature is at 101° or over. This body-pack consists of two-ply of coarse linen wrung from *cold* water, with

two-ply of the same, dry, outside. Since the object sought is, in part, that of keeping down the temperature, it is evident that the cold pack must not remain unchanged long enough to be transformed into a hot fomentation.

Life Saving Device.—“This device *alone* would always prove of great service, and, with cold cloths constantly pressed, and changed every minute, over the head, *so long as agreeable to the patient*, would, even without the cold baths, in my opinion, constitute a life-saving treatment in a large proportion of cases that terminate fatally where no active water treatment is employed; and this would be emphatically true if the vitality of the patient were not taxed by the employment of antipyretic drugs, ‘stimulants,’ and *constant* feeding.

The Physician Master of the Situation.—“The chief aim of the writer is to call attention to the fact that we have at our disposal a method of treatment for typhoid fever, pneumonia, scarlet fever, and, in short, for all of this class of diseases, which practically robs them of their terrors, and makes the physician, instead of a helpless on-looker, if not, indeed, a harm-worker, well-nigh master of the situation.

Success of the Water Treatment in Philadelphia.—“The hospitals of Philadelphia are generally adopting the German (cold bath) system of treatment of typhoid and typhus fever. Fifty cases were treated by Dr. Wilson in the German Hospital, Philadelphia, and out of this number he lost but two. Since this system has been introduced in the Johns Hopkins

Hospital in Baltimore, the rate of mortality in typhoid fever has been reduced to 7 per cent in that institution. Why is it, we may ask, that to-day, throughout the civilized world, the treatment is practiced thoroughly only by a few individuals here and there, and half-heartedly by a few others, while, speaking of the profession in general, almost no use whatever is made of it? Dr. J. C. Wilson names some of the obstacles to the general introduction of this system; but he holds, as must every thoughtful student, that none of them could hinder any really progressive medical man from adopting it.

Physician, Not the System, Condemned.—"1. The statistics are questioned. This can no longer be sustained. 2. It is inconvenient, and demands an amount of experience and labor on the part of physicians and attendants not easily to be had in private practice. Objections of this nature cannot stand against the lowered rate of mortality. [At any rate, in so far as it is a question of the lack of skill and of unwillingness to "*labor*," on the part of physicians, it is the physician and not the system that stands condemned.]

Efficient Means of Saving Lives.—"3. The opposition of the patients themselves and of their friends. This is no real objection; it is a mere difficulty that will vanish so soon as the profession generally recognizes in the method an efficient means of saving many lives and lends its weight to the advocacy of the plan among the people. . . . What stimulus does the physician require who has never yet added cold water to his list of remedies? Is it a conviction that he has

thus far in his career, through this omission, suffered a great many men and women and promising children to die on his hands, and caused many more to live invalid lives and to die prematurely? Note the happy changes that result from the skillful use of cold water! Says Dr. Baruch: 'In typhoid fever we have it upon authority which we dare not question that the cold bath refreshes the nervous system; that it deepens the respiration; that it moistens and cleanses the tongue and improves the appetite; that it steadies and slows the pulse; that it improves the digestion; that it increases the quantity and improves the quality of the urine; that it removes stupor and delirium. In short, it lends vigor and tone to the entire system.' . . .

Medical Men Befogged with Delusions.—"There is one very powerful influence constantly at work that tends strongly to keep the minds of medical men befogged with delusions as to the supposed virtues, if not the all-sufficiency, of various drugs. I refer to the literature emanating from the manufacturers of chemical preparations and sent with samples for trial to every physician whose address can be obtained.

True Elixir of Life Not Found.—"The claims made by the makers and vendors of these new drugs or new combinations are usually made up by a profusion of testimonials from regular physicians, here and there one who may stand high in the profession, and are of a character to convince the average man that here, at last, we have a specific for the disease in question, if not, indeed, the true elixir of life; *and so easy to administer.* . . . The history of medicine has completely vindicated the value of water as a thera-

peutic agent, while other remedies, whose value has been heralded as prolific of good, have been cast into lasting oblivion, or have from time to time enjoyed a more prolonged reputation.

Water the Only Remedy Which has Stood the Test of Time.—“The testimony of clinical observers, whose world-wide fame is ample guarantee of its reliability, places water at the head of all therapeutic agents. In every civilized country such testimony may be obtained (Baruch, *ibid*). What the cold bath is to typhoid fever, this bath and the cold compress to the chest are to pneumonia. There is some degree of congestion of the blood vessels of the lungs and a demand for some measure of *local cooling*. . . .

Mustard Plaster Tends to Produce the Disease.—“It is pitiful to be compelled to state that it is almost the universal practice, not alone with the laity in self-treatment, but among physicians, to order a mustard paste, or a hot poultice of some sort, to be placed over the chest—a measure that would tend to produce the disease if applied to a typically healthy man, and cannot fail to still further endanger the life of any patient already in its grasp.”

Biliousness; Cause and Treatment.—A combination of circumstances may be the cause. An excessive morbid appetite is often the only apparent one. A natural appetite fully gratified without a knowledge of the law of digestion is frequently a cause. Food must be digested and assimilated, or it will prove a source of trouble in some directions. Exercise is an imperative necessity to healthy digestion. Out-door exercise is best, and in many instances

is absolutely necessary to continued life. Overtaxing of body or mind, great mental anxiety and suffering disturb the digestive organs, and may cause sick headache and biliousness. Biliousness is impossible if abstemiousness is observed and the laws of digestion obeyed. An overtaxed stomach will give warning, and with fullness and pain cry out for rest; observe the cry. Signs of biliousness are seen in the yellow tinge of face, deranged taste, tongue dry and rough, thirst, headache, variable appetite, sick at stomach, torpid liver, cold feet and chilliness are among the common symptoms.

Short Cut Treatment.—Hot lemonade is the best remedy; it may be varied according to the condition of the patient. Use a teaspoonful of the juice of the lemon to a coffee cup of hot water without sugar; take every half hour until circulation is restored and pain removed; when perspiration pours out of every pore and the sufferer drops off into a quiet, feverless sleep, evidence is shown that the cause is removed, and no more trouble may be expected. To avoid a similar experience eat less, select plain food, easy to digest. Fasting, for those subject to bilious attacks, is a sure way to avoid them.

Take the Hint.—Biliousness lives and thrives upon excesses; take this hint. To neglect your morning bath, to live in overheated, sunless rooms and breathe over and over the impure air, to return to your old non-hygienic habits of life, to drink alcoholic beverages, to overwork and worry, to neglect to take a coffee cup of hot lemonade every morning a half-hour before breakfast, and you are liable to have periodical attacks as often as your system becomes

gorged and clogged. The hot lemonade decomposes the bile, heats and relaxes the stomach, which is cleansed by the hot lemonade acting upon the stomach, as soap and hot water do upon soiled linen. The entire human organism is purified by the use of the hot lemonade, and there is no tax, external or internal; no patent *or corner on this discovery* by the author. I only claim the discovery and value of the hot and cold lemonade as prescribed in this book. It is the *very best remedy for poisoned and impure blood, torpid livers, sick headache, rheumatism and biliousness ever discovered; it costs so little, it is so safe and sure, so convenient, so practical, that it is considered a God-send by thousands.* No danger of malarious districts. In bilious, as in *all* fevers, the digestive organs are out of harmony; diarrhoea or constipation may be the symptoms. A general irritability is not an uncommon symptom. No danger need be apprehended in so-called malarious districts, if the hot lemonade is used *daily* during the summer months. Eat fruits freely, Irish potatoes sparingly, corn, cabbage, onions, tomatoes, asparagus, celery and all that class of vegetables freely, also melons in their season; (avoid peas and beans). Dr. Dio Lewis defines biliousness as "piggishness." In other words, over-eating will always cause it.

Dyspepsia and Indigestion.—*Treatment:* "Dyspepsia is cured by muscular exercise, voluntary or involuntary, and in no other way can it be cured, because nothing can create or collect the gastric juice except exercise; it is a product of the human machine. Nature only can make it." In connection with vigorous exercise, a few treatments by a practical, clear-headed mental healer will cure. Oat-meal cakes and buttermilk are promoters of digestion. 'Roughing it' is a sure cure."



THE MOTIVE SYSTEM.

The external layer of muscles is shown on the left side of this figure. On the right side are shown some of deeper muscles, and the bones of both the arm and the leg. The muscles are attached to the bones, and move them by contraction. In this vital act of the muscles, each little muscle cell becomes polarized, its two ends approach each other, and thus the whole muscle is shortened in length.

About four hundred and seventy muscles are found in the human body, and two hundred and forty bones.

CHAPTER VI.

DISEASE INFLAMMATORY.

INFLAMMATION signifies heat, and usually soreness, pain and congestion. It is the opinion of some of the profession that congestion precedes all inflammatory disease. Soreness is a very sure indication of inflammation. A cold is a congested state, and will become inflammatory if not removed. A congested condition is the opposite of a relaxed state; therefore, in relaxing the congested part, by the use of our simple, safe and sure remedy, the cause is removed.

Cause of Fevers and Inflammations.—The primary physical cause of fevers and inflammations is poisoned blood; the blood may become loaded in a short time with waste matter, an excess of nitrogenous or albuminous food that increases fibrin, thickens the blood, and causes a sluggish movement. This point understood, it is easy to see that as the blood is the river of life, if it becomes loaded and sluggish, it will soon become impure and poisoned; congestion, fever or inflammation will be the result.

Mental Causes.—Fever and inflammation may be caused also by mental strain, irritation, overwork, by excesses in any direction; there are many causes, but none so potent as ignorance of the amount and kind of food needed for the system.

Foods to Avoid.—Persons subject to rheumatism, neuralgia, colds, sick headaches and bilious attacks,

should avoid animal food, eggs, cheese, peas and beans, especially the last two, called pulses. These are said to be the cause of an excess of fibrin which clogs the circulation, causes fermentation in the stomach and bowels and generates uric acid, producing soreness of muscles and joints so much complained of. All starchy foods are more or less clogging, depending upon the habits of the person. *Vigorous out-door exercise* is a regulator, a safety valve for hearty eaters of clogging foods. Those blessed with ability and opportunity for everyday vigorous out-door exercise, may eat three square meals each day, choose the food that a natural appetite craves, and have no fear of the results. It is not wise to trust a vitiated abnormal appetite.

Banish Fear.—No one should eat what they fear may hurt them; no one should allow fear to enter their life; fear in every direction should be overcome by knowledge. Banish fear, sickness and pain is the demand of growing men and women at the close of this nineteenth century.

Short Cut's Object.—Fever, inflammation, congestion and pain, are diseased conditions; the leading object of "Short Cut" is to teach how to heal these conditions, by safe, inexpensive, common-sense methods. It is not necessary that the sick should know, or be able to give, the technical name to every expression of disease indexed in medical text books. It matters not whether disease of the lungs is called pneumonia or inflammation of the lungs; the important thing to know, is, *how to heal* the disease in the

most rational way by safe, sure methods; this, Short Cut will make plain.

Pneumonia, a New Name for an Old Disease.—Pneumonia is a modern name for a common disease of fifty years ago, called lung fever, sometimes called inflammation of the lungs.

Considered Dangerous by Drug Doctors.—Pneumonia with its new name and methods of treatment, is considered very dangerous by the rank and file of drug M.D.'s. With its old name and grandmother's method of treatment, with her small stock of herbs hung away in the garret, no danger was thought of. With any name, and a clear comprehension of the cause and simple Short Cut treatment, pneumonia is no more dangerous than any hard cold.

Over-Feeding.—Hard colds are caused by over-feeding; this is a recognized fact by those who deal in and handle blooded stock. Why not apply a little horse sense to the discovery of causes of disease that afflict humanity as well as domestic animals? Let it for once be settled that hard colds catch us when we are clogged, when we have indulged in a big dinner, drank too much wine, smoked too many cigars, neglected to bathe and care for our bodies, as a humane man cares for his horses.

A Cold often results from over-dancing, skating, overwork, any excess that exhausts the vital forces. Want of sleep or proper rest is a common cause; sexual excess is no doubt a very common cause. Anything that over-taxes vital life forces paves the way to cold-catching. A cold is a congested state and is quickly and easily removed by fasting and drink-

ing a gallon or two of Short Cut lemonade. Yes, a gallon or *two*, enough to wash the blood, heat the body from head to foot so hot that every pore will pour out perspiration profusely.

If Neglected.—If a severe cold has been neglected until disease attacks the lungs, resort to the vapor bath and the very best care for twenty-four to forty-eight hours. Follow instructions for the vapor bath carefully, intelligently, and you need not fear pneumonia.

One Bath for Pneumonia.—One bath will suffice in all ordinary cases; two will remove any cold or case of pneumonia; I have treated the most dangerous and severe. The objects of the vapor bath are to equalize the circulation, to relax the system and remove congestion by reaching the cause, which is a clogged circulation of the blood. By doing this, the nerves, lungs, heart, liver, kidneys and bowels are relieved, and all the vital organs resume normal action; the result is restoration. All food, stimulating drinks or anything but cold and hot water, hot lemon or orangeade, are forbidden the patient until cured. There is no danger in the Short Cut treatment, and if carefully administered is a sure cure.

Cure La-Grippe.—A gallon or two of hot lemonade and a vapor bath will cure any case of la-grippe—influenza—in twenty-four hours; note this and remember our sure cure. Fasting is one of my rigid rules; it can never be safely disregarded. Never eat anything while bed-sick.

Our Title.—I desire to condense so many important facts for this volume, that it will truly be the very

shortest cut to health, and thoroughly reformatory. No compromise with error. Brevity is considered in every paragraph, every point must be made clear. No compromise is made with error, deception, selfishness, ambition, tradition, theories or professions; life and health are too important to be trifled with from our point of view. As previously stated, the causes of disease are ignorance and neglect; the causes of pneumonia and lung fever are the same. So analyzing, we find a severe cold to be the immediate cause of la-grippe, pneumonia, catarrh, diphtheria, bronchitis, and a long list of other troubles. The man or woman trained to think and reason, will at once ask how and why we catch a cold, with pain and sickness as results.

Catching Cold.—The cause of colds we find to be varied. Too much food, improper food and drink have loaded the blood; insufficient exercise, impure air, not breathing enough, neglecting baths, not knowing how to give the body as much care as fine carriage horses receive, are the cause of the cold that develops into so many expressions of disease.

The Workers.—Hard workers in shops, on streets, farms, ranches, in the lumber woods, sailors, trainmen on our railways, and a hundred other outdoor occupations, those who have opportunity to exercise until appetites are sharpened to a keen edge, may indulge in more food and greater variety than the professional and business classes. Workers with hands as well as brains will enjoy life and health as much as any class, and more, providing they observe and obey the laws as taught in these pages.

Ignorance and Neglect.—Most all disease can be traced to ignorance and neglect; if this is found to be true, then it is only necessary to inform ourselves.

Malaria a Myth.—Knowledge dispels ignorance and fear; fear invites sickness and often produces disease. Have no fear of malaria; the malaria excuse is much like the popular heart failure drop curtain. Let me explain: When the drug doctor has exhausted all his drug experiments and the patient still lives—won't die, cannot be killed by drugs or disease—the doctor declares his patient has malaria and must flee to the mountains or Hot Springs; this is the Short Cut diagnosis of malaria.

Cause of Heart Failure.—When a man or woman has lived to eat, to gratify sensuous and sexual life and neglected every law of health, the old "one-horse shay" breaks down, worn out, played out; the heart stops beating, fails, after all the other vital organs fail. The wise, but weak-kneed doctor looks over his spectacles to the reporter, and says "heart failure" is the cause; the curtain drops; the astounding cause has been proclaimed. Such gross deception is a shame and burlesque upon the profession.

Emblazoned Thereon.—The Short Cut declares that the heart fails every time and only at death (if one death may be called heart failure, all deaths may be), that heart failure never occurs until every other vital organ fails; the heart fails as a result; this dodge is inexcusable deception, often excusing debauchery, gluttony and all manner of excesses—violations of the laws of health and good morals. This is my diagnosis in brief.

Treatment of Malaria.—Malarial fever is simply chronic biliousness; if skilfully handled (as I treat typhoid, bilious and other fevers) may be cured in twenty-four to forty-eight hours. I have never seen one case that failed to respond in that time, where our heroic common-sense methods were adopted. Try it; *you will succeed.*

Treatment of Fevers.—For common fevers, use hot and cold water and hot and cold lemonade (in a few cases I substitute orangeade). Hot lemonade is an antidote for all blood poison; it purifies the blood. Hot and cold lemonade within, and cold baths, cold compresses, cold sheet packs without. A little experience, some good horse sense, prejudice and preconceived opinions laid aside, is all that is necessary to make short work of any fever, if surroundings are favorable.

Favorable Conditions.—Conditions, *yes favorable* conditions we must have in order to succeed. The ignorant, careless, "namby pamby" class can only see and understand the necessity of order and system when the drug doctor is called. This is a mistake; reform methods are in harmony with the laws of life and health, and all infinite laws must be obeyed. Order, system and intelligence are stamped upon every leaf, grain of sand and drop of water; rest and a restful atmosphere are imperative conditions of the sick chamber. Prevention should attend all healing methods, should always be first considered; then seek to know the cause in order to intelligently treat the case. Air, water, exercise and food are four necessities of life and of health; study them, use them intelligently,

and you need never fear sickness. "An ounce of prevention is worth a pound of cure" is an old saying worth remembering.

A CASE IN POINT.

Consumption Cure; a Remarkable Experience—The Doctors and Typhoid Fever—Doctors Condemn Drugging, and Endorse Reformatory Methods—Varied Important Suggestions.

A portion of this chapter is devoted to corroborative testimony from a number of eminent medical men, whose experience is similar to thousands who have not the courage to give the facts to the world.

Demonstrated Facts Valuable.—Such facts are valuable not because eminent M. D.'s proclaim them, but because they are true, whether sounded from the house tops, or discovered by the ordinary nurse or less eminent physicians. My fifty years of experience has taught me their truth.

Consumption Cure—A Remarkable Experience.
—"Then you are surprised to learn that I came within six weeks of dying of consumption, thirty years ago, are you, doctor?" The questioner was a bright, healthy little woman of fifty who, in the course of a consultation about a consumptive niece, had expressed herself as having little hope of her recovery, "because she wouldn't do as I did when I had the disease—and she isn't nearly as sick as I was." Straight as an arrow, active and merry, looking more like forty than fifty, Mrs. E. was the last person that anyone would select as belonging to a "consumptive family," or of having suffered with

the disease, in her own person, and yet her mother died of it when this daughter was about 19, and the latter's decline was attributed to inherited tendency and long confinement in the sick-room, during the last year of her mother's life.

How I Cured Myself.—"Yes, I have told Lettie how I cured myself after the doctors gave me up, but she will not undertake it—not now at least—perhaps she may when she gets where I was. Do you want me to give you my recipe for the cure of consumption, Doctor? Tell you the whole story? Well, the way is simple, and the story a short one, and if it will help anyone I shall be very glad. I needn't tell you all about mother's case—her's was the old-fashioned consumption; she was sick a good many years, but the last year she was almost helpless and would have no one but me to take care of her. Well, I bore up until she died, and then I gave out; I could not go to the grave—I was in bed during the funeral. I had not realized—none of the family had—how poorly I had become; but now it was plain enough. I kept my bed most of the time—could not get rested. . . .

The New Young Doctor.—"The doctor who had been attending me—the one who had tended mother—at last said he could do no more for me, and for some months we had no physician, and then father called a new one—a young doctor who was fitting himself for practice in our village. He came to see me, examined my lungs, and I fainted away in the effort. He went out, leaving no medicine, and had a talk with father. He said he did not care to take the case; that there was no hope for me; my lungs

were badly ulcerated, and I had but a few weeks to live.

Can't Live Over Six Weeks.—“ ‘She can't live over six weeks, Mr. B., and she may die any day. I am young, just commencing practice, and it will injure me to have her die on my hands; and I cannot help her.’ ‘At least,’ said father, ‘give her something to relieve her suffering.’ They did not know that I could hear them; but spring-time had come again; the day was quite warm, and I had asked to have the window raised at the head of my bed, and so it happened that I could hear all they said. I heard the doctor returning, and I resolved not to take any of his soothing drops; I had taken all I meant to. ‘Well,’ said I, ‘what have you come back for, Doctor?’ ‘Your father wished me to prescribe for you,’ said he. ‘Never mind,’ I said, firmly, ‘I shall take nothing more. You say I have six weeks to live; I will spend them in getting rid of the medicines I have taken the past year,’ and he went away. Soon father came in, seeming much disappointed and grieved, and in answer to his questioning, I told him why I had determined to take no more medicine, and what I had resolved to do. And now I will tell you what I did, and how I came to do it. I had read in an old English almanac—not a medical one, like the ones strewn about everywhere now, but there was a good deal of useful information in it—a “Sure Cure for Consumption,” and it was so different from what I had been doing, and appealed so strongly to my judgment, that I had been thinking that if I could only make a start there might be a chance for me; but the

effort required was so great that I doubt if I should have had courage enough to undertake it but for my resentment upon overhearing that conversation! To think that the doctors had given me nothing but medicine, and that I had been eating in such a way without any appetite, except for some of the 'rich' things they were always making because I could not relish anything else. The recipe explained that the disease was caused by lack of fresh air, out-door exercise, and appropriate food; but I will only tell you what I did, and you will understand all about the reasons for it. First, I told father and the rest of the family that as I had but six weeks to live, they must let me have my own way in everything, and must do as I said. I could not move from the bed alone, but I had them carry me on a comforter out on the lawn and lay me down there.

Must Take Exercise.—"How was I to take exercise, when I could scarcely turn myself in bed? was the question. Well, I did turn myself on one side, and, with a stick, began to dig a little in the ground. It looked then as though I should not do much damage to the nice sod father had taken so much pains to make; but I dug a little hole as large as my fist, and then rested. After a while I turned over on the other side and dug another little hole, filled it up and rested again. It seemed good to rest and I felt a little better, for the out-door air and the exertion I had put forth, 'loosened' my cough a little, and I began to 'raise.' At night they carried me back to bed.

Bedroom Window Wide Open Day and Night.—"My bedroom windows had been wide open all day and

I would not have them shut now; but in answer to their fears about the night air and catching cold, I said, 'Give me clothes enough, and I will risk the night air—I'm going to breathe pure air the next six weeks, if I live so long.' They all felt terribly—they thought I was shortening my life, even then—but they yielded, finally, in everything, even to not asking me if I 'couldn't eat a little of this or that, if they would make it for me.'

Would Not Eat Until Hungry For Plain Food.—"I had replied: 'No; when I feel like eating a piece of graham bread or a potato, without butter or salt, I will eat something—not before.' This had occurred in the morning, and that very night I asked for a slice of bread and ate a little bit—as big as my two fingers, perhaps. I had them put a teaspoonful of cayenne pepper in a dish and turn warm water on it—a quart—and let it stand over night, and in the morning was sponged all over in that water, the dregs turned off. I had them bathe an arm and then dry it with a coarse towel and rub me with it as hard as I could bear (not very hard to be sure), then a leg and so on.

Gave the Dead Skin Life.—"It seemed to give the dead skin a little life; then they carried me out to my work again! I felt like resting after the bath, but after a while I turned over and dug a larger hole than on the day before, filled it partly with what I raised from my lungs, and such stuff as it was! I could take longer breaths, too; and after digging a minute or so I would *have* to stop and take a long breath, and then go on again. I was thirsty a good deal and would drink water—all I wanted. I ate a piece of

stale coarse bread and some fruit that morning after I was rested from my first digging, and then I kept on resting for some hours, after which I dug a little more. In the middle of the day, when the sun came down too hot, I had an old umbrella put over me and fastened. At night a little bit of bread and a small potato. I ate as much as I could relish, but not a mouthful more.

They Saw She Was Gaining.—"In this way I kept on, day after day, and they began to see that I was gaining. Father, who could not believe the gain was real, but rather the temporary effect of my will, yet joked me about ruining the lawn. 'I shall have to turf it all over again, Lucia,' said he, even before I could dig a hole large enough in a day to bury a cat in, and he tried to laugh at his little joke.

I Remember I Did Laugh.—"I remember I did laugh, and came near strangling in a coughing fit in consequence, but that was a help. What I *needed* was to cough and raise the stuff up—those old ulcers that the doctors said my lungs were covered with—and I found fresh air, flavored with a little exercise, a better 'expectorant', as you doctors say, than those I had been taking. I began to feel hopeful—the novelty of the idea—digging for my life! I took a desperate view of it—six weeks to live! 'I'll die fighting,' I said to myself. It seemed almost droll, droll enough, at any rate, to interest my mind, and I would say funny things to the others to make them laugh, and this seemed to make them try to be cheerful and to cheer me on. The third day I remember that I ate the same kind of a breakfast, just a little, and at night asked

them to boil a beet! I would have only one vegetable at a time, lest I might be tempted to overeat and lose my appetite, and so spoil everything.

By the Sweat of My Brow.—"I was impressed with the idea of 'earning my living' at outdoor work 'by the sweat of my brow,' and not to eat more than I earned by the exercise. I had renounced my coffee and tea; I ate no grease of any kind, nor meat; bread, fruit and vegetables only; no salt or spices, pastry, pie, puddings, nor cake, nor sweets of any sort except the natural, *whole* sweet furnished by nature in the form of vegetables and sweet fruits.

The Prescription.—"The prescription said that some people ate too much soft food, bread and milk, puddings and the like, and that, while such dishes were much better than some others in common use, still they were not the best, especially for sick people with weak stomachs, but that dry (farinaceous) food was every way better; and so I ate bread, or unleavened biscuit, which, after a little practice, the girl could make very nice—just the meal and water well mixed and moulded stiff and baked in a hot oven—and I ate them very slowly, chewing each mouthful thoroughly. . . .

Could Dig a Grave for Myself.—"After a while I could raise myself up and sit erect, and dig a little, first on one side and then on the other; and by the time my 'six weeks' were up—and I told father so one day—I could dig a pretty good grave for myself, if they wanted to bury me, only it wouldn't be quite deep enough to hold me down, for I had actually raised myself to my feet, stood alone, and walked a

few steps without help. On the eighth week I could walk about—would walk off a dozen steps, come back, sit down, perhaps lie down. The more I did, the more I could do, always taking care not to exhaust myself, and the more I could eat; but I took even more care not to overeat than not to overwork.

I Wouldn't Have Them Fix Up Anything.—"I found that the real thing was to eat little enough, not to see how much I could eat, so that I could increase the amount regularly, rather than to lose my appetite and eat nothing some days, or eat without an appetite, and next day eat enormously, perhaps, as mother used to. I wouldn't have them 'fix up' anything; I was afraid of being put back. I ate but twice a day, and sometimes my breakfast was nothing but fruit, two or three oranges, or as many apples, or a huge slice of watermelon. This was food and drink both.

Wore but Little Clothing.—"I wore the least possible weight of clothing, often removing my stockings, as well as shoes, and going barefooted and bare-armed when the weather was very warm. I had lost all fear of taking cold, though I kept comfortable always, throwing off clothing when too warm, and putting it on as any great change in the temperature made it necessary; but to the extent of my increasing strength I endeavored to keep warm by exerting my muscles. . . . The next summer I had a little flower-garden of my own, watered and tended it, and, a little later, helped about the kitchen-garden, besides taking care of my own room; and so I went on,

gaining steadily until within two years I was well—better than I had known myself since my romping days, and I have scarcely had a real sick day since, never a serious illness from that day to this, nearly thirty years. ‘How do I keep well?’ you ask. Why, by pursuing the same principle that cured me—the same, in fact, that would have prevented my decline in the first place.

Eat Only the Simplest Food.—“I never breathe indoor air, winter nor summer, day nor night. I eat only the simplest food, and in moderation; yet I will, sometimes, eat a little more than I need, some meals or some days, and will have a little headache, or, perhaps, an old tooth will ache, or there may be a little disturbance in the stomach; but whatever it is I eat more moderately—sometimes go without a meal; and if anything more serious than I have named presents itself, lack of appetite, or a bad feeling at the stomach, or a bad headache, I go all day without eating, and keep about my work as usual, or take a walk outdoors, and this plan always works a cure.

You See I Dress Right.—“You see, I *dress* right—loose garments, no corsets, no heavy skirts hanging to my waist or hips, no smothering flannels, except the lightest, and those only in the coldest weather. I keep busy about something most of the time; take a good deal of exercise; go out when I can, and bring out doors in when I can’t go out—by having every part of my house well ventilated and as light and ‘sunshiny’ as need be (you see, doctor, I am not whimsically afraid of flies nor of fading the carpet); I think of my escape, of my good health, and this makes me

cheerful. I feel sure of not getting sick; I have no anxiety on that score, and I try to do what good I can, in my small way, and all this is as it should be. It is 'healthy,' and, all things being so, there is only one other chance to err, and that is in eating, and so when anything troubles me, I know what it is.

Dress Bad, Breathe Bad Air.—"So many people go wrong in all these things—dress bad, breathe bad air, feel languid in consequence and lie about doing nothing, indoors; eat worse food than I do, and eat more and oftener. No wonder they are always ailing, nor that so many die. But, Doctor, this will not cure my niece—our talking—and I don't suppose I have taught you anything, as I did the young doctor, so many years ago; but if, as you say, you can tell the story for the benefit of others, I shall be very glad indeed to see it in print. You will send me a copy of the paper, won't you? 'A dozen copies?' Well, all the better. I will send them to my friends; they will wonder how the 'old story' got into the papers."

And that is the way this history of a "Natural Cure" came to be printed.

Note the Elements of Success.—Note the special elements tending to insure success in the case of self-treatment just given: The courage, prevalent good temper (so rarely found in these cases), and determination to win (equally rare), did much, very much, toward conquering her disease; but it is more than doubtful if these alone would have sufficed. Her success in winning the family over to her radical views, or, at least, in gaining their entire co-operation, was a marked feature looking toward a final victory.

None to Discourage Her.—None of them ventured to discourage her; all joined heartily in the work. Had she sat at an ordinary table, one crowded with "good things," and had her friends persisted in entreating her to eat this, that, and the other thing, it is probable that her good resolutions would have failed sooner or later, her life paying the forfeit.*

Sympathy.

They came to me and gently said,
 "Your neighbor's little one lies dead."
 I answered not, but closer pressed
 My own wee one unto my breast.
 I laid him down, my eyes grew dim,
 And once again I bent o'er him;
 Then out I softly, quickly stole,
 The other mother to console.
 I clasped her hand and tried—but no,
 I could not say, 'twas better so;
 I could not say, "Dear heart, resign"—
 Oh, Father! What if it were mine!

—*Kathleen Kavanagh.*

The Value of Sunlight.—It is surprising how little the value of sunlight and heat are understood or appreciated by modern housekeepers; it is equally surprising how little the multitude value pure, well ventilated sunny rooms. Dark, musty, stuffy parlors and sleeping rooms are everywhere the rule, only a few exceptions are to be found. Sickness, debility, mental and spiritual deformity are the results. Nine or ten months of the year no blinds or curtains should obstruct the light and heat of the sun.

* This remarkable 'cure' is taken from the *Natural Cure* (price \$1.00), by C. E. Page, M.D., of Boston. This work is one of the most practical we have ever seen for the student in search of health. Dr. Page is a benefactor of this age. "How to Feed the baby" (price 75 cents), is another of his excellent works.

Only the Fittest Survive is a physiological, yet a scientific fact. The fittest are found in every grade of society, on every plane of life and in all conditions. We may all become the fittest by our own personal effort; all have an equal chance on each plane, therefore we must know ourselves.

Cannot Be Found in the Book.—No! not all the names and varied expressions of disease can be found in any book. Never mind about finding every phase of disease and symptom in this volume. Reader, if you will live up to one-half of the teachings taught here you will be well. I do not care what your disease may be, you will remain well just so long as you live right, and will die easy.

Less Dying and More Living.—Dying is as natural as birth (both expressions of life ought to be painless), and is of little importance when compared to *right living*; death is only an incident, like stepping from one room to another; coming at the close of a life well spent it becomes an occasion of pleasant memories and reflections.

Death Is Only a Fleeting Breath.

O, what is death? 'Tis a fleeting breath,
A simple but blessed change;
'Tis rending a chain that the soul may gain
A higher and broader range.
Unbounded space is its dwelling place,
Where no human foot hath trod,
But everywhere doth it feel the care,
And the changeless love of God.
O, then, though you weep when you're loved ones sleep,
When the rose on the cheek grows pale,
Yet their forms of light, just concealed from sight,
Are only behind the veil.

—Lizzie Doten.

A Common Cause.—Paralysis, epilepsy, locomotor ataxia, obesity, gout, nerve prostration, dizziness, and all similar expressions of disease, have a common cause. Solve the food problem, the kind and amount, and the cause is reached. By adopting the most simple food, which taxes the least in digestion (using a limited quantity), you will regain power over your nerves and muscular system. To depend upon drug doctors, those who reject hygiene and present reformatory methods and discoveries, and trust in old poisonous remedies, is a foolish folly, that sooner or later is sure to be recognized.

Home Treatment.—The especial treatment for the above complaints is hot lemonade. Take from three to ten cups every twenty-four hours; this will furnish the system with all the fluids necessary while sick, and will cleanse and thin the blood. Exercise of some kind, in some way, must be taken if possible. An exclusive fruit diet is the best, but I do not advise its sudden adoption. Take a week or two, or a month, to get out of the old into the new. Pork in every form, Irish potatoes, superfine flour, rice, beans, peas and corn meal are starchy, clogging and taxing, therefore are to be erased from the bill of fare for all this list of chronic invalids. All stimulating condiments, tea, coffee and tobacco are always excluded; they must be laid aside once and forever by this class. Study this book, live its teachings and be free. You will not regret the change; you should feel ashamed to be gouty, paralyzed or even dizzy; you will be proud when you free yourself from the slavery of gross, sensuous appetites, which cause your dependence and suffering.

Remember, you cannot now have health without a personal struggle; be vigilant and fight if necessary.

Work Out Your Salvation.—Breathe more, bathe more, get into the sunlight; depend upon nature and nature's remedies; make your own climate; never mind the climate dodge; take no more drugs, discharge your drug doctor and employ the reformatory, magnetic, electric or massage healer. If you have grown away from your prejudices and traditions, you can, if necessary, employ the mental, Christian science, faith, divine or spiritual healer. You must get out of the old into the new; you must have a change all around and then you will surely recover.

More Faith in Home Treatment, more trust in simple remedies taught upon every page of this volume, will be found a God-send in every home that adopts and lives its teachings.

No Danger in Reform Methods.—There is very little if any danger in reform methods. Have no fear, but go ahead with the hot lemonade, cold compress for the head, hot water bottle for the feet, the sponge or towel bath, fresh air, fasting until cured of fever, inflammation, congestion and pain. Every poisonous drug, remember, is an experiment useless and dangerous. Not so with the methods and remedies taught in this book.

Sick Headache; Cause.—Sick headache is caused by over-eating, drinking tea and coffee, one or both, and neglecting to exercise. *Cure:* Drink a half dozen cups of hot lemon or orangeade in one hour, and the congestion and sickness will be removed. The extremities should be made warm by application

of hot water bottles and flannels. To prevent a return, eat less, drink no tea or coffee, adopt a strict hygienic diet; take outdoor exercise in the sunshine, breathe more, and you will live longer and enjoy life better. Many patients thoroughly believe that sick headache is an incurable disease.

Have Exhausted the Drug Store and Lost Faith.—Have they not tried the treatment of all the best doctors in their reach, used every kind of drug remedy all to no purpose? Undoubtedly, but the lesson to learn, is, gratify the appetite less, and use nature's own simple life-giving, not destroying, remedies.

Fever and Ague; Intermittent Fever.—The ague-fit—congestion—the fever and relaxed sweating stage, are each so thoroughly distinct in their expressions that description is unnecessary. *Causes:* The stomach and liver being overtaxed have failed to do their work; the blood has become impure, the kidneys inactive, the bowels torpid. *Treatment:* Similar to that prescribed in typhoid and bilious types. Use large quantities of hot lemonade day and night, and cold water whenever desired. A perfect fast, with thorough bathing, ventilation, quiet, pleasant surroundings, will heal any case in a few days.

Fevers are Nature's Methods.—As fevers are only nature's method of burning out the stuffy, impure house, we may aid nature in cleansing stomach, blood, liver, kidneys and bowels by the use of hot water and nature's soap—lemon acid—for the stomach, and copious tepid enemas with a trifle of English castile soap for the bowels. The above is a safe, sure and economical method of removing *all* fevers.

Herbs are Good.—Hops, smart-weed, sage, catnip, hoarhound, spearmint and other herbs may be used in connection with lemon and orangeade in many cases. Hot lemonade without sugar—using only about a teaspoonful of the juice to a coffee cup of boiling water—is the best for all bilious attacks. Cold water should always be used freely, not as a substitute for hot lemonade, but in connection with it. Fresh air, sunshine, order, cleanliness and pure cold water are always necessary in sickness.

Catarrh, Cause and Cure.—To effect any cure we must know something about the cause. Catarrh is a cold in an inflammatory stage. A cold is the natural result of a clogged—congested—condition of one or more vital organs and the blood. Too much albuminous and nitrogenous food will cause a congested state, which may be continued from week to week until the mucous membrane becomes inflamed; this condition is then labeled catarrh. In many cases the cause is a daily, weekly, monthly and yearly engorgement of the physical system; a perpetual catarrh cold is the result. To cure is to first strike heavy blows at the cause. First, stop the class of foods that clog, constipate and destroy the mucous membrane. This membrane lines all the openings—to the air—of the body. Salt and all salted provisions irritate and destroy this mucous membrane more or less; therefore the first step is to abandon all salted meats and fish; in brief, cut off from your bill of fare all salted foods, abandon salt and all condiments from the head to the bottom of the list. Cut down albuminous and nitrogenous foods—(see Chapter

Third on foods)—until all cloggy conditions are removed, until no more colds catch you, or you them.

Sponge Bath.—Take a cold sponge or towel bath every morning, commencing at the face and head, and finishing with plunging the feet and ankles in a foot tub; follow this with a crash or turkish towel rub and vigorous massage, to conclude the bath. This will be found as valuable as riding a wheel or swinging dumbbells. Yes! more.

Health Instead of Catarrh Colds.—If health, instead of catarrh colds you are determined to have, then abandon tea, coffee, tobacco and drugs in every form. Take vigorous exercise in the open air, breathe more and eat less; be vigilant, fight for health and the freedom it gives.

Will Cure Catarrh.—During treatment, whether it lasts one week or months, take a coffee cup of hot or cold lemonade half an hour before each meal. This treatment, with other health suggestions set forth in this volume, will cure catarrh and hay fever and prevent catching cold. A score of other forms of disease may be entirely eradicated by adopting these suggestions and treatment. A hint is sufficient for the earnest intelligent seeker after health and its attendant pleasures.

List of Clogging Foods.—The blood must be kept pure, by the use of pure food, water, air and exercise. This is the secret that will abolish colds, catarrh and hay fever. Salted meats and fish, poultry, eggs, cheese, tea, coffee, peas, beans, Irish potatoes, superfine flour and bread, hot bread, white crackers, custard puddings, all highly seasoned soups,

sausage, dried beef, rice, tapioca and sago, and other preparations clogging and constipating, not mentioned in the list, should be discarded.

Hay Fever.—Pork in every part and portion is excluded. Substitute fruit, which will not clog or overtax the digestive organs or bowels. Hay fever is only a chronic form of catarrh; the vapor bath is a Short Cut cure; two baths and a two or three days' fast, will cure any case of hay fever or pneumonia. By adopting these teachings all colds, congestions, and inflammatory disease may soon become troubles of the past. Time and patience will prove my statements. The sawing-wood exercise should be adopted in every home where colds and catarrh have a foothold; it will relieve the congestion and sneezing in five minutes, set every drop of blood bounding, warming it and the whole body. For an indoor morning exercise it has no equal. Try it and report to the author.

Rheumatism, Cause and Cure.—*Cause*, obstructed circulation; *cure*, change of diet and purifying of the blood. Too much nitrogenous and albuminous foods have been consumed, as eggs, cheese, beans, peas and meat; also starchy foods, which include Irish potatoes, cornmeal, rice and superfine flour, causing an excess of fibrin in the blood. All salt meats, sausage, oysters, with tea and coffee should be crossed off the bill of fare until recovery is complete.

Hot Lemonade and a Fast.—For a rapid cure, adopt the typhoid fever treatment, and you need not suffer pain and lameness for a month or even ten days, if you will persist in taking vigorous treatment. The daily towel bath, with vigorous rubbing and

slapping, is indispensable in rheumatism. Thorough massage and a half-dozen coffee cups of hot lemonade will cure a severe case of sciatica. The massage should be commenced moderately, and increased as the patient can bear it until convalescence results. The bathing and rubbing should be given by an intelligent attendant. Rubbing and slapping of the muscles with bare hands, will hasten the cure and be agreeable to the patient. One to two hours' treatment, *if vigorous*, will effect a cure.

Cure of Neuralgia.—Cause, the same as in rheumatism, treatment the same, only adding hot cloths to the parts that are sore, swollen and painful, instead of massage and rubbing; in some cases adopt both methods, hot fomentations and rubbing. If the face and head are the afflicted parts, the head may be steamed, using pieces of red-hot bricks, covering the head instead of the body, as in the instructions given for vapor bath. See Bath Chapter.

Inflammatory Rheumatism.—Stagnation of the circulation causes congestion and inflammation. Inflammation may be distinguished from a fever by soreness, extreme sensitiveness to touch, a redness and often swelling of the parts. As in chronic rheumatism, there is too much fibrin in the blood; albuminous and nitrogenous food have been eaten too freely, and not fully digested and assimilated.

More Exercise and Less Food.—No doubt the cause of white swelling and all other inflammatory expressions of disease, is too free use of the heavy hearty foods that clog, and make the blood too dense. More exercise and less food, more fruit, less starchy

foods, and vigorous regular exercise, will prevent all rheumatic, inflammatory and neuralgic pains and sickness.

Be Persistent.—Hot cloths—compresses—or hot fomentations are prescribed in cases of extreme soreness, congestion and swollen parts. Never forget that the blood must be thinned and cleansed by hot lemonade, before relief can be permanent; give a coffee cup of hot lemonade every hour—or half hour is better—until a cure is complete. The cloth must be changed often *and cleansed every hour*.

How to Drink.—Give all patients cold water when they want it; *drink cold water slowly*, and hot water and hot lemon or orangeade *rapidly*. Never omit ventilation night or day, in storm or sunshine, in summer or winter. Always keep the air pure, cool and fresh; this is an imperative health rule which applies equally to the well and sick.

The Milk-Pack.—For a very extreme case of inflammatory rheumatism or sciatica, the milk-pack—see Chapter seven—will prove “a balm in Gilead.” Two or three milk-packs given in twenty-four hours, will remove the cause and leave the patient feeling like a new person. Fasting in this as in all kinds of sickness, is as necessary as cold water and pure air. Not one taste of food more than the juice of an orange, until convalescence is complete, is the rule. The application of a cold compress for the head, and a hot-water bottle for the feet, if cold, as is usual, will require the constant attention of the nurse.

God's Punishment.—There are millions of families now living in Christian America who have been

taught to believe that God afflicts his children with sickness as a punishment for their sins.

Religious and Medical Missionaries.—Between God's affliction and the doctor's poisonous drugs, the poor ignorant people are in a strait. Not knowing which way to look for relief, they think they may as well die as try to live. Can we wonder? I would suggest religious and medical missionaries for the heathen within our own borders. Sickness is as sure to follow the violation of health laws, as roses and grass are to grow in the spring, under the invigorating influence of rain and sunshine.

Testimony of Drug Doctors.—The author of this reformatory book can add nothing to the value and importance of the following corroborative testimony. It speaks for itself; it is positive testimony, and substantiates every strong, radical aggressive statement I have made against poisonous drug and other experiments, still popular in so-called intelligent families. Read, ponder, reason, and investigate is a duty you owe to your family and yourself. Testimony from the most intelligent physicians in America and Europe could be added to what is given, sufficient to make a good-sized volume. I quote from Dr. Dutton, of Chicago. (Dr. Dutton is the fearless and uncompromising foe of medical monopoly, and of vaccination, and on several occasions has advocated his principles before legislative committees of Vermont, Massachusetts, Rhode Island and Illinois. The House of Representatives of Vermont, and the Senate of Rhode Island, both passed bills in harmony with his views.)

"Medicine relates to the healing of the sick. It has for its object the health, strength, beauty and physical perfection of the individual and of the race. Such medicine includes, necessarily, the art of preventing disease; and to prevent disease is without doubt the highest office and the most useful part of the physician's art. But, dear reader, did you ever stop to think that under the present system we do not pay for preventing, but only for *curing* disease? And yet it must be admitted that to prevent disease is to destroy, to that extent, the opportunity of *curing* disease, and thus diminish or destroy the livelihood of the most intelligent and useful physicians. Thus it is plainly seen that the present system is wrong. It offers *no* emolument for the highest and best service of an intelligent physician to an intelligent people, but large returns from ignorance and credulity for poorer service. We thus shut and bar the door of progress in the medical profession. It is admitted by all intelligent persons to-day that medicine as a therapeutic art is not a science. It is the opinion of many of the most learned men that ever lived that the practice of medicine has tended to multiply disease and abridge by many years the natural term of human life. The people are fast finding this out; and it now appears that the next one or two decades will make the people largely masters of themselves. The profession is already split into fragments and there is not much left to support it but unconstitutional and tyrannical state laws which will soon be swept away if the people are not to be driven into servile despotism. If an individual has a right to anything in this world it is his own body, and the right to his body carries with it the right to choose his own physician and have freedom to teach and educate."

Use of Drugs.—"Of the thousand or more material agents now called medicines, about ninety-six per cent of the entire list are not medicines *at all*, but placebos (a drug or preparation given merely to please or gratify the imagination of the patient), and miserable makeshifts, when they are not, as many are known to be, deadly poisons. To separate the false from the true in so-called medical science, and give the true to the people in plain language, to the end that health may be enjoyed in largest measures, and life prolonged to full and ripe old age, is the object and reasonable expectation of the New Practice. To continue longer the senseless experimentation of using poisonous drugs to correct errors of thought, bad habits and erroneous practices will not lead to the best results."—*Geo. Dutton, A.B., M.D.*

Drugs.—Dr. Evans says: "It will be a great blessing to the world if heaven ever reveals to earth any substitute for the nauseous and noxious drugs that are now employed in the practice of medicine. If we had never heard of the administration of active poisons for the cure of disease, and someone should come into our house and propose to give our child a dose of *arsenic*, strychnine, corrosive sublimate or prussic acid, to relieve it of its malady, we could not bring ourselves to consent to it. It would seem unreasonable, absurd and perilous, and look too much like manslaughter. . . . It is difficult to break up the long-continued habit of thinking, instilled into mankind from their earliest childhood, that it is necessary to *take* something for every ailment. No matter where the disease is located the stomach must pay the penalty by receiving the sickening and disgusting compound. If one has a lame foot or a swollen joint, there is no reason or justice in punishing the stomach for it."

We are indebted to the faithful sketches and apt remonstrance of R. R. Noyes, M.D., in his history of medicine, where he says: "A drug or substance can never be called a healer of disease; there is no reason, justice, or necessity in the use of drugs in diseases. I believe that this profession, this art, this misnamed knowledge of medicine, is none other than a practice of fundamentally fallacious principles, impotent of good, morally wrong and bodily hurtful."

Dr. Benjamin Waterhouse, professor in Harvard University, says: I am sick of learned quackery.

Dr. Mason Good, a learned professor in London, said: The effects of medicine on the human system are in the highest degree uncertain; except, indeed, that they have already destroyed more lives than war, pestilence and famine combined.

My experience with *materia medica* has proved it the baseless fabric of a dream, its theory pernicious and the way out of it the only interesting passage it contains.

Prof. Gregory, of Edinburg: Gentlemen, ninety-nine out of every hundred medical facts are medical lies, and medical doctrines are, for the most part, stark startling nonsense.

Dr. James Johnson, F.R.S., editor of the *Chirurgical Review*: I declare it is my conscientious conviction, founded on long experience and observation, if there were not a single physician, surgeon, man-midwife, chemist, apothecary, druggist or drug on the face of the earth, there would be less mortality and less sickness than now prevails.

Dr. Cogswell, of Boston: It is my firm belief that the prevailing mode of practice is productive of vastly more evil than good; and were it absolutely abolished mankind would be infinitely the gainer.

Prof. J. W. Carson: We do not know whether our patients recover because we give medicine or because nature cures them. Perhaps bread pills would cure as many as medicine.

Prof. Parker: Hygiene is of far more value in the treatment of disease than drugs.

Prof. Valentine Mott: Of all sciences medicine is the most uncertain.

Dr. Marshall Hall, F. R. S.: Thousands are annually slaughtered in the quiet sick room.

Dr. Adam Smith: The chief cause of quackery *outside* the profession is the *real* quackery *in* the profession.

Dr. Ramage, F. R. S., of London: The popular medical system has neither philosophy nor common sense to commend it to confidence.

Prof. Gilman: The things that are administered for the cure of *scarlet fever* and *measles* kill far more than those diseases do.

Prof. Barker, of the N. Y. Medical College: The drugs that are administered for the cure of *scarlet fever* kill far more patients than disease does.

Prof. Clark: In their zeal to do good, physicians have done much harm. They have hurried thousands to the grave who would have recovered if left to nature.

An eminent doctor and professor of the city of New York writes: "The critic who will take pains to examine the standard works of the most popular authors on theory and practice—Good, Watson, Thatcher, Eberle, Elliotson, Dunglison, Dickson and others who have written recently—will find on almost every page the most contradictory theories supported by equal authority, and the most opposite practices recommended on equal testimony. Well might the celebrated Dr. Rush, of Philadelphia, after a lifelong experience in witnessing the effects of drugs upon the human constitution, declare to his medical brethren: "We have done little more than to multiply diseases and increase their fatality."

Prof. Joseph Smith, M. D., New York College of Physicians and Surgeons: All medicines which enter the circulation, poison the blood in the same manner as do the poisons that produce disease.

Prof. Horace Green, of New York Medical College: The medical confidence you have in medicine will be dissipated by experience in treating disease.

Prof. Parker: It must be confessed that the administration of remedies is conducted more in an empirical than in a rational manner. As we place more confidence in nature, and less in preparations of the apothecary, mortality diminishes.

Prof. S. St. John, M. D.: All medicines are poisonous.

Prof. Alonzo Clark, of the New York College of Physicians and Surgeons: I do not know what is the cause of fever, and every dose of medicine diminishes the patient's vitality.

Prof. C. D. Meigs, M. D., Philadelphia, Jefferson Medical College: All of our cogitations respecting the *modus operandi* of medicine are purely empirical.

R. T. Trall, M.D.: What do persons who call themselves reasonable do in the midst of a hundred doctors, with a hundred different medicines, each affirming that his own is good, and that all the rest are bad? Do they reject them all? No; they *swallow them all!*

"All physicians give fewer drugs than formerly, and have greater faith in the curative powers of natural and good nursing. A French physician gave good advice to his medical friends. As the celebrated physician Desmoulins lay on his death-bed, he was visited by the most distinguished medical men of Paris, as well as other prominent citizens of the great metropolis. Great were the lamentations of all at the loss to be sustained by the profession in the death of one they regarded as its greatest ornament. But Desmoulins assured his brother practitioners he left behind him *three physicians* much greater than himself. Each of the doctors inquired anxiously who was sufficiently illustrious to surpass the immortal Desmoulins. With great distinctness the dying man answered: 'Their names are *Water, Exercise and Diet*. Call in the services of the first freely, of the second regularly, and of the third moderately. Follow this advice and you may be well without my aid. Living, I could do nothing without them, and dying I shall not be missed if you make friends of these my faithful coadjutors.'"

Prof. C. A. Gilman, of New York Medical College: Four grains of calomel will sometimes kill an adult.

Prof. Alonzo Clark, M. D., New York Medical College: From thirty to sixty grains of calomel have been given very young children for croup.

Prof. Davis, M. D.: Four hundred and eighty grains of calomel have been given at a single dose, in cholera.

Prof. Jamieson, Scotland: Nine times out of ten our miscalled remedies are injurious to our patients.

Dr. Evans, F. R. S., London: The popular medical system has neither philosophy nor common sense to commend it to confidence.

Alex H. Stevens, M. D.: The reason medicine has advanced so slowly, is because physicians have studied the writings of their predecessors instead of nature.

Prof. E. H. Davis, M. D.: The *modus operandi* of medicine is still very obscure. We know that they operate, but exactly *how* they operate is entirely unknown.

People take too many drugs—A physician gives one reason why grip is prevalent in big cities: "The primary cause of so many cases of grip in this and other cities," said the examining physician of one of the large life-insurance companies in New York to a *Mercury* reporter, "is the almost universal habit of drug taking, from the milder tonics to patent medicines. Whenever the average men or women feel depressed or slightly ill they resort at once to some medicine more or less strong. If they would try to find out the cause of the trouble and seek to obviate it by regulating their mode of living, the general health of the community would be better. The drug habit tends continually to lower the tone of the system. The more it is indulged in the more apparent becomes the necessity of continuing the downhill course. The majority of persons do not look beyond the fact that they seem to feel better after the use of a stimulating drug or patent medicine. This feeling comes from a benumbing action of the drug, because it has no uplifting action. With the system in such a weakened state the microbes of the disease find excellent ground to grow. When attacked the patient lacks recuperative power and the result is generally fatal."

Epilepsy.—This disease is pronounced by physicians who have had much experience as specialists, to be incurable with the ordinary drug remedies. This is not strange; many other expressions of disease which are easily cured by our methods, baffle the skill of the best drug doctors. The cause of this as of

many other expressions of disease called by the ignorant "*terrible*" are plain and easy to understand. Why not call *all* disease terrible? Terrible ignorance and neglect, terrible sensuous and licentious habits are the cause of nine-tenths of all disease. Epilepsy is no exception to the general rule, and the causes are sensuous and sexual excesses mainly and mostly. Sexual gratification and sexual abuse must cease, must be overcome and the patient assisted to come up higher.

"So utterly powerless for good, if not mischievous, has the drug treatment proved in this disease, that one of the most experienced of the old school authors, *Dr. Armstrong*, testifies that he has seen more benefit derived from removing the exciting cause than from anything else. As to diet, his language is, *simplicity* in the kind of food, and *moderation* in its quantity, is the golden rule."

Many remarkable cures of epilepsy have come before our notice, of those healed by the mental methods. No other system is as efficient in this class of disease. By following carefully the teachings of nature cure regarding *foods, dress, bathing*, etc., in short, seeking in every way possible to strengthen the entire system, the great majority of cases may be cured with the help of a first-class mental healer.

Nerve Prostration.—No expression of disease yields more readily to our reformatory treatment than nerve prostration. Rest, plain food, an abundance of fresh pure air, light and sunshine, are the remedies in connection with water that are sure cure. Narcotic and alcoholic stimulants should be prohibited, also all poisonous drugs; sage and hop tea are not objectionable; any drug stronger than weak hop tea

will prove injurious. Oil rubbing of the spine as taught in chapter nine is especially beneficial.

Qualifications of a Healer.—"The sublime calmness of an evenly balanced mind, the possession of a self-respect, resulting from intellectual and moral elevation, perfect self-control and presence of mind, the power of concentrating the mental and will force, a stubborn faith that is ready to grapple with seeming impossibilities, a facility in adapting one's self to the condition and wants of all persons, a profound knowledge of human nature, an ardent love of doing good, and a spirit of kindness that condescends to the poor, and longs to lift up its hands and call down a blessing upon every human being."—Dr. Evans, in *Mental Medicine*.

CHAPTER VII.

EPIDEMIC AND CHRONIC DISEASE.

Chronic, Epidemic and Miscellaneous Expressions of Disease, with Pertinent Suggestions.

CHRONIC and epidemic expressions of disease are those most dreaded by ordinary mortals. The class of doctors known as specialists, live and thrive upon chronic invalidism; it is rich ground for the experimenter, the quack. Cholera, small-pox, la grippe, yellow fever, scarlet and typhoid fever and diphtheria, are most likely to become epidemic wherever predisposing causes exist. By the reformatory physician, they are not dreaded or considered dangerous, where people are intelligent enough to avoid the fright and agitation which attend epidemics. The methods and remedies taught in this volume are all-powerful to cure, and what is of vastly more importance, by living the lessons of this book all disease may be *prevented*.

New Remedies.—In this chapter I introduce some new physical remedies and methods for some of the most alarming expressions of disease. These remedies look reasonable, have proved a great success in the hands of their discoverers, and will be received by reformatory physicians as valuable aids in treating some of the most dangerous forms of disease. The remedies can be administered by nurse or parent of ordi-

nary intelligence. This fact adds to their practical value.

A Necessity for Change.—If disease could be cured by the use of poisonous drugs, then medical reform would simply be absurd; no change would be considered for a moment by intelligent people. Now that it has been demonstrated thousands of times, that all disease may be cured *without the use of drugs*, the necessity for a change is apparent; it is clear that such *experiments* ought to be at once abandoned. Great evils are borne while they are a necessity; there is no excuse for experimenting with life when better and safer methods are discovered.

Convenient and Profitable.—The only reason for continuing the present dangerous methods of drugging, is the convenience and profit to the doctor. It is an easy matter to visit a patient, diagnose the case, look very wise, smile sweetly, write a Latin prescription and depart; it is a visit made by a popular family physician; the stomach is to be bombarded every hour with a deadly drug until the doctor's next visit. The patient has a torpid liver with the attendant complications. The doctor has no way of reaching the liver, only through the stomach,—poor, indignant stomach; and the liver will collapse if the doctor does not give it some mercury, cholagogue or podophyllum.

Poison, or Hot Lemonade.—Of course, the stomach not being sick, will pass the poisonous drug over to the liver without stopping to question whether its nearest neighbor needs poison or the Short Cut lemonade. The facts are, neither the stomach nor liver

need the doctor or his treatment, but the patient is sick and does not know what he wants. He has a family physician, his neighbors employ him; he is a popular man and must be patronized; the patient has been gorging himself with good things at lunch, at home and at the last big dinner; as a result he is overloaded, clogged, his head aches, his mouth tastes bad, his bowels are as torpid as his liver; of course he must have the doctor. A half gallon of hot lemonade, and a forty-eight hours' fast and rest, would put him on his feet. The poisonous drugs increase and intensify his trouble; fever is the result. He lives through it and gives the doctor credit for saving his life; pays a fifty-dollar doctor bill, is just as popular and ignorant as his neighbors, and will repeat the *farce* at the next favorable opportunity.

Mildly Drawn.—The above is an every-day experience—only a common, mildly drawn case. Thousands take drugs under similar circumstances, and have undertaker's bills to pay in addition to the drug and doctor's bills. Gross neglect and shameful ignorance is the cause, and a life of regret the result. The popular physician has it all his own way so long as he can keep his patrons in ignorance.

Cure for Small-Pox.—By accident, Dr. Byron Sampson recently discovered that milk absorbed poisonous gases and disease germs, from air, water buckets, etc., etc., etc. He had *marvelous success* with his first small-pox patients. The method consists of a pack, using new milk instead of water; the only difference in the method being, that in the milk-pack only blankets enough are used to make the

patient warm and comfortable, but not enough to cause perspiration, the object being to absorb disease germs from the patient. Therefore follow carefully the instruction given for the water-pack—see Bath Chapter—excepting only the one point above mentioned. The packs are to be repeated every four hours night and day, in connection with thorough ventilation, cleanliness, a light, airy, sunshiny bed chamber perfectly and constantly disinfected. Hot lemonade is a very important addition to the milk-pack treatment. Indeed, hot lemonade should be considered the standard remedy in all expressions of disease which result from blood impurities and zymotic or bacterial influences, which include nearly all disease expressions.

A Revolution.—The water-pack became a revolutionary therapeutic agent forty years ago; the milk-pack supplements the former, and must increase and intensify the revolution. The milk-pack may be safely used in connection with the hot lemonade cure in typhoid fever, or the ice cold treatment in diphtheria and croup. It will prove a mother's blessing in scarlatina, measles, and all disease with eruptive tendencies. The warm milk and water poultice has proved a perfect success for more than twenty years, by preventing the pitting of the face. It will prevent the scars. Try it.

Calomel and Lancet.—A doctor of a half century ago, declared that armed with *Calomel and the Lancet* he was prepared to combat all disease. A reform doctor of the future, armed with water, milk, air, sunshine, pure food, exercise and common sense, will

not only be able to combat all disease, but in the near future will *prevent all disease*.

Turn on the Light.—The small-pox craze which lives and thrives on deception and gross ignorance, a foot ball for selfish physicians, a pet scheme to frighten the weak, is approaching a crisis; light is being turned on; dense ignorance in high and low quarters regarding small-pox, is getting an airing in every family with courage to give the subject careful investigation. As much space is given to the subject of vaccination as can be spared; a hundred times more matter could be presented which is true beyond question.

Evidence Opposed to Vaccination.—Evidence mountain high is opposed to vaccination; it is disease producing and in no sense a preventive. No fear need be entertained from adopting the methods of *Nature Cure*; small-pox may be treated as easily as a cold.

To Prevent Small-Pox Marks.—Adopt the following directions, to prevent the pitting of face and hands: Keep the face and hands poulticed with warm milk and water. Change the cloths often and scald; dry in the sun five or six times each day. Our faces and other exposed parts of the body are protected against heat and cold by what is called adipose tissue, which is tough and woody. To soften this tissue and to prevent itching, is the object of the milk and water poultice. The room should be darkened, *about as our very neat housewives keep their parlors for the purpose of excluding flies and sunshine*. Sunlight and heat will irritate and increase the itching sensations;

therefore in this disease we are willing to have the sunlight shut out for a few days, but not the pure fresh air. Light, we know, increases the vibrations of the atmosphere, and these vibrations will increase the itching. As hygienists and total abstainers from liquors, tobacco and most of the fiery condiments and pungent spices, we would expect to either escape the disease or have it so lightly as not to cause any uneasiness whatever. There is no doubt regarding the value of the milk-pack; it is a valuable discovery, and I gladly add it to our Short Cut methods. Used in connection with the typhoid fever cure it will prove a boon to humanity, or, used separate it may take a little more time; there can be no valid objection to the one supplementing the other in any case.

Safe Remedy for all Zymotic Disease.—In a severe case of erysipelas, cloths wrung out of milk may be applied to the face and also to the body, until inflammation and soreness are partly removed, before restoring to the full milk-pack. The milk-pack may be adopted as a cure-all for all zymotic or eruptive disease. Restored by the safe methods taught in this chapter improved health will be the result; no other treatment will compare with it. All skin or eruptive disease should be treated with milk poultices, or milk and water equal parts.

Vaccination Increases Disease.—Vaccination has grown from an error of conception, a big blunder out of the ignorance of the past, to a dangerous, often criminal practice. It is criminal when enforced by law or custom, and dangerous. Disease increases quite fast enough without inoculation of any kind.

Inoculation a Gross Error.—Inoculation is an error, a sham, no matter by whom advocated. Hypodermic injections are also a gross deception, a disgrace to the profession of medicine. Only in the most extreme instances are doctors warranted in resorting to such life-destroying methods. I can only insert a few positive reasons for opposing vaccination, although a large volume could be filled with strong testimony, positive proof of the dangerous practice. My object will be more fully served by giving in detail a safe and sure cure for small-pox and all similar expressions of disease. It is a thousand times safer, more reasonable and cheaper to adopt our simple cure, should you be attacked, than to longer consent to the dangerous experiment of vaccination. I personally request every reader of this volume to read and ponder carefully the following quotations from some of the ablest physicians living:

Opposed to Vaccination.—"My experience has taught me that the most ugly cases of small-pox have been those of persons who have been vaccinated, and this was the recorded experience of Jenner himself. Any man who really studies vaccination does not believe in it. The idea of inoculating a filthy disease into a person for the purpose of keeping off another is absurd. *Vaccinated* people who suffer from small-pox have it in its worst form, not varioloid, but confluent.

The Physician Does Not Believe in It.—"The average physician does not believe in vaccination, but it pays him to uphold it. There is only one chance in twenty-four of catching small-pox, so why should twenty-four be poisoned to save one? Refuse to submit to vaccination, and small-pox with our modern conditions of life will disappear. Once vaccinate a man and you render him liable to every disease under the sun."

The above is one paragraph of the opening address of the eminent physician, Alexander Wilder, M.D.,

at a meeting held at the Fifth Avenue hotel, New York, June 5, 1895, by anti-vaccinationists.

Vaccination for Every Disease.—If our law makers compel the people to be vaccinated as a means of protection against an attack of small-pox, what is to prevent them from making laws that shall oblige their constituents to become vaccinated for every known disease? Certainly, if there is a protecting power in one form of vaccination for one specific malady, there must be other forms applicable, and equally protective against all other disease. All that is wanted is that they may be discovered; and we may be assured this want will not be of long continuance, since in all our communities men are eagerly on the lookout for an opportunity to make money out of the ignorance or credulity of their fellow-men.

Alexander Wilder and Robt. Gunn, able and eminent physicians of New York, express themselves clearly in the following lines :

Driven to That Extremity.—“A pure article of impurity is about the last thing a person of even a moderate degree of common sense would go in search of; but the vaccinationists seem to have been driven to that extremity. There is a prospect of a very warm discussion among the doctors, as to the merits of the various forms of vaccine virus, human and bovine. If this proceeds as it undoubtedly will, the statements on both sides will be likely to divulge much that has hitherto been a secret to the people.”

Dr. T. Mitchell Pruden, of the College of Physicians and Surgeons of New York, and lecturer in the Medical Department of Yale, being called upon, furnished the following analysis of one preparation generally employed by country physicians and others, for

the purpose of inoculating healthy children and persons of all ages.

“**The Preparation** consisted of small pieces of skin, hairs, bits of seeds, manure, salts of urea, pus, blood, foreign substances and a small proportion of vaccine virus, enough in some instances to vaccinate.”

The Boston *Herald* speaking upon this subject says :

“The inoculation of this *horrible* mess into the human blood, was what caused the putrid and painful sores and erysipelas in cases previously mentioned.”

Our advice to parents who desire to avoid this dangerous practice, is to keep your children out of school during the small-pox scare, or send them to a private school.

Mucilage a Substitute.—If this is not practical, employ a reformatory physician and inform him or her of your desire and determination; they will substitute a harmless substance for a dangerous one, and the child and teacher will be pleased and satisfied. Be sure to agitate for the repeal of all vaccination and doctors’ laws; they are selfish and dangerous.

“Since the history of all nations, in all ages, has confirmed the truth of the proverb, ‘Eternal vigilance is the price of liberty,’ every attempted infringement upon the rights of the people should be watched and promptly thwarted; and the particular point of assault upon our liberties just now is the public health. We are being told that we must be poisoned that we may not become sick, and, that if by any means we become sick, we must submit to the treatment of one or more of a class of men, whose only qualification it may be, to restore us to health, is, ‘in the eyes of law,’ —a diploma.

Never Submit to being Poisoned.—“We may be cured and we may not—that depends on the success of the ‘experiment;’ but we are not to be allowed the attendance of one we *know* can cure us, and with whom the course of treatment is not one of experi-

ment but one of knowledge. Out upon such legislation! Let the people assert their natural rights, and not submit to be poisoned and doctored against their will. Do this by signing the petitions for the repeal of all existing laws in this direction, and the remonstrance against the enactment of all proposed laws designed to interfere with those rights.

Vaccination Does Not Prevent.—Sir Thomas Chambers says: "Of 155 persons admitted at the small-pox hospital, in the parish of St. James, Piccadilly, 145 were vaccinated. At the Hampstead Hospital, up to the 13th of May last, out of 2,965 admissions 2,347 were vaccinated. In Marlybone ninety-two per cent of those attacked by small-pox were vaccinated." Can anyone after this be found to contend that vaccination is a protection against small-pox?

George Dutton, A.B., M.D., one of the most able teachers and medical critics in America, sums up vaccination in one brief paragraph, as follows:

It Cannot be Proven.—"Nobody ever did, and nobody ever can prove that vaccination prevents or even modifies small-pox in any case whatsoever. In order to prove that vaccination ever prevents or even mitigates a single case of small-pox, it is first necessary to show what the same case would be without vaccination, and nobody can ever do that. Small-pox, like most other forms of disease, varies in intensity from slight indisposition and one single pock or pustule, to the most malignant and fatal form of confluent small-pox, and nobody can tell beforehand how bad the case will prove, with or without vaccination."

Lacteopathy Cure.—By Dr. Byron Sampson. "The alleged marvelous powers and virtues of 'Lacteopathy' challenge at once our respectful and serious attention. But we will let the discoverer describe his own process in his own words as they recently appeared in the *English Mechanic and World of Science*:

"Some years ago it was discovered that a large number of persons were attacked with typhoid fever from drinking milk which had been in buckets that had been washed in water from an

impure well. I reasoned thus: If milk will so absorb poisonous germs from a bucket, why should it not also absorb poisonous germs or gases from the human body? I soon put the idea to the test, and got wonderful results from the local application of milk cloths to bad sores, erysipelas, etc. But the time soon arrived when I was able to put it to a more definite test. The small-pox broke out in Kimberley in 1884, where I was then practicing, and I determined to try the efficacy of sheets soaked in fresh milk in *aborting* that terrible disease. Accordingly I visited several houses whence small-pox patients had been removed to the lazaretto, and I left word that if any other member of the household were attacked I should be sent for at once, as I could apply an *abortive*, or preventive, treatment. I then succeeded in treating some eighteen or twenty cases attacked with the *symptoms* of small-pox, which (especially when raging in an epidemic form) are so marked as hardly to be mistaken.

Removed to the Lazaretto.—"In one or two instances the sanitary physician visited every morning to remove the patient to the lazaretto as soon as the eruption appeared; but in every case which I thus treated, the milk-sheet, applied for an hour every four hours night and day, drew the small-pox poison so completely out of the body that the patients were nearly all convalescent on the fifth day, no eruption having appeared on any of them. In one case, in a bad subject for the disease, pronounced severe, *not attended by me*, where the milk-sheet was applied at night by a friend for two hours, and where the eruption had already appeared over the whole body, the milk drew the eruption so entirely from the skin that the physician in attendance was amazed the next morning to find the eruption gone and his patient convalescent. In four days afterwards this man was up and about, and thanked me for having been the cause of saving his life. If these statements be doubted, the experiment can easily be tried. Take a patient with the initiatory symptoms of small-pox; put him into a milk-pack or sheet for an hour every four hours, night and day, and I guarantee that the disease will be stopped and the patient convalescent generally on the fifth day, and not have a single spot on his body.

Virtues Not Confined to Small-pox.—"Moreover, the virtues of the milk-sheet are not confined to the cure of small-pox; it will *abort* all kinds of fever and inflammatory conditions. In scarlet fever, measles, typhus, typhoid, malaria, puerperal, and all blood

fevers, the effect of this milk treatment is simply wonderful. It lowers the temperature, stops delirium, promotes sleep, and generally puts the patient into a comfortable condition. Rheumatic ailments soon yield to this treatment, and the milk-sheet is only to be used intelligently in most diseases to prove its marvellous efficacy. The relief given to syphilitic and leprous patients must be experienced to be believed; and if my premises are correct, it will not astonish anyone to credit that these diseases are curable. I know that they are. . . .

It Absorbs Disease.—"It may be thought that there is little or no difference between the action of the milk-sheet and that of the ordinary hydropathic wet-sheet packing; but I have tried the two side by side, and the milk-sheet will do what the water-sheet cannot. The milk-sheet has the power of absorbing, or drawing out disease, to a degree not possessed by the water-sheet; and to prove what it does, I may say that if, after use in some cases, the sheet be not immediately washed, the poison which is absorbed in it will destroy the sheet in a very short time. On one occasion, where it was used in a case of small-pox, and was not immediately cleansed, in a few days it was found crumbled to pieces, thus proving that the milk in the sheet retains the poisonous germs of disease. I have known the effluvium from a milk-sheet which had been used in a chronic case, from the effects of scarlet fever, to be so offensive that the room in which it had been used was uninhabitable for 24 hours after. . . . I have just sent home cured my fourth case of insanity. The doctor who was consulted said that the man must go into a lunatic asylum for at least six months. I laughed at it, and asked to be allowed to treat the case. The friends agreeing, I ordered milk-sheets, morning and evening; result, cured in a month.

Cure for Bright's Disease.—"I am now treating two interesting cases—one of kidney disease, from England; the other, an American from the States, with chronic indigestion. In both cases I promise a cure. I am curing a lady who was suffering from spinal disease, and who had been in bed five months. In the first week I took away all her pains, and she can now walk about easily. In her case I apply milk bandages all along the spine every night. . . . There is no doubt on my mind that when the external application of milk becomes popular as a curative agent, as from its marvellous virtues I believe it will, it will be admitted on all sides to be the most extraordinary and reliable curative agent known."

The able editor of *Natural Food*, a monthly magazine published in London, England, in the interest of Health and the "Higher Life," to which we are indebted for this article, adds the following:

No Pasteur or Koch Craze Experiment.—"Taking it for granted that the most sanguine expectations of lacteopathy are fully realized, yet its originator might justly be deemed over-optimistic did he believe that his simple-as-nature method would receive at the hands of his fellow-medicos even one tithe of the attention and praise they lavished, with almost *quack*-like precipitancy, upon Messrs. Pasteur, Koch, Hankin, Roux, Fraenkel, Kitasato, Tizzoni & Co., whose fame is fast becoming a matter of *infamy*. And yet this is no "kill or cure" for hydropathy or consumption merely, but has a wide range of applicability, including the most dangerous zymotic diseases, and can never, all other things being equal, do any possible harm."

Yellow Fever.—By a little varying of the lacteopathy methods, they will apply equally well to yellow fever. Before applying the pack to fever patients, fill them full of hot lemonade as directed in Chapter V. for typhoid fever; continue the lemonade and use the milk-pack, as instructed for small-pox. The hot lemonade treatment discovered by the author of this volume, is a safe, rapid and sure cure for all fevers, and may be relied on in small-pox, yellow fever and erysipelas, as well as intermittent, typhoid, bilious and all other fevers; if by any circumstance the milk-pack cannot be used, adopt the hot lemonade.

La Grippe.—A severe cold, pain in head and back with general lassitude and depression are its common symptoms. It was formerly known as influenza, and considered epidemic because it swept over the whole country, becoming so universal that the public schools

were closed in many localities. La grippe is not dangerous if understood and properly treated; our grandmothers of fifty years ago could master the most severe attacks, with cayenne pepper, smart-weed and hop tea; wives and mothers can do as well to-day if they will face the subject and inform themselves.

Use Hot Lemonade.—There is no objection to using our grandmother's teas, none at all; but we think the hot lemonade better, more convenient, and preferred by the majority, because of its acidity and easiness to prepare.

An Ancient Affliction.—This disease has been prevalent in different countries of Europe and Asia for many centuries, and variously named: Italian fever, Chinese or Russian catarrh, and influenza, in America.

European Diagnosis of La Grippe.—The signs and symptoms are very similar in all countries; in Europe it is recognized by an acrid discharge from the nose and eyes, with cough, headache, weakness and feeling of exhaustion.

Doctors Disagree as usual regarding the cause; therefore I present my views, and trust to the reason and experience of those who read this book, to determine whether my diagnosis and position are correct. I find the underlying cause to be the same as in colds; the exception to this rule is exposure in extreme weather. Some accident or unavoidable circumstance may seem to be the cause.

Climatic Changes.—Climatic, planetary and many other changes may develop disease, but not in a healthy organization; one of the glories of health is its power to resist every change and circumstance.

Attacking Man and Beast.—History furnishes accounts of the prevalence of "*grip*" in five hundred and forty-three; in six hundred and fifty it again appeared attacking man and beast. The epizootic of 1873, which raged in many portions of America, has not been forgotten. Severe colds attack us when the blood is sluggish, causing a lack of animal heat; the system is clogged with more food than can be appropriated, and carbon loads the blood from lack of exercise and pure air in the lungs to eliminate it. Too many big dinners.

Many Theories; Facts Demonstrated.—Much could be written regarding the many medical theories of la grippe and other expressions of disease labeled epidemic; facts relating to causes have been demonstrated so many times, are so reasonable and self-evident without demonstration, that it seems unnecessary to theorize, experiment or speculate in the least, about cause or *The Nature Cure* treatment.

Thoroughly Scientific.—Our treatment is scientific and a great physical triumph; it is surely nature's cure by natural methods, and is proven by its universal success. La grippe is no more nor less than a congested condition; any method that will relax the entire body, will relieve the congestion and end the pain; the hot lemonade treatment relaxes and cleanses without danger or experiment, therefore is both scientific and practical.

Treatment of La Grippe.—As soon as convenient after symptoms are noticed, and you find you are unable to resist the attack longer, though the necessities of business or other obligations urge you on, give up

your work and save time by taking treatment. First, surround yourself with the most favorable conditions possible. (*See article on typhoid fever*). Commence at once to drink cup after cup of hot lemonade (as prescribed in typhoid and bilious fevers) as often as every ten or fifteen minutes; the more frequently the sooner your pain and congestion will be removed. The head must be kept cool by the compress, and the feet warm with a jug of hot water—the application of a hot water bottle or hot flannels changed often. A hot foot bath concluded with a plunge in cold water and brisk friction with a coarse towel, is a great help. Continue the hot lemonade until the patient is full to running over, then continue every half hour or hour with a cupful until well; when perspiration pours out of the many million pores, the pain is gone, the treatment is a success. In case the stomach rejects the lemonade after two or three hours, reduce the amount, or give no lemon. You can substitute orangeade or pure hot water. A good nurse will understand these points. Hot compresses, or a hot water bottle often greatly relieves where there is severe pain or soreness. As in all healing by physical methods and remedies, fasting, ventilation, fresh air, sunshine and light, are indispensable requisites. Remember the simple methods here taught *are all powerful physical remedies*—none more powerful to cure. Hot enemas should be given every hour, as hot as can be comfortably borne.

Nature Cure Methods.—Never disturb a patient while asleep; we consider rest more healing than any treatment. Simply make the patient comfortable, and continue the sleep as long as possible.

Quiet in the Sick Chamber.—Sick rooms should always be kept quiet, visitors excluded as a rule. Drug doctors are especially excluded where reform methods are adopted, for reasons apparent.

The Vapor Bath.—In some severe cases of la grippe the vapor bath in connection with the above treatment will be found just the right help, especially where it seems to be complicated with pneumonia. As a rule, we recommend that the vapor bath be taken at the close of the day. Let the patient go from the bath to bed for the night; give nature a chance by making all the conditions restful. A two or three days' fast after convalescence is the surest way to gain strength and health.

Pneumonia.—The vapor bath and hot lemonade treatment, head compress, alternate hot and cold compress for the upper portion of the lungs (to be changed often), is the best possible treatment for pneumonia. In all disease involving the lungs, ventilation is all important; the lungs when attacked cry out for pure fresh air and must have it. Extra care is my rule in lung sickness. Alternating hot and cold compresses for the lungs in pneumonia may be considered heroic treatment; there is no danger, but rapid relief by observing carefully the effect. The *cold* compress should not be large or more than two thicknesses of linen, and not remain more than five minutes, unless found to soothe and quiet and it is the wish of the patient, the cold compress to be immediately followed by the *hot compress*, which should only remain until it begins to feel cool, perhaps five minutes. Both compresses, cold and hot, should have two to four thicknesses of

flannel over them when applied to the patient's chest. Either the cold or hot compress may be applied continuously to great advantage. An intelligent nurse and patient will know how to vary the treatment to produce the best results, but even in the hands of an inexperienced nurse, the pneumonia patient is much safer than under any poisonous drug treatment.

Often Years Recovering.—The reason so many sick people are years in recovering, is because of the effects of drugs left in their systems after nature has done her best to restore. Doctors well understand that drugs do not cure, but make invalids of those who take them. Epidemics of la grippe, colds, influenza or pneumonia, if treated by drug doctors, sow the seed for a good harvest of sickness for ten years to come. Treated by *Nature Cure methods* and remedies, the poison is removed from the entire system and no *drug disease is sown*.

A Case of Pneumonia.—While in Butte, Montana, a young man, carpenter by trade, returning from a day's work cold and sick, in other words thoroughly congested from head to foot, built a fire in his room to warm up, called his mother and went to bed. "*Why have you built such a big fire, and closed all the windows and doors?*" she asked. He replied, "*I came in cold and sick.*" The mother nursed him as best she knew, kept a good fire, but neglected ventilation, retiring late. Morning found him very sick with pneumonia; the doctor was called, but the patient died in less than two days. One medicated vapor bath, given as directed in Bath Chapter, would have restored this young man in twenty-four hours. The doctor and

mother were powerless to relieve; the former *bound* by his *pathy*; the mother willing but ignorant. There are thousands of similar cases every year, and they must and will continue until people inform themselves.

Cholera Cure.—Drink freely of hot lemonade, or, if you choose, hot cayenne pepper-tea—not strong—or you may drink each alternately, until a glow comes over you, the circulation is restored, and you are thoroughly warm. In an extreme case a cup may be administered every ten minutes until the normal condition of the patient is restored. Hot and cool enemas, about a pint at each time, should be given every hour, and oftener if the symptoms are alarming. Hot water enemas, as hot as can be borne, will quiet and warm the patient; if a feverish condition exists the cool enema may be used to best advantage. An all-important point in epidemics is to know the cause. Keep cool, control yourselves, and secure a strong, level-headed nurse, either male or female.

The Cause of Cholera.—A clogged condition, brought about by over-work, over-eating, sexual excess, neglect and ignorance, *fear* cutting quite a figure in results. Knowledge dispels fear; ignorant persons are often crazy with fear, which destroys more lives than disease; keep cool and quiet, hold your nerves, be strong and fearless, and you will have power to resist the disease. Washing out the bowels with cool, tepid or hot water, as hot as can be borne, with a trifle of old English castile soapsuds added, and drinking copiously of hot water, lemonade or cayenne pepper, as instructed above, is pronounced the best cure since 1831, at each recurrence of this disease.

One more suggestion: Keep the bowels warm by wearing a flannel band securely fastened, so that it fits snugly. Cholera is a bowel disease, and this flannel bandage has been found to be a preventive. All bowel disease may be treated as above, using judgment as to the amount necessary; always *fast* until the system reacts.

Milk Cure for Cholera.—Hot milk is one of the best remedies for cholera. It was thoroughly tested in *Cuba* some years ago, and proved to be a life-saver, when the ordinary methods failed three times in five. *Treatment:* Heat new milk as hot as it can be drunk, not boiling, but *nearly* to the boiling point. Drink cupful after cupful as long as the patient can swallow; in health, milk should be taken slowly, but in cholera may be taken rapidly. It is of the utmost importance that it be taken *just as hot as it can be swallowed*. Immediate relief will be the result of the above treatment, and in one hour the patient will be out of danger, nine times in ten. A few more coffeecups of hot milk may be necessary for the tenth case, given after the expiration of an hour. The writer has good evidence that the milk treatment for cholera is practical and valuable.

Eyes and Stomach.—Eyes are very important parts of the anatomy of the body as well as stomach. The eyes suffer more from the effects of a sick stomach than the stomach from sick eyes. The brilliant eye must have a healthy stomach to sustain it; therefore, it is all-important that the stomach should be properly cared for. In the modern home, many eyes are weakened by the exclusion of light. The tantalizing fly

does not like darkness; it spoils his eyes and vivacity, and he will not inhabit dismal, dark rooms. The healthy eye seldom needs any protection from sunlight or heat; on the contrary, is made strong by outdoor exposure to the brightest rays of the sun.

Light for the Eye. — Nature designed the eye for light and light for the eye; the muscle for exercise and exercise to increase and strengthen the muscle. Exercise furnishes the necessary elements and conditions for digestion. We can strengthen and increase digestion by suitable exercise, and add to the flash and brilliancy of the handsome eye by treating the stomach as well as the eyes. Trust to simple methods and remedies, using your own good sense in the care and treatment of the eyes, ears and stomach.

Treatment of Eyes and Ears.—The head compress worn during sleep is cooling and strengthening for both eyes and brain. A warm milk poultice is one of the best remedies for inflamed eyes; none better. I sometimes use two-thirds milk and one-third soft water, sometimes half and half milk and water; should always be warm for a poultice and compress. The cause of sore eyes, inflamed and weak ones, can be traced usually to impure blood. Light, sunheat, pure food and water make pure blood; pure blood gives strength; vigor and brilliancy to the eye. A small ear syringe, a cake of English castile soap, some snow or rain water, a small bottle of pure olive oil, are the most simple, safe and valuable remedies. Syringe the ear *carefully* with warm soap suds, using only a trifle of soap in a cup of water; the suds must be very weak; the ear is sensitive to poisons.

The alkali in the soap is poison, therefore use soap with care upon the sick or well. Inject slowly and retain for a half minute; cleanse often as twice in twenty-four hours with mild suds, if sore and ulcerated. Put a few drops of olive oil into the ear if found to be soothing. Purify the blood with the everyday use of hot lemonade and occasional vapor baths; live a strict reform life, and you may overcome the cause and regain your hearing. Chronic ear disease may, as a rule, be ascribed to the free use of poisonous drugs taken for fevers and malaria—diseased stomachs.

Stomach Diseased.—Stomachs are injured by the same drugs that disease the eyes and ears, and often the nerves; yes, the muscles and bones are involved in the same general effects. *Cure*, by purifying the blood, removing every trace of the drug poison. Hot lemonade will do it if persisted in, sometimes needed for months.

The Ear.—Deafness is common in this age of fast living and rush for the almighty dollar. The ambitious man or woman hasn't time to eat, to be social, or even civil, certainly no time to be sick. Such habits are quite likely to wear away the vital forces, and sickness overtakes them.

Strychnine, Arsenic, Quinine.—When once sick, they haven't time to rest or get well, by adopting natural healing methods. Artificial, experimental and dangerous ones are sought; quinine, arsenic and *strychnine—an extremely poisonous alkaloid*—are relied on to get them on their feet ready for business in double quick time. The results are deafness, weakness

of the eyes, stomach and nerves, followed by torpid livers and diseased kidneys and blood.

Climate and Quinine.—“*You cannot live in this climate without taking quinine,*” is a very common statement among the class that are slaves to the family physician, and heard alike in all the varied climates, from my native State—New York—to California. This class of thoughtless people have, or believe they have, malaria, on the mountains from four to ten thousand feet above the sea. They take their stomachs with them as well as their prejudices and bad habits, and can easily have malaria anywhere. That is not all: their family doctor says it is malaria and quinine is *an antidote to this poison*. Ignorance and imagination find malaria on mountains, where the air is as pure as sunshine. Quinine, arsenic and strychnine paralyze sensitive membranes of the ear, eye and other organs; deafness is the result, and poisonous drugs the cause forty-nine times in fifty.

Increased Activities.—With the increased activities of this age come increased responsibilities, tax, wear and strain upon all the organs and functions of the material and spiritual man. “*The mills of the gods grind slow, but exceedingly fine,*” is one of the old proverbs; by changing *slow* to *fast*, and for *but*, the sentiment would then apply perfectly to this restless, unsatisfied age. In the line of rapid accumulations, we have overlooked the infinite law of man’s growth which, like the mills of the gods, is slow. A too rapid growth may be the cause of the many problems we are compelled to face and solve at this time.

Let Us "Slow Down."—Cause and effect are more universally considered than before. Discovery and invention have caused rapid changes, larger and increased activities have been forced upon the largest and most active brains. May we not look along these lines for a cause of the increased number of suicides, criminals and insane? Observation plainly shows that the mental healer has a large and increasing number of patients. Let us put on the brakes and "slow down," if we desire to fulfill our destiny, live out our allotted time, yea, increase the length of life from seventy years to one hundred or one hundred and twenty-five years, dying of ripened old age, not of sickness.

The Problem of Life Solved.—Immutable law in the absolute final analysis, solves all problems. Each individual solves life's problem whether that life be brief or long, a success or failure. Fallible judgment regarding success or failure must be the result of broad conceptions and large experience, or the decision—the verdict—will be worthless. In a practical, material sense, the person who has grown to think without physical, mental or spiritual limitations, knows how to live a harmonious life, which must be healthy, moral and spiritual, and sufficiently unfolded in freedom to recognize what life signifies; this solves the problem.

Ice and Ice Water.—The practical, well-informed hydropathic physician uses ice and ice-water with great care. It is a specific in severe attacks of croup and diphtheria; except in those two complaints, the use of ice is unnecessary. No doubt it may be used

by careful hands, in a score of other expressions of disease, but I prefer a milder remedy for every one of them.

Ice-Cold Drinks.—Ice-cold drinks are injurious, hindering digestion by chilling the stomach. If used in very hot weather drink slowly, holding in mouth until warmed a little for the stomach. Milk, hot or cold, should be taken slowly, as the babe is taught by nature.

Equal Care.—Our physical bodies require as much care as do five thousand dollar horses. Give the body as much care and study as a good horse receives from a successful humane stock breeder, and you will not be troubled with sickness.

Palpitation of the Heart.—Tea drinking is often the producing cause of this affection. Any clogged condition of the system as constipation or torpid liver, exacts too much effort from the heart, and causes the flutter or palpitation. (See coffee.) *Treatment:* Stop tea and coffee drinking; adopt plain common-sense diet and hygienic rules of *Nature Cure*.

Hard Times.—In break-ups in financial centers, in hard times, a day of settlement and pay comes. It often happens that the family horse, carriage, physician and poodle have to go. The question may be reasonably asked under such circumstances very common in these days, which of the two, the mother and mistress of the home or the poodle, are the best qualified to live without the family doctor. Facts prove the dog to be the most independent.

Conditions Reversed.—This condition will be reversed when the doctor becomes the teacher,

when every family receives a necessary medical education.

Co-operation: Will it Pay?—Establish sanitariums in every township, or in every neighborhood of two hundred families. During the winter months employ the best talent, and teach the people anatomy, physiology and hygiene; employ physicians, male and female, by the year to teach the people how to live and avoid sickness. Will it pay? Try it, and you will find this the best paying business in which you ever engaged. It will surely pay to have health, in place of sickness, with doctors' and undertakers' bills to meet.

Health, Life and Truth.—Row up stream for this trio; no other course will reach the inexhaustible fountain.

Care of the Feet.—Corns and bunions are generally caused by small, short or improperly fitted shoes. The shoe should be fitted to the foot, not foot to shoe. Fashion ought not to be considered, but comfort and health. If we change the form of any organ or portion of the body by compression, we do not improve but disfigure it. The shoe is designed to protect, not to distort the foot. In-growing nails, the result of the abuse of the foot, may be treated by soaking in warm water until soreness and inflammation is removed, and then raising the nail by pressing soft cotton under the afflicted part (with some suitable instrument) until it is raised. As soon as a portion of the nail becomes free, it may be cut off. Scraping the nail in the center will assist in getting the cotton under. Cleanse the parts thoroughly with English

castile soap and warm water before applying. Remove proud flesh by using burnt alum. When a shoe is once fitted to a child's foot do not change because they wear uneven; some shoe leather might be saved, but at the expense of the foot. Wear soft, pliable stockings if you desire natural feet free from deformity.

Corns are caused by friction of the skin from tight, loose or ill-fitting shoes, hard leather, hard wrinkles, high heels, and shoes narrow at the toes. Young, hard corns may be removed by scraping the callous skin and removing carefully with a pen-knife. For successful treatment, *proper shoes* must be worn, the shoe must be soft, an easy fit, never short, and better one size *too long*. Treat corns by soaking a half-hour morning and evening in warm water, using English castile soap freely. After thorough soaking, scrape off all the soft, white, pulpy matter with a dull knife, stopping the moment pain is felt. Persist in this treatment for two weeks, and the corn will be cured. Nitric and muriatic acids are the secret cure-alls used by corn specialists. Nitric acid may be used by observing and understanding the nature of this acid, which burns and discolors all silk, woolen, linen and cotton fabrics, also dissolves all the grosser metals. Glass, porcelain, silver and gold resist its influence. It may be applied to the corn with any sharp-pointed instrument. A sufficient amount will adhere to a large darning-needle; apply with the point of the needle to the center of the corn. When the acid has been absorbed a drop of sweet oil may be applied. One application will often be sufficient to loosen the corn so that it may be removed.

A bunion is an inflammation. All inflammations should be treated with soothing remedies. Soaking in very warm soft water, and anointing with olive oil, or carbolized cosmoline, will relieve the inflammation if the shoe is properly fitted. Soak the feet often in warm water and scrape the callous places. Cut the toe-nails regularly and with care. Give the feet as much care as the hair, face or teeth, and you will always have a *good understanding*.

Corn Salve.—Have used the *Acorn* corn extractor, and can recommend it; others may be as good. Two applications as directed, helped the writer to get rid of a very ugly corn.

The Reformatory Doctor.—It does not require a very great amount of skill or experience to visit a patient, diagnose the case, and write a drug prescription; it is very much like the routine of ordinary business. The medicines used are almost invariably those adopted by the school to which the doctor belongs, and only a trifle variation is made by reason of age or condition. It is quite another thing to be called by a health reform family where the drug methods are outgrown and the family understand the case, *know at least what they do not want*, and have called the reformatory doctor after they have taxed their own skill, and wish some one with intelligence and experience beyond drug routine. Such is the position of the reform physician at this writing.

Doctor Books.—Many doctor books have been sold ostensibly to instruct families, but have proven worthless because of their Latin prescriptions, technical sentences and medical mysteries. This and the

Educator are the only family doctor books free from technical rubbish.

Free and Independent.—The effort of non-reformatory medical colleges and nine-tenths of their graduates is to keep the people ignorant of every law of health, and of every opportunity to be free and independent. This may seem a grave charge, *and it is*, but the gravest part is its truth. *It is a selfish, grave mistake.*

The Charm of Mystery.—The simple remedies and common sense methods taught in these pages are often the only objection to the book. If the pages were graced with Latin prescriptions, made up of deadly poisons for the stomach, all would seem to be in order and the mystery complete. People who have grown into the habit of thinking that there must be some virtue and life-giving power in deadly poisons, when manipulated by some druggist and covered with a mysterious Latin label, discover their mistake after the undertaker has removed their darling from their sight.

If Their Darling Had Been a Sensitive Plant.—This class of confiding people study the lives of their plants and domestic animals, and are aware that much depends upon light, sunshine, water and natural conditions for their healthful growth. They study effects of color, material for the clothing of their physical bodies, and understand how sensitive some of the family are to surroundings. If their darling was only a sensitive plant or a pet dog they would not consult the family physician or drug store, but trust to their own care and good sense in

nursing; but the pet child's stomach, sensitive as it is, must submit to deadly poison.

Cured by Simple Remedies.—A lady subscriber informed us, that after being treated many years by the best drug doctors, she was healed in two months by adopting the methods and remedies of the Nature Cure. This is one of many similar testimonials where our natural remedies are used. *The best doctor* makes the very best conditions, which do not include the use of poisonous drugs. The best nurse is one who makes all the conditions the most easy, natural and harmonious, the most favorable for a rapid cure; nature, ever kind, will do the rest.

Wait and Trust.—Many times it is wise to do nothing for the sick. Simply give them plenty of air, water and sunshine, some colored water or bread pills, then trust and wait, always remembering that a fast and rest, with the trio above, are the safest and best remedies on top of this green earth, therefore the very best doctors. If drugs cure, why does typhoid fever run twenty-one to forty days? If drugs can cure, why do our best doctors allow thousands of our best men and women to die in their prime?

An Every-Day Occurrence.—Is it not an every-day occurrence that the newspapers record the sudden death of some eminent man or woman? Suppose one of our reform doctors should lose a patient, who happens to be a noted person, and give heart failure as the cause, an arrest for malpractice and newspaper scandal would reach from the Atlantic to the Pacific coast. Such results are an every-day occurrence in the practice of doctors who use poisonous drugs, and

the public, the press, men and women of letters, the clergy, the courts, presidents and kings bow and accept the unmeaning, ridiculous explanation so easily uttered, "*heart failure.*" Explain this fact if you can. The writer is willing to submit it to the court.

Choose the Best Doctor.—There is a choice in drug doctors; if drugs you are willing to use and have faith in them, I advise you to employ the anti-poison drug doctor. They may be found in nearly every city of twenty thousand inhabitants.

At Peace With All Doctors.—As far as I know, I am at peace with all shades, every class and school of doctors, and intend to maintain peace even if I have to fight for it. I am disposed to be just and true to all systems and methods; that is my reason for exposing and condemning dangerous and deceptive ones. I take no pleasure in calling attention to the errors of men or systems, much preferring to write up the bright side of humanity and its grand achievements; no expression of life is more beautiful and enticing than health. We must row up stream to reach it, and expect to meet breakers when our course is towards the fountain.

Nurse Health, Not Your Aches and Pains.—It is a common every-day occurrence among the masses, to nurse aches and pains, and talk about them to friends and neighbors; this is all wrong, and is really begging for sympathy, when shame would be just for them. Ignorance and neglect are the cause; therefore get more knowledge, and do not neglect the care of your body; be ashamed of your ignorance and sickness.

To Know How to breathe, how to use water, *how*

and what to eat, how to exercise, and to understand the value of sunlight and heat, sums up the knowledge necessary to avoid sickness in any country or clime. The lesson is a brief one. Suppose you study it.

Flatulency and all unpleasant odors emanating from the body may be considered signs of disease. The *cause*, accumulation of gases from fermentation in the alimentary canal; in other words, food has not been properly or rapidly digested, and by this fermentation, uric acid is formed which causes pain and soreness of the muscles and joints, as in rheumatism.

Asthma Cure.—Purify the blood with baths and hot lemonade; adopt the *plainest, best bill of fare to be found in the Eleventh Chapter*. Exercise daily in the open air; read the consumption cure in Sixth Chapter, and adopt every good common-sense suggestion to be found in this volume.

Right Living is the Best.—The best methods for all such expressions of disease are to overcome them by right living, bearing in mind the teaching of health reformers, viz: That health is not for sale, cannot be purchased of doctors or druggists; *it must be lived*.

Indigestion.—Indigestion, or no digestion, is certainly a serious complaint. Without digestion the physical form is doomed. Multitudes in high and low places have what is called indigestion, which means partial or imperfect digestion. Chronic indigestion is termed dyspepsia; the cause and remedy are the same; methods may be varied a little, as no two cases are exactly alike.

Cause of Indigestion or Dyspepsia.—The cause and remedy being the same, I have only to point to the cure. Almost everything has been written that can be, in the Food Chapter, on *how* and *what* to feed our physical bodies; by this understanding we may avoid stomach troubles.

Table Disease.—Stomach disease is table or food disease, rooted and grounded in improper food, over-eating, big dinners, fashionable entertaining, and excesses.

How to Get Well.—Adopt the hot lemonade cure; drink a tea or coffee cup of hot lemonade a half hour before each meal; adopt a simple diet and a limited variety; this will cure and prevent disease. *Yes, all disease.* Eat right, dress right, breathe right, exercise right, drink and think right, and you will not have dyspepsia, the dumps, the blues, blue or black devils. A child in years can be taught this lesson; it is taught the birds and wild animals by nature; they live true to the infinite law and have good stomachs and perfect digestion.

Good Digestion is a result of right living; every sick person is more or less a slave; indigestion is sickness and the results often very destructive. Perfect digestion will prevent many unpleasant and complicated troubles. Diseased lungs, heart, liver, kidneys, bowels, blood, and quite a brood of female expressions of disease, result from imperfect digestion. Disappointment will follow every effort to doctor away indigestion; it cannot be done. Drugs never cured one case. They are powerless to even assist nature; they may stimulate, palliate, but never cure. Indi-

gestion must be cured in nature's own way, by obeying; a cure cannot be purchased, is not found in any climate or mineral springs; change and right living may be considered a sure cure. Food, water, air, sunshine and "roughing it" must be the doctors for indigestion.

Hot and Mineral Springs.—We are often asked if mineral water is good for certain complaints; yes, water is good hot or cold for many expressions of disease. Cold water is good for fevers and thirst, good for bathing; pure cold or hot water is cleansing and invigorating. Hot water will relax and remove pain and congestion. People who have never understood the value and use of hot and cold water at home, do well to go to springs and there learn the value of a thorough cleansing by the use of good water. No doubt more than two-thirds of those who go to spring resorts and *pay well for all they get*, have better water at home, for there is no better water than rainwater—*snow-water*.

Virtue is in the Change.—It is not the mineral in the water that promotes the recovery so much as the change in surroundings; rest from family cares, also business left behind, the pleasant attendant, the change of climate; this combination produces a mental and physical change.

The Elixir of Life.—Sunshine, pure air and right living are the elixir of life and health that will stand the test of time, and not be found wanting. No one *up to date* has been able to *corner this elixir*. It can be had without money or price; it is free to all. *Are not all the best things free?* Pure food furnishes all the

minerals necessary to sustain our physical bodies; infinite law may be trusted, if obeyed, and schemers, inventors and discoverers may rest easy in the thought that to conform is all that is required.

The Struggle for Life.—The present drug practice is rapidly taking the form of a dangerous business monopoly, and new preparations are an every-day occurrence. They are invented, put up, mailed to every physician whose name can be secured, with testimonials from leading physicians as to their great curative value. In this way the young inexperienced doctor has a portion of his drugs at hand without money, an item sufficiently tempting to induce many of them to experiment with all of the new-fangled cure-alls. This method is dangerous for patients and demoralizing to the doctor.

The True Physician.—The day the medical profession surrenders its character to the schemers of any set, school or class of selfish, unscrupulous combine or chemists, patent medicine makers and vendors, that day the profession loses the trust and respect of every intelligent, honorable man and woman. The true physician can never desert his manhood and become a schemer for the almighty dollar. The physician realizes that there is an obligation resting upon him or her that money or selfish weakness cannot reach. Without this high and holy human obligation, the doctor should be avoided, not trusted, no matter of what class or school.

Only For Protection.—The persistent effort to limit and force the American people to adopt a prescribed system of medical practice, is an oppression of

the most aggravating kind. Of course it is unlawful, unconstitutional, but the unscrupulous schemers work their cards by claiming their "efforts are only for the protection of the dear people." A majority of them, I am sorry to say, are ignorant enough to accept of this deception.

Take Our Small-pox Virus.—The object of all sanitary and protective schemes worked by political doctors is dangerously selfish. *They mean, take our small-pox virus pus into your blood and be poisoned for life, or be arrested and sent to the pest-house.* Take drugs of orthodox drug doctors or die without a doctor; you are not to choose whether you shall be drugged to death, get cured without drugs, or die a natural death. No; that will not do; your house and home must be invaded by health officers, and if you refuse to submit to their trumped up schemes of robbery and anti-American methods, the police patrol is called, and you are doomed unless you have influential friends; very much more depends on influence than on law.

The Professional Wrong-doer.—All error, crime, insanity and wrong are now considered disease by the truly scientific world, and must be treated in harmony with the varied expressions. Methods of peace and order are always our choice, but the professional wrong-doer, one who schemes, one who prostitutes his intellect, his profession, invites and may receive the most severe treatment.

Shameful and Thoroughly Criminal.—Justice demands, and the safety of a nation and people require determined and vigorous efforts. Medical practice of

the present time is not only shameful but thoroughly criminal in many communities; we warn the people. Our warning is none too soon, and is not the result of jealousy, competition, rivalry or anything but truth gained from observation and experience, truth that stares us in the face and appeals in every quarter for relief.

Truth Versus Deception.—Truth is always a triumph, no matter how much deception may for a limited time seem to dominate the people. Truth, justice, sympathy, love and freedom are healing influences. Selfishness and deception, whether expressed in Latin prescription labels, or deadly sickening chemical compounds, are disease-producing, and not curative in their influences or as remedies; they are destructive; they are health destroying. This fact will not be challenged by intelligent persons. Such remedies, such influences—the deceptive ones—are alike destroying, no matter how we dress or sugar-coat them.

The Masses for Truth.—The masses want truth and justice; are they getting it in the drug method? Have they any idea or assurance in taking a dose of deadly poison covered with a Latin name, whether it will kill or cure? Doctors make mistakes every day; so do druggists. Would it not be good sound common sense for every sick person to know just what they are taking? Have they not gone it blind long enough? Some of them at least begin to think so.

Too Much Blind Trust.—Would there be any less value in the poisonous compound if it had an English label? If the deceptive poisonous prescriptions *kill*, as they often do, the doctor and druggist are safe, as

nobody knows but the doctor is correct, when he says *heart failure did it*. Isn't there a little too much ignorance and blind trust in such medical practice?

It is Foolish to Complain.—Turn on the light and we will soon see it is foolish to whine and complain about sickness; it is our folly, our fault. If mothers were taught how to live, taught how to prepare simple plain food, and taught their children by precept and example the all-important lessons of how and what to feed the body, sickness would be outgrown and forgotten in one generation. What a revolution and revelation this would be, and may be in every well ordered home in one year's time!

Patent Medicine Vendors.—All the schemes, methods, chemical-combinations and subterfuges of doctors and patent medicine vendors, and a hundred other questionable contrivances made to deceive the people, could be immediately dispensed with by adopting a common-sense diet. The best food is always the cheapest in the end and is usually cheap upon the market. Humanity is entitled to the best; the highest priced food is usually the poorest and the most likely to produce disease.

“The ingredients of health and long life are—
Great temperance, open air;
Easy labor, little care.”

“Take not away the life you cannot give;
For all things have an equal right to live.”

“In what thou eatest and drinkest seek from thence
Due nourishment, not gluttonous delight;
So thou may'st live till, like ripe fruit, thou drop
Into thy mother's lap, or be with ease,
Gathered, not harshly plucked, for death mature.”

—Milton.

"It is not the amount of food we eat, but the amount we can digest, that increases our flesh."

"It is not the amount we read, but what we remember, that makes us wise."

"It is not so much what we can earn, as what we can save, that makes us independent."

The rich should solace the poor;
The happy should comfort the afflicted;
The strong should raise the weak;
The wise should teach the ignorant.

Drug Doctors Compelled to Confess.—It is a notorious fact, that the masses and also the classes will employ their family physician, letting him drug them nearly to death. The reason they do not die, is, because the doctor is humane. As a last resort, the doctor advises a trip to the Hot Springs; the result is they get a good thorough cleansing inside and out, *of drugs and disease*, and return home well. This is a confession, on the part of the drug doctors, that water will accomplish what experience, skill and pretended science has failed to do. Other cases (and they number tens of thousands every year,) are advised to seek health resorts, from Maine to California. The open air and change do the healing. The lesson is, health does not depend upon the family physician, his prescriptions or climate, but upon an understanding of how to treat yourself at home.

The Nature Cure furnishes you this instruction, all you need.

Wear Flannel.—Flannel is cool because it absorbs perspiration more readily than any other material worn. There are said to be seven million pores in the human body, each about a quarter of an inch long. Stretched out into a great canal, your pores would

make a tube twenty-eight miles long. They throw off in a young and healthy person pounds of refuse matter daily. To dispose of this refuse poison is a hygienic problem. The flannel underclothing solves this problem in a measure, in connection with due care regarding bathing, ventilation and perfect sanitary surroundings.

The Insane.—A large number of men and women now in our insane asylums could be healed, if each state would provide for them hospitals instead of asylums. The majority of them are more sick than crazy. Hospitals with reform physicians and methods, with the best environments, and the application of recent discoveries, would without doubt cure a large per cent of those called hoplessly insane. Discoveries are everyday occurrences *outside* of what is known as the medical profession; do not look there for reform methods.

“The disease and deformity around us certify the infraction of natural, intellectual and moral laws, and often violation on violation to breed such compound misery. A lockjaw that bends a man’s head back to his heels; hydrophobia that makes him bark at his wife and babes; insanity that makes him eat grass; war, plague, cholera, famine, indicate a certain ferocity in nature, which, as it had its inlet by human crime, must have its outlet by human suffering. Unhappily, almost no man exists who has not in his own person become to some amount a stockholder in sin, and so made himself liable to a share in the expiation.”—*Ralph Waldo Emerson, Essay on Heroism.*

CHAPTER VIII.

BATHS.

WATER, air, food and exercise are considered necessities for good health by all intelligent reformers. Water, air and exercise are free gifts; food must be worked for. Only a few of the present generation comprehend the value of water in health or sickness. In fact, if all people understood how to use water, its value to cool, cleanse, invigorate and sustain life, one-half of all the afflictions from disease would be removed, and the other half banished as soon as all the people understood how and what to eat, how to breathe, and the necessity of daily vigorous exercise. This chapter points to a few of the many methods which have been adopted and proven beneficial both in health and disease by the use of water. Previous chapters have shown the necessities of air, food, exercise, sun, heat, light and right thinking.

Why Water Is so Valuable in Treating Disease.

—The human system consists of eighty per cent, or four-fifths of fluid matter—a sack of water so to say—and that is one of the reasons why it is so impressible, and why it yields such admirable results to proper, prompt and thorough treatment. Liebig, the great chemist, says: *“Greater organic changes transpire in the human system under six weeks of active water treatment than in three years of the ordinary action*

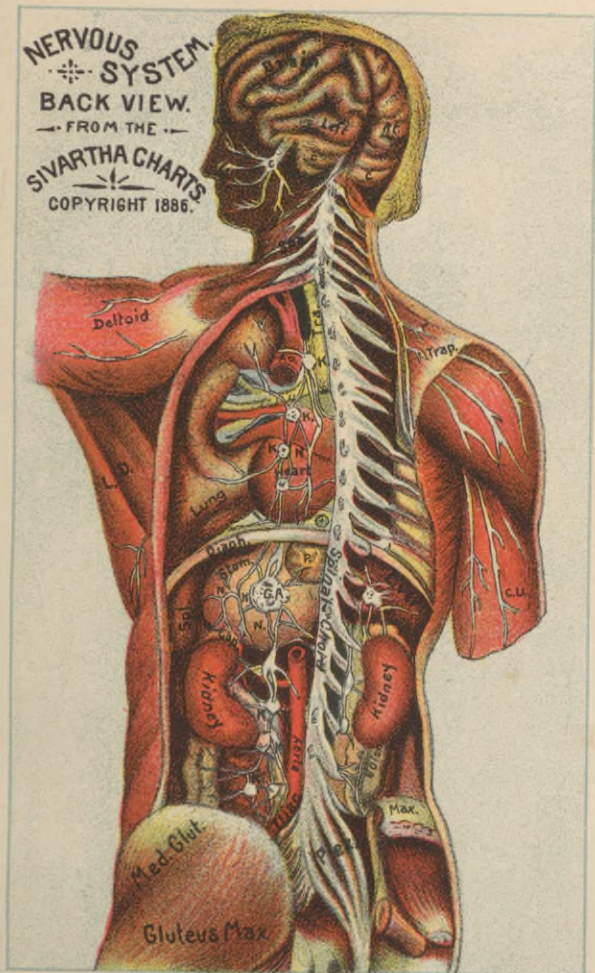
THE NERVOUS SYSTEM.

Here the convolutions or external folds of the brain are shown. From the brain the spinal cord, or spinalis, proceeds as a vast bundle of nerve fibers, on their way to supply every part of the body with feeling and motion.

On the back of the heart, lungs, stomach, liver, and other internal organs, we see a connected chain of nerve centers, marked *K, K, K*. These all belong to the great sympathetic system of nerves, which governs the functions of nutrition. Three of these centers are the most important, the one back of the heart, that below the kidney in the pelvis, and the one marked *G A*, the solar plexus, back of the stomach and the liver.

The nerves of the face converge to a center at *C*, before they enter the brain.

NERVOUS SYSTEM.
BACK VIEW.
FROM THE
SIVARTHA CHARTS
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of nature." We accept this beautiful allegory of the poet Southey in a literary sense, and indorse it. We hope you may be enabled to do likewise:

" Most blessed water! Neither tongue can tell
The blessedness thereof, nor heart can think,
Save only him to whom it has been given
To taste of the divinest gift of heaven.
I stooped and drank at that divinest well,
Fresh from the Rock of Ages where it ran:
It had a heavenly quality to quell all pain.
I arose a renovated man
And would not now, since that relief was known,
For worlds the needful suffering have foregone."

" So hurrah for the water! hurrah! hurrah!
Thou art silver and gold; thou art ribbon and star.
Hurrah for bright water! hurrah! hurrah!

Reasons for Bathing.—We all recognize the comfort and pleasure experienced from cleanliness and order in all places and conditions of life. One very able writer thinks bathing would not be a necessity, did humanity live correct lives. If the masses could be taught right living, how and what to eat and drink, how to dress, how to exercise, and how to strictly conform to hygienic laws, no doubt there would be less necessity for bathing. But as society is now constituted, bathing is a necessity for the best physiological conditions.

Impeded Circulation.—Obstruction or impeded circulation, internal and external congestion, are common every-day experiences, to be met with in the best neighborhoods—best ordered homes. A daily towel bath will do more to counteract disease and restore the body to its normal health condition, than any remedy or method yet discovered. Therefore, the

daily bath should be as regularly taken as the meals, especially with all working people.

Methods of Bathing.—The towel or sponge bath is the most convenient for the masses. A plunge, shower or hot bath may be taken once or twice a week to advantage, if convenient.

Towel Bath.—The towel bath is more convenient because it may be taken in the sleeping room or wherever a half gallon of water can be obtained. After the bath, the body should be thoroughly rubbed with a crash towel. If the circulation is sluggish and a clammy, chilly condition exists, the body should be beaten, slapped, and rubbed with the hand until a warm glow is produced. After the hot bath, always cool the surface and close the pores by the cold shower or sponge bath for a moment, and then dry and rub as directed.

Bathing in the Early Ages.—Among the leading nations of the East bathing was practiced and considered a necessity. Ample bathing houses attached to gymnasiums of much splendor and large enough to accommodate several thousand persons at a time, were constructed and devoted to the development and health of the people. These baths were furnished elaborately, the most elegant designs were adopted, while precious gems and metals and the finest works of the painter and sculptor, decorated their walls.

Object of the Ancient Bath.—To give strength and health to the physical system was the object sought. It was not merely for luxury, it was duty; it was the training considered necessary to produce strong men for war, and strong women to bear strong

children. Instead of spending leisure hours in places of amusement as in modern times, the ancients took their recreation in the baths and gymnasia.

Fresh and Salt Water Bathing.—Salt water is stimulating; cool and cold fresh water are also stimulating. Care should be taken by invalids in the use of the salt water bath. It should be of short duration; if prolonged it will exhaust the system. The sea water possesses properties not possessed by the artificial article, and is much superior.

Surf Bathing.—Only the strong and vigorous should seek this luxury in the sea, unless protected by an enclosure (a break-water), to break the force of the surf.

Plunge Bath.—Plunging head foremost into the water is dangerous; only a few are organized to take such a bath without injury.

Sea-Side Air.—There is value in sea-side air in connection with bathing; poisonous gases and impurities are destroyed by what the chemist calls the chlorides of the sea which no doubt give the air its especial tonic properties. We who have gone down to the sea, know its bracing influence. As a blood purifier sea air is unsurpassed except by *Nature Cure Lemonade*.

Bathing at Home.—Only a few can afford the time or expense of the public bath. The bath-room is a great convenience, but the majority do, and must live without it; but they need not do without the towel bath, the best for the majority, because it is simple and inexpensive. Those favored with the convenience of a bath-room should take a bath at least

once a week in the tub. Others should take a hot and cold bath at least once each week, and many would be benefited by taking a cool bath every day. Each person can determine for himself.

The Most Practical Every-Day Bath.—The towel or sponge—the friction of the towel is best—bath ought to be universal. If taken daily it takes the place of other baths; there is but little expense and only a few moments of time necessary. The aged may need a little fire, enough to take off the chill. The youth and middle-aged do not unless low in vitality. Let those take the sawing wood exercise before and after the bath; this exercise will warm the blood and keep the physical in good trim. Two crash towels, each about a yard long, a two-gallon pitcher of pure water (soft if it can be had) a good sized wash-bowl and a cake of toilet soap are all the articles absolutely necessary for the towel bath, which the majority of humanity should take every morning regularly.

Bathe the Whole Body.—All feel that the hands and face should receive frequent daily ablutions. Extend this habit to the whole body for three months, and you will feel the necessity of continuing it as long as you live, and by doing so prolong your life to four score and ten, and die as easy and free from pain and sickness as fruit drops from the tree when fully ripe. The towel bath, "*Prof. O. S. Fowler's wet towel nightcap*,"—*head compress*—and plunging the feet in the wash-bowl at the conclusion of the bath, followed by a three or five minutes' sawing wood exercise, are among the best remedies for colds and catarrh ever discovered; make a note of this, all ye

who are afflicted with catarrh in any form, and try it. In bathing bare the body to the waist; soap the parts that emit odors; wring out of cool water one of the towels; first bathe the head, face, arms and body exposed; do this thoroughly, rapidly, but not hurriedly, then dry and rub with vigor. This will bring a glow and warmth to the parts exposed, so there will be no dread in removing the remainder of the clothing and finishing the bath well begun.

Towel Bath may be Varied.—The towel bath may be varied, considering the occupation of the person. Those of sedentary habits may use less water, but make it up in rubbing more thoroughly with the dry towel, in practicing massage, and in taking the sawing wood exercise longer, in order to warm, to increase and invigorate the circulation. Persons of full habit and active occupation causing free perspiration, may use water freely to cool the blood, to stimulate and invigorate the external surface of the body. If time will not permit of the towel bath because of cold or inconvenience, take the dry rubbing bath. Be as good and kind to yourself as you are to your horse, by currying with a coarse towel.

Prof. O. S. Fowler writes: "We use two crash towels, a yard long each, and prefer them to a sponge. This bath we consider a luxury, and one of the most useful and important of all the baths, because it can be taken every morning in a bedroom in a hotel, or state room on a steamboat, and the two towels necessary for the washing cost but a trifle, and do not add much to one's baggage. This bath may be taken at any time or place; would advise waiting one hour after a hearty dinner. We never dress in the morning without this bath. Five minutes can never be better employed. Teach your children to take this or some other bath every morning."

The Temperature of Baths depends upon the condition of the bather. The cold bath is a tonic and should be used with care by those not in perfect health. The tepid or warm bath is only slightly tonic, is quieting and often induces sleep; is the best before retiring in very warm weather. Hot baths relax and remove congestion and pain, but if long continued will debilitate. All hot baths, vapor and thermal included, should be followed by the cold shower bath, or what is better, the cold, dripping wet sheet, to tone up the system and close the pores. It will not do to neglect baths of some kind; uncleanness is a cause of epidemics. Thousands do not know, while others who do overlook the fact, that the skin is full of little sewers called pores, through which are emptied from the blood five-sevenths of all its impurities.

Neglected Sewers.—The intestines carry a portion of waste matter, and the bladder and urethra another. It is estimated that there are over twenty miles of perspiratory tubes in each human organism. If these miles of small sewers are neglected, effete matter will clog and obstruct, and nature's means and methods become weakened. This will prove as injurious as constipation or suppression of the urine.

Boils and Carbuncles result from neglect in the care of the sewers of the body. Our experience has taught that the best possible treatment for this class of painful troubles is the simple cold water poultices in connection with the intestinal enema and vapor bath, both taught in this chapter.

Dr. Wilson has counted 3,628 perspiratory glands in a square inch on the palm of the hand of these

minute but useful organs. When the skin is neglected these tubes or pores become literally dammed up, and if nature cannot force a passage through them, for disposing of effete matter her next attempt is to throw them out in the form of pimples, ulcers or boils. If this effort is not successful they remain in the circulation, poisoning the blood and making that fluid which should be the dispenser of health, the fountain of corruption and disease. We believe the daily bath is indispensable to protect the outlets of these little sewers. Many people cannot bathe every day. The friction of the hand over the whole surface of the body, with an occasional bath, will answer in many cases. Comparatively few people are injured by an excess of soap and water, and every one who is not advised by his own symptoms or his physician *not to do so*, may use plenty of water without injury, by employing that temperature which best promotes subsequent good feeling. The after effect is a good monitor to govern the frequency of bathing, and to direct as to the temperature most conducive to the individual health. But in keeping the excretory pores active, it is also necessary to see that the liver and kidneys are performing their offices, for if they are not the active skin will become the outlet of an undue share of the waste matters of the system, and cause odors to be emitted which are obnoxious to all who value pure air, and especially to those who have sensitive olfactories. If men and women were careful in eating and drinking, it would be necessary that all the outlets of waste matter should be kept free from obstruction, but when excesses are the rule

rather than the exception, when the mouth and stomach are made receptacles of everything which tickles the palate, whether the system requires it or not, it becomes still more necessary that the various sewers which nature has provided for the emptying out of useless matter, should be kept active and free from everything that obstructs the performance of their functions.

A Sweet Breath Depends.—*A good breath* is greatly dependent upon the healthful activity of the skin, liver and kidneys. If these are all in working condition the rubbish of the system passes off freely. If they are not it goes through a process of decomposition, and sends its odorous gases through the blood to the lungs, from which they are carried out with the vapors exhaled.

Vapor Baths.—I have never found any treatment for acute or chronic disease of the congested type equal to vapor baths. For pneumonia, la grippe, a severe cold, or any clogged condition, this bath has no equal; in fact, there is no treatment known to physicians of any school that is as safe and sure, and that will accomplish so much in two hours' time. The necessary articles of furniture required in giving this bath may be found in every well-ordered home. Have a good-sized sleeping-room that may be suitably warmed. Articles necessary, one large wash-tub, one foot-tub or water-pail, one old arm-chair (varnish worn off), a large woolen blanket, one large ten-quart pan, and one old shawl or small blanket folded and so placed in the chair that it will reach the floor in front to protect the legs from the hot vapor.

Two whole bricks and three or four half-bricks, one coarse cotton, or better, linen sheet, one napkin for the neck of the patient and a common-sized head compress.

How to Proceed.—Heat the bricks red hot. When all is ready, the patient, disrobed, takes a seat in the chair; the large blanket is so wrapped about both patient and chair that it may be opened at one side to receive the hot bricks one at a time, as they are required to produce as hot a vapor as can be comfortably borne by the sick one. Pin the blanket with safety pins close about the neck, and hold it in its place by more pins to the seat of the chair.

With water as hot as can be borne in the foot-tub, and the large pan under the chair, wring out of tepid water the napkin and apply about the neck to prevent a rush of blood to the head. Bind the head compress upon the forehead wrung from cold water. Give the patient a coffee cup of hot lemonade and a few swallows of cold water every five minutes during the bath; feet in hot water, room well ventilated, with a pair of tongs or some other similar instrument, one of the two attendants can now put one of the whole bricks in the pan under the chair, which should be about half full of warm water; start the vapor slowly so as not to frighten the patient. One end of the red-hot brick may be gently placed in the water at first and in two or three minutes the vapor may be gradually increased. By opening the blanket at the side the air will cool down the vapor if too hot.

Increase the vapor gradually for ten minutes, then continue it as hot as can be borne. Keep the feet hot

by adding hot water, the head cool by changing the compress. Make the bath both comfortable and thorough.

The object sought in this bath is to open the pores and cause perspiration to flow out in little streams from head to foot, which will relax the system, remove congestion and clogged conditions of blood and vital organs. Add the pieces of brick, keep the vapor steady and perspiration profuse. Thirty minutes is long enough for a strong person to remain in the bath. For nervous and extremely sensitive persons, twenty to twenty-five minutes is long enough. It is time to take the patient out when a drop of perspiration is seen on the nose between the eyes; a faint feeling is also a signal to remove the patient.

When out of the vapor, he steps into a large wash-tub, and the treatment is completed by applying the hydropathist's dripping-wet sheet described in this chapter. While enveloped in the sheet from neck to heels, we request the nurse and attendant to vigorously rub the patient until warm; now dry with turkish towels, put to bed, see that feet are warm and head cool by applying the cold head compress and the hot-water bottle or a half-gallon jug of hot water to the feet; give the patient fresh air and a good night's rest. If not cured repeat the treatment the following afternoon between four and six o'clock. Remember, there is no treatment for pneumonia, a hard cold, la grippe, or any congested condition better than the vapor bath; all ordinary cases will convalesce after the first treatment and a quiet rest.

Extraordinary—very severe attacks—may require

a second bath, once in a hundred cases a third, but if the first bath is properly given (and we think between four and six o'clock is the best time so that a good night's rest will follow), a second bath will be unnecessary. The head *must* be kept cool and the feet warm. The cold head compress is very important; wear it night and day as long as the head is hot or congested. Fasting and not feasting is all-important in acute attacks; no food for two to four hours before any bath is our advice. (See Food Chapter.)

Herbs May Be Used.—These baths may be medicated with herbs if desired and in some cases may prove beneficial. Sage, catnip, hoarhound, smartweed, spearmint and peppermint or hops, are all good; a large handful of the herbs mixed, or a small pinch of pressed hops with some of the herbs will form an agreeable medication.

Nerve Baths.—Fifty years ago nerve baths would have been considered superfluous, but are to-day a necessity. Fifty years ago, only a few outside of medical schools realized they had a nervous organization that needed to be fed, cared for and studied as much as the blood or any organ or function of the human anatomy. Among mechanics, engineers, electricians, dentists, in fact in every department of business where machinery is used, and in homes and schools, unless the nerves receive more rest, are better fed and cared for, the next generation will be one of nervous wrecks. We shall say more in succeeding chapters about the causes of nerve prostration.

A bath-room, with hot and cold water, is almost a necessity in giving nerve baths. In all ordinary

nervous conditions, put the patient into a hot bath, with only sufficient water to heat the entire spine. If the difficulty is complicated, increase the amount of water, sufficient to cover the entire body. Put a hot compress upon the back of the neck and base of the brain, and a cool compress upon the forehead. This bath may last ten or fifteen minutes, remembering that the water in the tub should be as hot as the patient can bear while it lasts. Conclude the bath always by giving a cool towel bath for the purpose of closing the pores and preventing cold.

An hour of rest and sleep will now do wonders for the exhausted nerves. This bath may be taken twice a day in extreme conditions, once a day, or every other day, depending upon condition and desire of the patient. All nervous persons should have quiet, restful attendants and surroundings. Take the patient out in the suburbs of the city daily in your carriage, not excluding the pure air and God's beautiful sunlight.

Bath-Room Not a Necessity.—If you have not the convenience of a bath-room, heat a boiler of water; spread a coarse woolen blanket upon a couch or bed; remove clothing from the patient and lay him upon the bed or couch, face down; with towels wrung from very hot water apply from the base of the brain over the entire length of the spine. Keep the patient protected from any cold drafts by a flannel blanket. Continue to apply hot applications until nerves are relaxed and the patient quiet and restful.

Give a wineglass of cold or hot water every five or ten minutes, with a few drops of lemon juice added,

during all hot packs or baths. If the lemon is objected to, orangeade or plain hot water may be substituted. This compress bath, or hot fomentation, may last from thirty to sixty minutes; the patient can decide. The object of nerve baths is to quiet, relax and rest the nerves, all needed to restore to normal condition.

Intestinal Bath.—Dr. Wilford Hall's "Cure All," by simply flushing the bowels, is, as far as it goes, sound, correct, and good common-sense treatment; the only thing new or startling about it is his large claims. We accept and indorse all safe, common-sense methods of healing, and have used and recommended the enema for the past thirty years. In fits—spasms of children—have found a hot enema immediately following the hot bath to be the best and only *sure* treatment to prevent a recurrence of the spasm.

Hot and Cold Enema.—A cold, cool, warm or hot enema requires only a fountain syringe, and in connection with our hot lemonade prescription (see Biliousness) is the most cleansing method ever discovered for purifying the blood, and removing obstructions and accumulations which have sometimes remained so long in the intestinal canal as to cause one to believe they have a tumor or growth of some kind, the walls thus becoming so incrustated as to prevent free action. We recommend hot enemas—as hot as can be taken—for all clogged, congested and inflammatory conditions. Cold, cool and warm enemas, we use in fevers, in bowel and scrofulous disease.

Position.—Take a reclining position on bed, couch or floor, the object being to hold the enema as long as possible, and accustom the bowels to receive from one

to two quarts; best time, just before retiring. Often a second enema may be taken and held over night. This will be found wonderfully beneficial to all persons of sedentary habits. The intestinal canal should be thoroughly cleansed once a week—more frequently in many instances—by the bath and hot lemonade; using either one of the remedies is not sufficient.

Spinal Bath.—Take a large tub, place a board across it wide enough to sit upon. With the back bare, pour a stream of quite warm water upon the spine, from the base of the brain to the lower end of the spinal column. By laying a folded napkin or soft towel upon the upper portion next to the head, and letting one end hang down on the spine to the shoulders, the entire spine may be kept hot. Care and good sense should be exercised in all baths not to overdo a good thing. Turn the hot water upon the lower end of the napkin between the shoulders and let it run gently down the whole length of the spine. This is the most healing, satisfying nerve treatment yet discovered.

Blindness caused by over-study or overtaxing of the nerves may be quickly restored by the frequent use of this bath; heat relaxes and water rests and restores the nerves. Feet and hands must be kept warm by the use of foot tub and flannels. The bath may be continued from one to two hours and taken twice a day until cured. A half or gallon pitcher may be chosen as seems most convenient to the nurse. Let the water be poured slowly at first and at no time rapidly; *never let it fall more than an inch from the pitcher to the spine.*

Hip or Sitz Bath.—A common wash tub may be used. For convenience of the bather raise the back higher than the front to rest the back against. Use water enough to cover hips and lower abdomen. Temperature to suit the treatment desired; this bath may be cold, cool, warm or hot. The cool or cold will stimulate, invigorate and reduce fever; the warm and hot bath will soothe, quiet and rest the nerves; is invaluable in weakness, irregularity, obstruction and torpor of the organs of the pelvis and abdomen. If there is inflammation or soreness, the hot bath will be found to be just the right treatment.

Foot Baths, Warm and Hot.—For severe colds and congestion a very hot foot bath is one of the best physical remedies ever applied. Relief may be obtained in one hour in the most severe attacks by drinking a large number of coffee cups of hot lemonade and application of the hot foot bath. These simple measures will often bid a severe attack of disease to depart. The warm foot bath for headaches and to sooth the tired and worn nerves, is just the best possible treatment. Always close hot foot baths by a plunge or douse into cold water to close the pores of the feet. Persons of full habit with cold feet and a pressure of blood to the head will find relief by plunging the feet into cold water morning and evening, and drying and rubbing dry and warm with a crash towel.

Pouring Head Bath.—A tub, a half gallon pitcher, and an abundance of cold, pure water comprise the outfit for this bath. Let the patient be seated so the head may easily bend over the tub. Always commence

with pouring upon the top and front brain. One attendant may place the right hand upon the forehead, just over the eyes, while the second attendant pours the water slowly upon the head, and at no time letting it fall more than one or two inches. The right hand upon the forehead may form a sort of shelf for holding a little water and will cool the front brain. Carefully run the fingers through the hair as the small stream moves about over the head so that the hair may be thoroughly wet first; this will aid the water to reach and cool the scalp and head, the object of the bath. Three pails of water is usually sufficient, but continue the bath until the head is thoroughly cooled. Rest a few minutes, and then renew the bath several times until the head is permanently relieved and the normal condition and action is restored. Finish at the back and base of the brain; hands and feet should be kept warm, and hot lemonade or some hot drink administered often during the baths. This treatment will give immediate relief from coma—stupor—and effect a cure. The running stream of water attracts and carries off the heat faster than by the use of compresses or the holding of the head in water. The nerves which control the stomach, lungs, heart, etc., have their seat in the brain. This center of all motion and power receives a tonic action, which gives vital energy to the entire system in the proper application of the cold head bath. Thousands of lives have been saved by the pouring head bath. Next in value as a therapeutic agent comes the dripping wet sheet.

Wet Sheet Water-Pack—*Directions:* Secure one common-sized coarse sheet for adults and half sheet

for children. Pure soft water is best, though filtered will answer; should be cool, and when fever rages use it cold. A comfortable bed in a quiet, well ventilated, sunny room on the second floor, with modern conveniences, is preferred.

1. Cover the mattress with a heavy comfortable.

2. Put a flannel blanket over the comfortable; if extra wide place it so the extra width will fall down in front of the bed.

3. Two flannel blankets, or if not at hand, two bed quilts placed one exactly top of the other straight and smooth.

4. Have ready one good-sized pillow—hair is preferred; a kettle of boiling water, a hot water bottle for the feet, or a half-gallon jug, a napkin for the head, a pitcher of cold drinking water, a small tub or pail of water for the sheet. This completes the necessary outfit for the pack; the milk-pack requires one or two blankets less than the water-pack. Wring the sheet out of the tub of cold water so it will not drip; place smoothly upon the top blanket. The patient disrobed is assisted to the middle of the wet sheet, arms placed by the side of the body; the sheet is then wrapped *smoothly* and rapidly, but not hurriedly, about the body and closely about the neck. Bring the sheet first from the back or right side of the bed, then from the front. If the sheet is wide and the patient slim, it may be necessary to roll the patient towards the front, in order to make a smooth wrap and avoid doubling the sheet upon the chest or side of the patient. Wring the napkin out of cold water and place upon the forehead. Put the hot water bottle or jug of

boiling water to the feet between the first blanket and sheet, so as to keep the feet warm without irritation from too much heat. Each blanket or quilt should be quickly but quietly wrapped about the patient in same manner as the wet sheet, taking pains to tuck them snugly about the neck and feet in particular, and closely from neck to feet. A half glass of cold lemon or orangeade—or water if preferred by the patient—should be taken every ten minutes. Let quiet reign supreme for an hour in and about the premises. *Time to remain in pack, one hour;* if patient goes to sleep do not disturb him. If uneasy and restless remove the sick one before the hour is up. Two water-packs, each day until the fever is removed, say at 9 o'clock A. M. and 7 P. M., are advisable. For scarlet fever, measles, bilious and intermittent fevers, the water-pack in connection with drinking copiously of hot lemonade or hot and cold water (always remembering to keep the head cool and feet warm, with a rigid fast) is without doubt a safe and sure method. The expense is but a trifle, the treatment one of common-sense. An entire fast until the fever is removed, and a half fast for a week or ten days after convalescence is a safe rule. All measles and scarlet fever cases should have watchful care and not be exposed to storm, cold or unpleasant weather for at least ten days. The cuticle has been diseased and a little time is necessary to restore all the functions to their normal conditions and relations. By making a note of the above hints a relapse (and serious results) of children's diseased expressions may be avoided. The dripping wet sheet and rubbing should follow each pack, or, if

preferred, a sponge or towel bath may be substituted. A thorough airing of the bed and blankets after each pack and scalding of the sheet and head compress is a necessity. Hang every piece in the sun if possible after each pack. Water and milk-packs are the most marvelous all-around poultices ever discovered. The fever, inflammation and deep-seated disease is drawn to the surface and absorbed in the milk and water packs. By understanding the object and action of this simple, all-important treatment, the necessity for airing and sunning the clothing and bedroom is apparent.

Always keep the air of the sick chamber as pure as the out-door air; to neglect ventilation is to invite sickness and death. For acute and chronic disease, to reduce abnormal heat of the body, to correct morbid secretions and aid in restoring healthy ones, to cleanse the circulatory system and soothe and quiet over-worked nerves, to cure erysipelas and small-pox, water and newly discovered milk-packs are supreme. The water-pack may be repeated with safety to advantage in fevers and acute inflammatory disorders, and continued from day to day until the abnormal temperature and circulation are reduced to the natural. As stated above, the time for remaining packed depends upon the case in hand. So long as the patient is quiet and enjoys the treatment, one hour is not too long. If sleep intervenes let him or her sleep; from thirty minutes to one hour may be the average time. A nurse can make the pack very comfortable or disagreeable. Very much depends on the skill and dexterity of an intelligent, amiable nurse. There is as much science in

applying wet cloths, as in blistering, oiling or rubbing in an offensive ointment, and much less danger and suffering by the patient. An intelligent nurse should certainly understand these points.

The Water-Pack.—The pack is not designed as a sweating process, although profuse sweating often results. My object in using the pack method, is, to reduce fever and inflammation, and equalize and cleanse the circulation. It is a cool poultice method, which stimulates and cleanses the pores, cools and purifies the blood and removes the cause of disease.

Cold Water Treatment.—I have purposely given much space to the water pack method for two reasons; *first*, our regular drug M.D.'s, after more than forty years of unreasonable and persistent misrepresentation have recently come to the conclusion that cold water—they have not reached the hot water plane—is a very good remedy, and are recommending the cold bath and pack especially, with some other simple methods. The aristocratic gloved practitioners, those gentlemen who smile so sweetly, and bow so gracefully, object to water and other simple Nature Cure methods taught in this book, because there is *too much work for their gloved hands; yes, too much work.* This is not the only thing that confronts them; they belong to the class that is ground out of medical colleges as grists from mills, their only qualification being a diploma, gloves, the smile, graceful bow, and a large bill for machine service. Too much work in Nature Cure methods; too much work to restore life with safe, natural methods and remedies; less work to bow, smile and write gloved prescriptions, and trust to

kill-or-cure effects. My *second* reason, is, the discovery of the milk-pack for all eruptive and skin expressions of disease. The milk-pack is a duplicate in method of the water-pack with only a trifle variation. Not as many blankets are required as for water, the poultice effect being the object sought. For small-pox, erysipelas and all milder expressions of skin or zymotic disease, the milk-pack is a God-send, a boon to millions of the human race.

Head and Throat Compress.—Use a piece of soft old linen tablecloth or towel of the size required to cover the part; the head compress may be four thicknesses, as a rule, for the throat two or four, depending upon the nature of the trouble. For hoarseness or sore throat of grown people, use four thicknesses; for children with croup and mild form of diphtheria, two thicknesses. Wring out of cold or cool water, apply and cover throat with two thicknesses of flannel. A thin strip of cotton will hold the head compress to its place over the forehead and eyes, and should be long enough to go back to the ears, covering the entire forehead. This may be used for the head, lungs, back or any part of the body, adopting size required. When used for severe cases of croup and diphtheria, snow or pounded ice is necessary to prevent the growth of the mucous membrane. It is to be remembered that an ice or snow compress *must not remain in position longer than five minutes*, and then rest five minutes, alternating to permit reaction. This may be varied a little and the time prolonged if the subject is very vigorous and robust, and even then great prudence must be observed. Congestion and inflammation impair the function of the brain

and nerves, and this cold application is sure to restore to normal condition. A vast number die annually from *coma*, or stupor, who might be saved by the cold head bath. A common half-gallon pitcher is a convenient dish to use. This bath may be repeated until congestion and brain fever are removed. The hot foot bath may be alternated with the head bath with great benefit to the patient in severe cases.

Dripping Wet Sheet.—A sheet of ordinary thickness, linen or coarse cotton (linen preferred), large or small (according to the size of person), to reach from head to foot, is made dripping wet. Standing behind the person to whom it is to be applied, it is held in both hands in such a manner as to be quickly thrown around the subject. It is double in front and should be wrapped between the legs. Then the attendants (or attendant) briskly rubs over the whole person with the hands until the sheet is warm. This may be repeated in case of fever until the body is cool and every vestige of fever gone. To prevent slopping, as far as possible, the person may stand in a tub of warm water. This is an active, positive, yet mild stimulant, inducing quick reaction in case of debility.

Abdominal Compress.—A yard and a half of bleached crash toweling from ten to fifteen inches wide, a piece of soft firm flannel, two or three inches wider than the toweling and a few inches longer, with safety pins, completes the outfit for the back and abdominal compress. Wring the towel out of cool or cold water; place the towel smoothly upon the strip of flannel. As the flannel is wider than the linen, it will cover and tend to prevent a cold shock to sensitive

nerves. When all is ready an attendant will apply the compress by placing an end at the right side of the person, standing or sitting, and wrap quickly about the abdomen and back, ending at the left side. Thus we have two thicknesses of the compress over the abdomen and only one on the back. This may be reversed by placing the end at the left side first when the compress is for the back. The abdominal and back compress is to be worn nights by people who need it, and are employed during the day. In hundreds of instances the back compress only is needed. A common size face towel folded four double, wrung out of cold water applied quickly to the back on going to bed, will prove a blessing. In some cases where there is much heat, the compress may be wet in the middle of the night, or as soon as it gets dry and feels uncomfortable. For backaches, kidney disease, uterine weakness, constipation and weak, tired nerves, no method or remedy has yet been discovered equal to the abdominal and back compress. I wish to emphasize one more fact which has been repeatedly given me by mothers, viz: the abdominal compress is invaluable to pregnant women, and is by many worn nights and days for months before confinement. The wet girdle and abdominal compress are the same, and should always be scalded and hung in the sun daily; also all head and throat compresses should be scalded and sunned often.

Paralysis Cured by Sun Baths.—"The liveliest passenger on board the steamship City of Peking was Humphrey Kendrick, of Los Angeles. He had just returned from Japan, a country that he loves, because a few years ago it completely cured him of paralysis.

"When Kendrick found that he had lost control of his limbs he determined to spend all the money he had to get relief. It was easy enough to tell what had brought the paralysis upon him, for the first stroke came soon after he had a bad tumble on horseback. The animal fell in such a way as to catch Kendrick squarely beneath it, severely wrenching and straining his spine. Kendrick found that he was much better in hot weather, and this led him to go to the Hawaiian islands. He was so much better there when it was hot that he concluded to go to a still warmer place. Somebody told him that the south coast of Japan in summer was the place.

"For many months during that hottest of hot summers Kendrick engaged in a most unique attempt to regain his health. For days at a time he would lie positively stripped to the skin in the hot sand on the seashore of Japan. He got so that he rather liked it. As the days passed he kept getting better. Then he took to seeking exercise. A donkey was secured and Kendrick, stark naked, would ride the animal up and down the beach. It was almost too hot for the beast, but Kendrick did not seem to mind it. The result was complete recovery. Kendrick came back feeling like a schoolboy and much infatuated with the country of the Japs."

It is not necessary to go to Japan, to any of the Pacific islands, to the south, or California to get sunshine, as it is as pure in the north as south, and is nearly as hot and stimulating three or four months of the year. Pure air, sunlight and heat are nature's all-healing methods and remedies; there is no deception or cheat in them. Try them and you will not be disappointed.

Hints to Bathers.—Never bathe soon after eating; a full bath should not be taken in less than three hours after a full meal.

When cold do not take a cold bath, but warm up with hot lemonade.

When tired and weary, rest is better than a bath.

Drink hot lemon or orangeade or hot water—if

anything—before bathing. Exercise before and after bathing is considered beneficial.

Very cold water is objectionable even in health, for bathing.

The temperature of the bath room should always be warm and comfortable; for invalids, should be seventy or eighty degrees F.

Ten Health Commandments.—A pamphlet recently prepared by Laura M. Johns, president of the Kansas Equal Suffrage Association.

“ 1. Thou shalt have no other food than at meal-time.

2. Thou shalt not make unto thee any pies, or put into pastry the likeness of anything that is the heavens above, or in the earth beneath, or in the waters under the earth. Thou shalt not fall to eating it, or trying to digest it. For the dyspepsia will be visited upon the children to the third and fourth generation of them that eat pie; and long life and vigor upon those that live prudently and keep the laws of health.

3. Remember that thou shalt earn thy bread before thou shalt eat it, for the indolent man and the sluggard shall not live out half his days.

4. Thou shalt not indulge sorrow or borrow anxiety in vain.

5. Six days shalt thou wash and keep thyself clean; and the seventh thou shalt take a great bath, thou, and thy son, and thy daughter, and thy man-servant, and thy maid-servant, and the stranger that is within thy gates. For in six days man sweats and gathers filth and bacteria enough for disease; wherefore the Lord has blessed the bath-tub, and hallowed it.

6. Remember thy sitting-room and bed-chamber to keep them ventilated, that thy days may be long in the land which the Lord thy God giveth thee.

7. Thou shalt not eat hot biscuit.

8. Thou shalt not eat thy meat fried.

9. Thou shalt not swallow thy food unchewed, or highly spiced, or just before hard work, or just after it.

10. Thou shalt not keep late hours in thy neighbor's house, nor with thy neighbor's wife, nor his man-servant, nor his maid-servant, nor his cards, nor his glass, nor with anything that is thy neighbor's.”

To the above might be added :

“A new commandment I give unto you, that ye reverence and care for your body; for upon the health and vigor of the body hang all your hopes for a happy and useful life.”

“We live in deeds, not years; in thoughts, not breaths;

“In feelings, not in figures on a dial;

“We should count time for heart throbs.

“He most lives who thinks most, feels the noblest, acts the best.”

“When we realize that what we know is only a preparation of the mind to comprehend what we do not know, then are we in a condition to learn, and not till then.”



ROSAMOND C. CONGER, M. D.

CHAPTER IX.

WOMEN AND CHILDREN.

BECAUSE of ill health I was first prompted to study medicine, with the constant hope of gaining strength. Until about the age of twenty-five years I seldom knew a day free from pain. Such a physical condition was far from pleasant, and I became irritated many times by the expressions of friends (so called) who too often reminded me of my "want of health;" that I was "such a frail little body."

Determined to gain health at all hazards, I read, studied and counseled, until I discovered that if health was gained I must do a great part of the work myself. As years went on, I took up the study of medicine—my father's chosen profession—instead of any of his three sons, and obtained my credentials as a regular graduate in medicine. The reformatory ideas here presented are not, I assure you, the ideas advanced when my father practiced medicine nearly forty years ago, but the result of evolution. I am convinced of the great need of physiological instruction among women, to enable them to live so as to avoid the many causes of disease to which their sex subjects them. A great majority of our sex have been suffering from some form of disease that might have been avoided, had the sufferer been instructed as to the many and varied causes of disease.

The author of Nature Cure has added a few words to my brief personal introduction to the ninth chapter.

R. C. C.

"No chapter in this volume is of more importance, requires more care, deeper thought or experience in its preparation, than this one, entitled Women and Children. Therefore, I have turned Chapter Nine over to my wife, who is a graduate in medicine, also in metaphysical healing, and one of the best of natural healers; she is also a mother with a mother's experiences. This chapter will sparkle with health crystals, and will be easily understood by the common people, which the book is especially intended to benefit."

M. E. C.

The Sexual System.—That portion of the organism with which I shall deal most fully in this chapter will be the sexual system in women, and I shall therefore dwell upon that part of the frame-work of the body of most interest to my readers, which, from its resemblance to a basin, has been called the pelvis. This supports the spinal column, and is itself supported by the lower extremities. The pelvis is composed of four separate bones, two innominata, the sacrum and the coccyx. Growing girls should not be allowed to lift, reach, and, I might say, *jump*, also; certainly not to excess. Pelvic deformities often have their origin in infancy, or early girlhood, while the bones are soft and cartilaginous and easily bent. You will remember that some of the bones, as the vertebra of the spinal column, are not fully formed until about the thirtieth year. Always laying a child on its back, or always on one side, may cause sufficient pressure to deform the bones. A growing girl should not be allowed to lift heavy pails of water, or buckets of coal, or constantly carry babies, or stand on one foot while reciting lessons in school. The body may be easily

deformed by any of these acts. In after life these now mature girls may have to endure great suffering in giving birth to children, because of this deformity of the pelvis. Much responsibility therefore rests upon mothers or guardians of the young. The tendency to deformity is still greater when children are badly fed. Good nutritious food should be provided for the growing child; in building a house the carpenter selects choice, strong timber from which to build. You, mothers, are building houses for these little ones to live in. Wisely select the *best foods*, those that feed *every* part of the body, such as fruits, vegetables, oat-meal, ryemeal, wheat and corn meal porridge, an abundant supply of good brown bread, good milk to drink (don't give children tea or coffee), and meat only occasionally; better none at all. The front wall of the pelvis is formed by two pubic bones, which are united in the middle by a cartilaginous structure called a symphysis or seam. Some people entertain the erroneous idea that these bones give way at childbirth to facilitate the passage of the foetus or child. This story, with many others, has been handed down from generation to generation, but is entirely groundless. Such a separation does not take place under ordinary pressure, certainly *never* by the pressure of the soft foetal body.

All humanity depends upon the reproductive or sexual system for the great privilege of life, of living. Each person should take the utmost care in their power to preserve these organs from disease, from the many abuses to which they are too often subjected. We need never be *ashamed* of them, only ashamed to

abuse them. When in a healthy, well-balanced condition these organs are a source of maternal joy and happiness; but, on the contrary, when diseased or thrown out of natural harmonious action, they may be the cause of woman's greatest misery. The uterus, or womb, is the organ of gestation which receives the fecundated ovum or egg, and retains and supports it during the development of the fœtus or unborn child. In the virgin state it is pear-shaped, flattened from before backward, and situated in the cavity of the pelvis, between the bladder and rectum.

The Uterus measures from two, to two and a half inches in length, one and one-half inches in breadth at the upper part, and three-quarters of an inch in thickness. It weighs from one to one and a half ounces, is held in position by round and broad ligaments on either side, and projects into the upper end of the vagina below.

The Vagina is a membranous canal extending from the vulva, or external organs, to the uterus. The fallopian tubes, or oviducts, convey the ova or eggs from the ovaries to the cavity of the uterus. They are two in number, one on each side, extending from each superior angle of the uterus to the sides of the pelvis. Each tube is about four inches in length; its canal is exceedingly small and will barely admit a fine bristle. The ovaries in woman correspond to the testicles in man. They are oval-shaped bodies, situated on each side of the uterus, or womb, and below the fallopian tubes. Imbedded in the meshes of the ovaries, in various stages of development, may be

found numerous small, round transparent vesicles. These are the ovasacs containing the ova or eggs.

At **Puberty**, or when the girl becomes a woman, the ovaries enlarge, the follicles are developed in greater abundance and the ovum now becomes capable of fecundation. The follicle bursts as it approaches the surface of the ovary, like a plant bursting through the earth. The ovum, or egg, passes into the fallopian tube and is carried to the uterus at the regular menstrual or monthly period. Should the union of the sexes take place about this time the ovum is fecundated, in other words, the woman is pregnant.

The Ovaries and Fallopian Tubes are generally described as appendages to the uterus, but it would be more correct to say that the fallopian tubes and uterus are appendages to the ovaries, since the ovaries represent the bird that lays the egg, while the uterus is only the nest where the egg is hatched.

The Embryo and Fœtus.—A few words bearing upon the nourishment and development of the embryo and fœtus. The term embryo is applied to the product of conception up to the third month, after which time the term fœtus should be used. The ovum, in passing through the fallopian tube, increases in size about one-half by absorption and nutrition. About six days after conception occurs, a membrane forms around the ovum called *the chorion*; this fastens or anchors the ovum or egg to the walls of the uterus. Minute hollow tubes ramify in all directions from the chorion, which draw nourishment from the mucous membranes that line the walls of the uterus. At the end of the second month the placenta is formed, from

which the foetus is nourished during the balance of the period.

The Placenta is a soft spongy mass nearly circular in form, measuring seven and one-half inches in diameter and one inch in thickness at the insertion of the umbilical cord. Its weight is about one pound. The office of the placenta is similar to those of the lungs and the intestines after birth. It absorbs nourishment, renovates the blood and discharges by exhalation the waste matter which originates in the process of foetal nourishment.

The Urinary System.—Of the many parts of the human organism none are more liable to derangement, or the source of greater pain and suffering, than the organs constituting the urinary system. They are known as the *kidneys*, *ureters*, the *urinary cyst* or *bladder*.

The Kidneys are two in number, are located on each side of the spinal column and near to the waist. Their office is to relieve the blood of the worn-down structures and waste matter caused by the normal action of the various organs.

Urea, the natural product of the kidneys, is the waste or ashes of the worn-out tissues. You will readily understand then that to retain this urea or urine unduly, would only result in disease to the system. Uric acid with fermentation would result and manifest in various forms, as in rheumatism or gout, causing the joints to be exceedingly painful and stiff.

Great care should be taken to maintain the regularity of this secretion, which may be easily arrested by varied causes, such as cold by sudden checking of perspiration, the wearing of wet shoes, the removal

of flannels, eating improper food as pork, which is often diseased, the use of strong tea and coffee, which by their stimulating effect excite the nerves, also narcotize and depress. All who make use of these drinks will, sooner or later, find these statements to be a truth, the effects of which they cannot escape. Indulgence in ardent spirits and drinks less intoxicating, as ale and beer, have a baneful effect upon the urinary system, and urge the kidneys to greater action, according to the amount of liquid consumed.

Gross Elements which clog and dam up the fine structure of these organs are carried into the system, requiring greater effort to perform their natural function. The organs become overworked, and sooner or later some form of disease manifests. Paralysis may result from exhaustion, or even Bright's disease, when the structure of the organs give way, as indicated by albuminous discharges and a ceasing of the normal functions.

The Ureters are two small tubes which convey the urine from the kidneys to the cyst or bladder. The bladder is composed of elastic tissue, is supplied with muscular fibers and has capacity for receiving about one pint of fluid. Through its great distensibility the bladder may be forced to hold two or three pints of urine, but this strain upon the tissues is by far *too great* for the continuance of their health. *The urine* in its normal condition should pass from the source of its formation, the kidneys, to its expulsion, almost without recognition and certainly without pain, and should be a clear, transparent, slightly yellow or straw-colored, unirritating fluid.

When the kidneys are deranged there may be a sandy deposit with irritation and heat, which may terminate in the expulsion of calculi or earthy materials, known as gravel, or "stone in the bladder." These are generally the result of fermentation and use of hard water and baking powders. Pain in the side of the abdomen, or at the neck of the bladder can be easily overcome by the use of hot fomentations, copious draughts of very hot water, very warm sitz baths, etc.

Disease in every form is more easily *prevented* than *removed*, and this is the reason we should adopt the wise plan of learning how to *prevent sickness*, instead of recklessly violating the laws upon which health and life itself depend. Because health is yours to-day it may not be to-morrow, especially if you pay no thought to the subject of right living. To some omission of duty to self many can perhaps date the commencement of urinary or other ailments; so no rational, intelligent man or woman should permit pleasure, society or any circumstances to become obstacles to the preservation of health, when beauty, happiness, joy and pleasure so greatly depend upon the possession of this best of all earthly gifts.

Mothers.—You who have young children, should direct your attention to this natural urinary demand, for when busily engaged in play they forget to attend to these wants of the body, while neglect results in disease of many and varied forms. *Teachers should never deny* children who ask to leave the school room, to obtain relief.

Frequent urination, with pain, usually accompany

uterine displacement in whatever abnormal position the womb may be found, because of its structural connections.

Disease of Women.—Uterine disease is so prevalent that it may be considered the rule and not the exception. Indeed, there are but few women who have not at some time in their lives been sufferers in this direction. This, to some extent, unfits them for the ordinary avocations, as well as the responsible duties of wife and motherhood. We are convinced, after careful study upon this subject, that some of the causes are bad habits of dress, improper food, neglect to attend promptly to the calls of nature, or evacuation of bowels or bladder. Nine-tenths of all women, young and old, are constipated. The bowels soon lose their natural activity, and congestion of all the organs of the pelvis, including the womb and ovaries, results. Until women begin to *think* and *act* for themselves, instead of relying so implicitly on their family physician, will they be dosed and drugged, subjected to local treatments, and in the end find themselves no better. The treatment of female disease furnishes an immense revenue to the doctors of every school. But does this pay the sufferers? The general result finds the patient left in a wretched condition, both mentally and physically. We desire to bring light and hope to discouraged ones who may chance to peruse these pages.

Leucorrhœa, or Whites, is an exceedingly common condition, and is only a symptom of uterine disease. At the outset there is a thin, watery discharge; this in time varies in color, quantity and quality. *Symptoms,*

lassitude, fainting, shortness of breath, dark circles under the eyes with pain in back and loins. *Causes* are numerous: Nervous derangements, self-abuse, sexual excesses and lack of cleanliness. *Treatment:* Astringent injections, the most common method of treatment, are only of the most temporary nature, and do not remove the *cause*. Thorough cleanliness is absolutely necessary. Use often warm vaginal injections. The fountain syringe is the best. After the menstrual period a thorough cleansing of the vagina is necessary. A failure to cleanse at this time may cause serious trouble. Dr. Good remarks in relation to the drug treatment of leucorrhœa: "The general remedies which have been had recourse to are almost innumerable." Is this not an acknowledgment that they have proved either useless or injurious?

Inflammation of the Womb is almost identical with *catarrh of the womb*, and a very common derangement. *Symptoms* are pain and heat in the lower part of the back, dragging, heavy feeling in the bowels, pain in the breasts, great pain in cohabitation. The digestion is often disturbed with constipation, headache and general weakness. Inflammation may involve the body of the organ or only the neck of the womb. The uterus sometimes enlarges because engorged with blood, causing irregularities of the menses. The urinary organs become involved as a result of the pressure of the enlarged womb. *Causes:* Sexual excess in the marriage relation, secret vices and employment of means to prevent conception. Improper dress is a most prolific cause. *Treatment:* The daily use of the hip bath and hot vaginal injections. The

latter may be taken two or three times daily with benefit. Begin the bath with tepid water, remaining in it from ten to fifteen minutes. Gradually lower the temperature, so that in a week or ten days cool or cold baths can be taken. Suspend all the clothing from the shoulders by means of straps or by waist buttons. The clothing should be so loose that two hands can be easily laid under the bands. Clothe the limbs warmly in flannel. Daily, gentle exercise in the open air is important. Freedom from the sexual expression is of no minor consideration.

Congestion of the Uterus.—Symptoms resembling those of inflammation, with headache, particularly on the top of the head; nervousness and irritability, especially near the menstrual period. *Treatment:* Same as for inflammation, carefully avoiding all causes of disease. *Ulceration* is a disease supposed to be common to women. An old physician with experience of a quarter of a century says: "I do not believe it exists in a majority of cases until after the caustic creates it. It affords a fine field for 'examinations.' I have advised to the cure of many supposed cases, but never made an examination, because I considered it entirely unnecessary, and the treatment is just as efficacious as if I had done so." *Treatment:* A cool, or cold hip bath, taken twice each day. Remain in it fifteen to twenty minutes, or until the water becomes of the same warmth as the body. Place the feet in a foot tub of hot water to prevent chilliness. A daily use of the vaginal injection; if the discharge is offensive use a slight suds of carbolic soap. A vapor

bath may be taken twice each week. Due care must also be given to the food, dress, bowels, etc.

Vaginal Injections.—These may be taken hot or tepid by the use of a fountain syringe. Hang it three or four feet above the patient. To receive full benefit, she should assume a horizontal position, with hips elevated. Introduce the tube as far as possible, and direct the stream *behind* the neck of the womb. From two to four gallons of water should be used. The *temperature* in ordinary cases may range from 100 to 105° F. By means of a rubber cloth and one's own ingenuity, injections can be easily given and the patient at the same time enjoy a rest of fifteen to twenty minutes.

Falling of the Womb, prolapsus uteri, is a partial or may be entire descent of the womb into the vagina, or even beyond the vulva.

Anteversio is a falling forward of the womb.

Retroversio is a falling backward. When congestion occurs the womb becomes engorged with blood, and is enlarged several times more than its normal condition. Because of its increased weight it settles down in the pelvis, and falling of the womb is produced. Its increased weight sometimes tips it forward, especially if there is constipation, or *backward* if bladder difficulty is present. What does this all mean? Simply muscular and ligamentary weakness. *Causes:* Tight dressing has a large share in producing womb disease, by compressing all the viscera of the abdomen downward, causing inflammations, malpositions and muscular weakness. Many women find, *too late*, the evils of wearing tight as well as

heavy clothing. Adopting the reform dress alone has cured many cases. Insufficient exercise, the use of fiery condiments, animal food, rich cakes and pastry, inattention to ventilation, sexual excesses (for which *she* is not to be blamed), with injuries received at childbirth, are *some* of the prevailing causes. *The cure* consists in restoring strength to the parts. This can certainly be done by any woman who sets about accomplishing this end. God helps those who help themselves, and *a woman must help herself* in this as in many other cases. The water treatment, with other hygienic measures, becomes a boon to such wrecked women, because a universal restorer to health and strength, even to those who had "given up all hope." Many women prove themselves heroines, and patiently endure what but few men could bear at all.

A Case of Prolapsus.—A lady who had been ailing for years, and had received treatment from several doctors without benefit with the encouraging hope of being cured in three years, came to us wretched in both mind and body (wearing a pessary), and stated her almost hopeless case. We promised that if she would strictly follow all our directions the womb could be restored to its natural position and muscular strength within the limits of six weeks, without pessary, local applications or medicine. All this was accomplished within the prescribed limits, and both mind and body alike were restored.

Congestion of the Ovaries.—The usual symptoms are pain at the menstrual period, pain in standing or walking, tenderness in the groin, etc. Enlargement

of the organ is frequent, and may be dislocated or prolapsed. A reflex effect upon the system is often produced. Obstinate dyspepsia, with headache, and often serious mental disturbance are present. The causes are numerous. Taking cold at the monthly period, constipation, inflammation and displacement of the womb, and the opium habit are some of the causes. *Treatment:* Provide as perfect hygienic surroundings as possible. Sun baths, massage, complete rest at the menstrual period, daily fomentations over the affected parts, the daily use of hot vaginal injections, the hot enema, fomentations over the lower part of the spine, and the local application of electricity, are among the best means of treatment.

Nymphomania, or inordinate lust, is induced by some local irritation. The most frequent causes are highly seasoned foods, intoxicating liquors, indolence and inattention to bathing. The cure will be readily found in frequent cold baths, active exercise or occupation, a vegetable diet and warm relaxing hip baths.

The treatment of uterine disease should be less local than constitutional. *Dr. Taylor, in "Health for Women,"* says: "That by using mere local treatment, the essential disease itself is left neglected, untouched and even unsought; that symptoms only command the attention, and are symptoms that will subside and become of trifling account whenever the essential malady is recognized and provided for."

Dr. Gaillard Thomas says: "Everyone who has had experience in the treatment of these disorders must have been impressed with the wonderful improvement in cases which have long resisted local treatment, re-

sulting from a sea voyage, a visit to a watering place, a course of sea bathing or a few months spent in the country.'"

Nothing will conduce more to bring about a firm, energetic, contractile state of the muscular system than a rigidly simple abstemious diet.

"How impotent for good and how potent for evil are all the common chirurgical and drug-shop appliances for the management of these cases," says Dr. Trall. "Pessaries innumerable have been invented; trusses, braces and supporters of all sorts and shapes have been contrived, and blisters, issues and caustics of every kind have been resorted to, while many times the miserable sufferer has been kept confined to a fixed position in bed for six months or a year, all intended to aid, force and sting the 'relaxed ligaments' into contraction, but which have, in nearly all cases, operated greatly to the disadvantage of the relaxed muscles, and greatly aggravated the difficulty."

Exercise is indispensable to the cure of female disease. Those suffering with weak backs often give up daily walks and settle down to an inactive, sedentary life; this only aggravates the condition. Going up and down stairs may be avoided, exercise being taken on a level surface. Horseback riding and dancing are too violent and may result in injury. Sleeping with the head low will be beneficial to sufferers from pelvic difficulties.

In *retroversion* lying upon the face will give relief. In *anteversion* lie on the back. In *prolapsus* one may lie on the face or back as is most comfortable.

Exercise and Rest are equally important. Of noth-

ing are we more certain than that if a woman desires to get well and keep well, she must act in harmony with nature, lay aside corsets and remove all restraints of clothing. If too feeble to take active exercise, applied motion, as massage or Swedish movements, may be of great benefit.

Sterility.—The condition of sterility, or barrenness, may be traced to a variety of causes relating either to male or female, or both. Menstruation may be regular on the part of woman, but the ovum may be without germinal spot. When this deficiency is discovered in the egg of the fowl, measures are taken to restore their functions to a healthy, egg-bearing state by a change of food. To insure conception, the ova must be perfected, and this is brought about by a careful course of diet. The digestive organs and liver must be in good condition, so that the blood will be rich in the required elements. The general system should be invigorated by rest and recreation. Malpositions of the womb are the most frequent causes of sterility.

The *cure* consists in restoring the uterus or womb to its normal position and keeping it there, until the ligaments are strong and able to hold it in position. Painful, dangerous and very often unsuccessful surgical operations we do not advise for the adjustment of the womb, neither the use of the pessary or supports. When the general system is built up, nature will, with kind assistance, give sufficient strength to the ligaments of the womb to hold or restore it to position. A daily use of cool sitz-baths will materially aid in these results, and act as a tonic to the

system. If these suggestions prove insufficient, secure the services of a first-class reformatory physician. Severe ulceration, profuse leucorrhœa and excessive and painful menstruation, all serve as preventives to conception.

In man, the spermatozoa may be defective; there may be lack of vitality of the seminal fluid, due to general ill-health or to the vital forces of the system being attracted in other directions. There may be excessive use of the intellect, thereby consuming both blood and nerve force, or may be the result of a fast and prodigal life, or of sexual exhaustion, the result of that injurious practice called masturbation, or self-abuse. For all these conditions due attention should be paid to the general building up of the system, with entire freedom from the sexual expression for many months. Good, nutritious food, rich in phosphorus elements, such as fish, oysters, eggs and brown bread, should be daily eaten, with the use of hot foot-baths and frequent cold sponge-baths, rubbing vigorously thereafter with crash towels. Sometimes a visit of several months' duration induces a great change in the system, and, upon return to home and husband, conception unexpectedly takes place, home is blessed with offspring, and a wealth of joy is in the hearts of the parents.

Pruritus, an Itch.—This disease is principally characterized by itching, with no change in the appearance of the parts affected, neither swelling nor redness, but the itching is most distressing. The Mons Veneres, one of the genital organs (a fleshy mass which, after puberty, is covered with a growth

of soft, curling hair), and the labia (or lips), are subject to this form of irritation. It may attack a female at any age, but is most liable to occur at puberty, in the early months of pregnancy, and at or about change of life.

Causes.—Result of organic inflammation, displacement of the womb, attended with impoverished blood. It may arise from cold, or be the result of excoriating discharges.

Treatment.—Frequent bathing of the parts with one-third new milk and two-thirds tepid water; also lotions of cider vinegar, one ounce and a pint of water. Some cases may require carbonate of soda one drachm, dissolved in a half pint of water. Bathe the parts every two or three hours. An application of carbolated cosmoline is very soothing and oftentimes curative. If the irritation appears as a dry, scaly eczema, it is the result of impurities, and is one form of scrofula. In all these cases, seek to increase the action of the kidneys, liver and skin, that the blood may be relieved of its impurities.

Observe Rigid Rules of Hygiene, which means, eat no pork and very little, if any, meat; drink no tea nor coffee, but use in its stead caramel cereal, or wheat coffee, or hot water trimmed with sugar and milk, if you please. Take a thorough tepid sponge-bath three times a week at least, and see that the bowels are not constipated. Take daily enemas, using all the water the bowels will receive, and at a temperature as hot as can be borne. (See directions for enemas.)

Constipation.—More than half the sickness of the

world, especially of women, is caused by constipation. A copious evacuation of the bowels daily, is a personal duty second to no other. I maintain that we should have cleanliness of body both *within* and *without*, and to allow for *one day*, any obstruction in the plans of Nature, is to sow seeds for future disease and suffering.

Each organ of the body has a special work of its own to perform, and to burden it with additional work is to cause weakness or entire breakdown of the part. The usual habit of people who suffer from constipation, is irregularity in going to stool. Have a stated time, as immediately after breakfast, and never omit this duty unless the house is on fire. In health, two or three evacuations daily are admissible. A dry, hard evacuation, though of daily occurrence is a condition of constipation.

Causes.—The immediate *causes of constipation are mental anxiety, a diseased liver, the use of improper food, of purgative medicines, contraction of the respiratory organs by tight lacing or disease, weakness of the abdominal muscles, sedentary habits, and the use of stimulants, tobacco and liquor.* Over-taxing of the brain will also produce constipation.

When the *liver* is diseased, an insufficient supply of bile is given to the waste matter whereby it is softened and lubricated. An inactive liver and obstinate constipation often compel nature to dispose of the bile and waste matters through the excretory pores of the skin. When so expelled, the effluvia of the person are very offensive, and the clothing worn next to the skin quickly discolored. Disregard of exercise and failure to take it, especially among the leisured classes,

is one of the fruitful causes of constipation, headaches and congestions from which so many suffer.

The Bicycle will do, and already has done very much for women, although a fashionable fad, but used in moderation is a great blessing to our sex. The dress of women has much to answer for, and will continue until women become more independent in action, and refuse to sacrifice health and comfort to personal appearance. A permanent cure for constipation is only found in the use of proper food and drink, with healthful exercise.

Treatment.—Drink a glass of water immediately upon rising. Twenty minutes before breakfast drink a cup of hot water seasoned slightly with lemon; no sugar. Do not drink while eating. In place of tea and coffee use caramel or wheat coffee, which you will soon enjoy. Use entire wheat or graham bread; if the former cannot be obtained use cornbread. Rye-meal and cornmeal mush with molasses are excellent. Partake mainly of these with ripe fruits and vegetables. If your case is one of long standing, for a few days eat nothing but good ripe apples, not between meals, but at your regular meals. After a few days add graham or ryemeal mush. In a week's time a normal habit will be established. One of the best remedies for constipation and all female weaknesses is the application of a wet girdle, worn about the abdomen (see Bath Chapter).

Where there has been constipation of long continuance, or even a scanty evacuation, the walls of the intestines may become incrustated with waste poisonous matter, which may be retained for days, weeks, or

even months and years. The retention of this fecal matter sometimes causes one to believe they have a tumor. Such a case came under my treatment while in California. Three physicians had advised a surgical operation for the removal of a so-called tumor, where only fecal matter had accumulated and distended the bowels. This matter so fills and obstructs the canal that only a small evacuation is possible. As a result of this clogged condition, a poisonous gas is generated, which is absorbed into the blood, poisoning it, impairing digestion, and every organ of the physical body.

Treatment.—Inject into the rectum, first oiling the tube, from one pint to three quarts of quite warm water, depending upon the condition of patient. A reclining or kneeling posture is desirable. Retain water long as possible; after evacuating, inject a cup full of warm water and retain all night. Of benefit in piles, as well. Never resort to physic or laxatives for constipation.

Oil-Rubs.—“ This treatment is one that gives perfect satisfaction to all who try it. To see the effects of oil-rubs, one would say as did the Queen of Sheba, The half has not been told. To give it, have the patient undress, with a sheet or blanket around him, sitting up or lying down. Take either coconut, pure olive or sweet oil, whichever can be obtained the purest. Pour some in palm of hand, rub hands together, then take an arm and rub in the oil thoroughly, rubbing up and down, using more oil if necessary (as much as skin will absorb); cover this arm; take more oil and rub the other arm, then breast, back and

legs; cover each part when finished. Repeat from three to six times a week, as the case may demand. One who is greatly reduced can take with benefit six a week. Once a week take a wash off, or an acid sponge, by putting a scant tea-cup of vinegar in a gallon of warm water, and using a sponge or towel, then rubbing dry.

Especially Good for Consumptives.—“This is especially good for consumptives, dyspeptics, and persons who, from any cause, have been reduced in flesh and strength. It acts as a tonic. Thus it is of two-fold value where one is recovering from sickness, as it is also nutritive to them, and to those who are cold-blooded it warms up the system.

Good for Children.—“So for children it is especially good in winter, as an oil-rub at night will assist in keeping them warm; so, in the daytime, if going on a long drive, or to be exposed to the cold for awhile, it is a good “send-off.” For colds it works to a charm, for young or old, acting as a preventive, as it builds up the system, and renders it less liable to disease. Or when a cold is taken, it is easily broken up by a pack, followed immediately by an oil-rub, and the next two nights simply oil-rubs, a hot foot bath, 108° F. then cooled down, and followed by a complete oil-rub. Where adults or children are delicate, the oil-rub gives good healthy flesh; and where it is given as described the result is perfect. For constipation it is invaluable, working a perfect cure after a month or two.

A Nutritive Bath.—“It can be given at any time without reference to eating, as it is a “nutritive bath.”

Dr. James H. Jackson, of Dansville, N. Y., where these rubs have been used for years, tells of their use and value: "Oil-baths are given by rubbing the body all over with some kind of oil. It is not necessary to use more than two or three tablespoonfuls at one bath, but it should be rubbed in thoroughly, especially over the abdomen, inside the arms and thighs, where it can be absorbed to the best advantage. They may be taken at any time during the day. It is as well, perhaps, to take them before going to bed as at any time.

To Supply Waste Tissue.—They may be given to meet any one of three conditions:

1. "To supply waste of tissue and to introduce a very important element of nutrition into the body. Many persons will absorb oil to advantage nutritively, who can neither take it nor fats by the stomach without great disturbance or distress.

2. "To improve the functions of the skin; which may become dry and hard, and lack proper circulation in its capillaries.

Will Allay Nervous Irritation.—3. "To allay nervous irritation and reduce fever. Persons in paroxysms of fever, in typhoid, measles and scarlatina especially, may be freely anointed with oil to great advantage. In my practice I have often seen the temperature of the body, when in a febrile state, reduced from one to three degrees by an administration of an oil-bath.

Use Coconut Oil.—"I like the coconut oil better than the olive; it is more likely to be genuine. It penetrates better, it does not turn rancid on the body, and I think it furnishes more nutriment to the body.

Olive oils, as a general thing, are impure. From the above you can see it is "*multum in parvo*," as it can really be depended upon for use in almost everything that flesh is heir to; and the great beauty of it is, anyone can give it without feeling fear as to the results. It can do no harm unless the patient is very fleshy; then it is not needed. It is so easily given that a child can give it to younger children.

Of Great Value in Fevers.—"Its use in reducing fever is of untold value. A lady, who had had extended experience in using it, says: "I have known an oil-bath given a patient in scarlet fever, with fever raging, and in a little while the temperature was reduced, and he was quietly sleeping." For little babies it is really a blessing, as it nourishes and strengthens them; and given every other day, with a sponge-off in warm water the intervening day, an infant will do much better than when bathed daily. It is also a great help in supplying nourishment where the mother has not sufficient nurse, and aids, too, in preventing little colds, snuffles, colic, etc., that hover around the little one the first two or three months, needing our most watchful care to ward them off.

A Panacea for Constipation.—"Then, where there is any constipation, it is a perfect panacea—so much better than physics or enemas. It acts as a preventive to croup, and when a child is weakened by that dread disease, cholera infantum, nothing so helps to give tone to the system as the oil-rub. It certainly is the best of baby medicines. A baby can 'grow up' without any other remedy."

Signs of Health.

Clear, bright eyes.	Strength.
A smooth, clear skin.	Energy.
A clean tongue.	Happiness.
Pure breath.	Beauty.
Regular and normal pulse.	Warm hands and feet.
Normal temperature.	Freedom from pain.
Lithe and elastic step.	Good appetite.
Activity.	Symmetry of form.
Regularity of all natural functions.	

—*Geo. Dutton, A.B., M.D.*

A Breathing Lesson.—The babe's first effort in life is to breathe. Imperfect breathing is a great cause of weakness, especially in women. Therefore cultivate a good habit of breathing. This is not difficult to do, but will for a time require constant attention, and you will need to think of it a hundred or more times each day and breathe as you think. Breathe always through the nose, taking in more and more without straining the lungs until the expansion becomes gradual and permanent.

Those following sedentary occupations often acquire a bad habit of breathing, in consequence of which the lungs shrink, become weak and invite disease; the blood is also impoverished because cheated of its necessary supply of food (air). "Let us take a breathing lesson. Stand erect, throw back the shoulders, place one hand over the abdomen; now draw such a deep breath as to cause the abdomen to expand and the hands to rise. Repeat this several times. This is called abdominal breathing and does not require any chest expansion. Now expand the lungs by pressing the hand on the abdomen and take a long, full breath. Practice both these methods of breathing as you walk,

ride, sit or lie in bed, in the proportion of about three or four respirations for the chest to one abdominal—wearing the clothing very loose." If you desire a long and happy life, free from physical ills, practice religiously the best methods of breathing.

Sunlight for the Home.—Sunshine is priceless, a precious aid to health and happiness. Shut out from the home, both mind and body dwarf, the joyous spirit loses its elasticity, while the children long to escape from the darkened prison and soon find an excuse to get away; and all for what? Because fashion has decreed that the windows should be curtained; that all of this glorious sunshine which gave natural roses and clear skins, the flash of the eye, the elasticity of the step to our dear old grandmothers, must be shut out, fashion being regarded before health.

The husband comes in; he can't endure the darkness; walks straight up to the window, pulls up the shade, until beseeching cries assail him. Let him have his own way; let Old Sol come into your home and gladden with its penetrating rays. Be sure he is more sensible than those who sacrifice health to the fashionable things of the day. Don't wait until you are an invalid before you invite the all-healing rays of the sun into your home; roll up the shades as far as they will go. Had I my way, I would never permit the hanging of long, heavy draperies, which obstruct not only the sun's rays but the air, preventing free ventilation.

Water, air and sunshine are three great physicians, greater than all others; they are priceless, yet worthless without a proper understanding of the way to use them.

At What Age?—"At what age and in what manner should we teach our sons and daughters the sacred use of the sexual nature, that they may not abuse, and thus cause disease and moral impurity?"

"The age of inquiry is the age for instruction. Nature herself indicates when the child should be taught the genesis of its being. When the developing mind is sufficiently unfolded to question, it is entirely competent to receive the truth. It is just as easy for it to understand the truth as a falsehood, and how is it that we have come to meet the very first inquiry of the questioning mind regarding its origin with an evasion or a lie? It is a *need* of the child and should be truthfully satisfied. The penalty for evading this duty is often severe. But the mother's duty begins earlier than this. She must guide the instincts of the child, form its habits as far as possible, before it can walk or talk; before its intellect is sufficiently developed to understand her words. She can do this by watching and warding off pernicious practices sometimes formed in babyhood. The lesson cannot begin too early.

"There is often a premature development of the sexual nature by unnatural excitement, and such development is abnormal and the child becomes morbid, diseased. This may occur at a much earlier period than mothers are generally aware, especially those mothers who are ignorant or careless of consequences. Mischief may be done while the child is yet in the cradle, and the foundation laid for a life of *self-abuse*.

"Young children should be so dressed as to forestall these injurious habits. Mothers cannot be too vigi-

lant; this vice creeps in early and often ruin is wrought while she is wholly unconscious of it.

“When the little one begins to inquire ‘where did you get me, mama?’ the only *right* way is to answer with the truth. I doubt if there is ever an excuse for a lie.

“It is just as easy to say, ‘you grew in mamma’s body, dear,’ as to say ‘an angel from heaven, or the Doctor brought you,’ or (as I heard when a child at school) ‘you grew in a hollow tree.’

“The mother can embellish the story, as all mothers know how, making it as beautiful and poetical as the nature of the child requires. It will instinctively feel its oneness with the mother and refrain from talking of it in the presence of the vulgar. She can tell how he lay like a wee bird with folded wings in a snug little nest close under her heart. How he was wrapped in a blanket softer than silk where he slept and grew, while mamma warmed him with her love, kissed him with every heart-beat, sharing her life with him until he was grown a perfect baby boy (or girl, as the case may be). How eagerly the little heart would respond, how this truth would knit him to his mother. An impression would be made that would be utterly impossible to produce a few years later when he had been shocked by its recital from the profane lips of one who had come to his knowledge through unchaste teaching.

“He will not question further until some time later, years perhaps, when he has come to recognize that there is a cause for all things, and here again the truth should be told, letting him into the secret of the

use, and at the same time the danger attending the *abuse* of this nature.

“As the age of *puberty* approaches, the child should not be left in ignorance of this physical change, but should be taught everything concerning it, by the parents or guardians. No feeling of delicacy should stand in the way—it is a false delicacy at best. Bring your children so close to you by your confidence in them, that they cannot but render back to you the full measure of their own confidence, for in this way only can you counteract injurious influences. Talk freely, in chaste language, upon this subject, and so purify it in the mind of the child in whose thought it is so associated only with debauchery.

“Teach this long neglected but paramount lesson of childhood, this initiation into the sacred mystery of paternity, so reverently as to awaken only veneration in the mind of the child. That this part of our nature has come to be looked upon as low and spoken of with averted eyes, is due to the fact of its abuse, and abuse has come through ignorance, through lack of proper instruction at a proper age.

“Parents have sent their children into the street to learn this most important of all lessons, to learn it from vile lips, often accompanied by a viler practical lesson.

“There is great need that mothers awaken to a sense of their responsibility in this matter; that they do *their* duty in molding the plastic material they hold; then shall we have men and women fit to be the fathers and mothers of a race.

“It is high time that our sons and daughters were

taught the sacredness of the reproductive function, taught to look forward to paternity and maternity as a crowning honor, if they come to this high office unperverted.

“The sense of shame comes from depraved associations in the mind of the child. The very first lesson was unchaste, not to say indecent, communicated as a dark secret, and this same dark secrecy engenders secret vice.

“Why should the son be so taught that he cannot look into the face of his mother when the legitimate exercise of the reproductive function is mentioned? Why the daughter blush with shame at the thought of a child in her womb, when she exhibits with pride the child in her arms? It is a false teaching that has brought about this unhealthy state of things. This subject, pure in itself, has been made foul by execrable teaching. Only chaste lessons from pure mothers can cleanse it of the rottenness that has come to it through neglect.

“The generative, the creative processes are carried on through the brain and the sexual organs. They represent the opposite poles of our being, mental and physical; they act and react upon each other. No abuse of one but impairs the usefulness of the other, and especially is this true of abuse of the sexual nature — imbecility sometimes results from it. Mothers may begin their influence upon the character of the child as soon as it is conceived, and quite as much is it felt upon the sexual as any part of its nature.

“She may go back even farther and begin her

work of right generation in a preparation for motherhood. By magnetizing the tiny nest with sweet thoughts, by a love that reaches forward toward the little one she is about to invite to come and dwell with her, and by all the harmonious influences that she can draw.

“If she puts her house in order for the entertainment of an angel, an angel and not a devil will come to dwell with her. We as mothers prepare the dwelling for the spirit we invoke. Will we lay the foundation in sexual passion? Will we build the superstructure of selfishness, antagonism and hate?”

“We weave into the very fiber of the little body that which we habitually hold in thought while this building process is going on, and we continue to build during the period of lactation as well as gestation. With our thought are we constructing an instrument through which the spirit of our child is to make itself known to us. If the keynote is passion, what must we naturally expect?”

“It is right here we must make our first impressions; right here we may stamp purity or passion. Let us begin with ourselves. Let us not fashion in ignorance these instruments that human souls are to play upon. If not in tune the manifestations must necessarily be discordant.

“Let every prospective mother pause often to inquire what chords or discords she is arranging for the fortunate or unfortunate soul that is to find expression through her organism; for through mothers must the race be redeemed.”

—*Modern Thought, Kansas City.*

Worn-Out Women.—Many women are such excessively neat housekeepers, scouring, sweeping and cleaning all the day, flitting here and there from early morn till night, never finding a moment's time to rest the worn, tired nerves, or scarcely taking time to eat. In this way they become worn out; the nerves refuse longer to be imposed upon—nervous prostration results; the fire is all out, nothing but ashes on the hearth; now time, yes, much valuable time and money must be spent in seeking to regain health and wonted energy.

Wise Women will not let "hurry" and "hustle" control them, but will learn rather that "moderation" is a better, safer guide, and will carry them through life with better results, lacking the bitter experiences so many women of to-day are called upon to endure.

The Rage for Wealth.—The time, talent and energies of the masses, for the past fifty years, have been devotedly given to the accumulation of wealth, to the neglect often of families, relatives and dear friends, the turning over to the family doctor the health of the family; and to society, those social relations and friendships dependent upon personal graces not found in the club, or any public place. The result is everywhere manifested; the doctor and corner drug store thrive, sickness has increased, the happiness of the home has taken wings and flown away. Health is harmony, and cannot be purchased at the corner drug-store, or doled out by the family physician. It must be gained and maintained by vigilance—right living—but it does pay. When the *spirit entirely dominates* our lives, sickness and suffering will be

unknown. Our physical and mental struggles will become our life experiences and accepted as blessings.

Self-Development—Self-Sacrifice.—"Elizabeth Cady Stanton, in her speech to the women of Sorosis the other day, said that if the Lord had intended women to be weak, dependent creatures, He would have provided for each mother's daughter a strong right arm to lean on, instead of creating so many more women than men that there were not anywhere near arms enough to go round. She told them, too, that self-development was a higher duty than self-sacrifice, a principle which she advocated to a meeting some years ago where Frederick Douglass was present. Douglass opposed it on the ground that self-sacrifice was the basis of all true religion. After the discussion had occupied some little time with its conflicting arguments, an elderly Quaker woman arose and in her gentle, sweet manner said: 'Frederick, if thee thought that, why did thee not stay in Maryland in slavery like a Christian, instead of running away to Canada to enjoy thy freedom like a man?' And Frederick reconsidered his opinion."

The Faith Cure.—"Oh, mamma, I'm awfully sick." "No, you're not, my dear." Yes, indeed I am; I ache awfully." "That is impossible, Willie." "Please, mamma, won't you send for the doctor?" "Certainly not." "Why not?" "There is no need of a doctor. There is no such thing as sickness or pain. It is all your imagination. Get up and play with the other children and forget all about it." "I can't, mamma, I'm too sick." "See here, now, don't let me hear any more nonsense. You do as you are told or I shall have to whip you." "All right; that won't hurt any." "It won't, eh?" "No." "I'll show you whether it will hurt or not." "It can't." "Why not?" "Because there isn't any such thing as pain."

A Remarkable Case Demonstrating a Common Occurrence.—Sojourning in the lovely "Oleander City," as Galveston, Texas, is named—during the winter of 1894, I became acquainted with a lady of more than ordinary intelligence, who gave me the history of her escape, first from a drunkard's experience, and second from an early grave. Living in elegance, and totally dependent upon the family doc-

tor in time of sickness, for fifteen years she was a victim of the experimental system. Opiates, liquors and drugs of every degree of poison were administered, and she became a confirmed invalid, with no hope of recovery.

At Last, through the persistent effort of a northern friend, whose experience had been similar, this lady was induced to enter the Danville Sanitarium of New York, where drugs are discarded, water being the only therapeutic agent used, in connection with a strict, simple diet, and plenty of fresh air and regular exercise. Her recovery was rapid; in three months she returned to her home fully restored to health, and at once made a complete revolution, especially in the selection and preparation of food for her family of growing children. Only upon the occasion of visits from old friends, did the hot biscuit and light bread of former days appear, much to the delight of the children. Tea and coffee were no longer considered essential; fruit and nuts were provided in great abundance, in place of the meat considered in other days most essential.

What a revolution one woman alone can make, when intelligence supersedes ignorant dependence. Mothers, you who read these pages, can gain this knowledge without the expensive experience of a Sanitarium.

“Doctor’s Stuff.”—If people had less faith in “doctor’s stuff” and used more common-sense remedies, many precious lives would be saved. Let me relate a case in point told me by an old gentleman, one of the interested parties.

One cold, raw day in the fall, a father and son returned from a long drive in the country, whither business had sent them. Chilled almost to the bone, they repaired to their separate homes. The father, whose body was thoroughly congested, soon got his feet in a tub of hot water, and by drinking cup after cup of hot lemonade was soon relieved and went to bed; copious perspiration was induced and he soon fell off to sleep and rose next morning as good as new. The son, upon reaching home, telephoned for his doctor; he came, strong remedies were administered, he became more congested, and death speedily followed. Another victim sacrificed on the altar of drugs; a lovely, useful life that his family and the world needed. Said the aged father, now in his nineties, "Oh, if my boy had not been cursed by telephone and other modern inventions, he would have adopted our old simple remedies, and been with us to-day."

Pay for Advice.—"I am always willing to pay a doctor for his advice when we call him to see a sick member of our household, but I never allow him to give my family medicine" (drug remedies), said an intelligent lady, with whom I was lately conversing. "It is wonderful how quickly the sick one is restored, when only nature's harmless remedies are used. You see I am in full sympathy with the teachings of *The Nature Cure*," she continued. With woman's intelligent influence exerted in this direction in the home, lo, what a revolution! How soon drug remedies might be discarded, and God's children freed from one bond of slavery. The human soul wants, most of all, freedom.

Why Doesn't He ?—An every-day query, is, “ Why don't our honest family doctor tell us *why* we are sick, and how we can *heal ourselves at home* with the natural remedies that are so simple, cheap and little trouble, as taught in this volume?” The family doctor is human; he would be *more* than human, if he should cut off his bread and butter supply by teaching the cause and prevention of sickness. The most blind reader of these pages can see that the doctor's success is your poverty; he lives and thrives on your ignorance and neglect. When he gets rich, you get poor. Many thousand doctors are ground out of medical colleges every year, and must live on those unfortunate enough to need their services.

Hints on Dress for the Overfleshy.—Much has been said and written about methods to add flesh, and to reduce the same to comfort and beautiful forms, more especially by women than men.

Women may reduce adipose tissue or disguise it. Many corpulent women add from ten to twenty-five pounds to their real size by improper dress and carriage of the body. The fashion of compressing the waist, forcing the flesh up and down, increasing an over large bust, and adding prominence to the hips, is to further disfigure the form. The physical result of this style is short breath, a red nose, and water-sacks under the eyes. We would suggest the adoption of union under garments, made in one piece, fitting the upper part of the form closely, with no gathers, belts or folds at the waist. Discard the cumbersome chemise. A simple waist with a few light bones to support the bust may be substituted for the corset,

and a loose-fronted princess dress should take the place of the close-fitting basque. Reverse the usual order and wear close-fitting under-garments and smooth flowing gowns. The fleshy woman's dress may fit nicely in the back, but in front should disguise the size of bust and abdomen with long and rather loose lines.

Fleshy people who desire to reduce their weight and exercise *vigorously* in the open air at all seasons of the year, learn to walk with grace and refinement. Avoid standing on the heels, which tends to force the abdomen into prominence. Take the erect position and maintain it, which will prevent too much prominence of the abdomen. Walk so that the weight of the body will come fully upon the balls of the feet. This will assist in a more dignified and seemly figure and modify the extreme protuberances. However sullen the disposition at home, exercise in the open air cheers us up and gives renewed vigor and life. Do not, under any circumstances, shut out the air and sunshine from your home.

This is just as important for those not desirous of reducing their weight as for the overfleshy. There being such a variety of opinions regarding diet, we will only add, if what is said upon the treatment of obesity is not explicit enough, we will, upon receipt of letter of inquiry enclosing stamp, give fuller instructions.

It is well to remember that extremely fleshy persons are sick, or that *obesity* signifies a diseased condition. All over-fleshy people should study hygiene and rigidly live it.

Are You Well?—A common salutation upon meeting a friend or neighbor; a very important question certainly. If a negative reply is given, it is of equal importance to ask, "*Why* are you sick?" Sickness is so common, perfect health such a rare experience, that we have come to make this first inquiry of our friend and neighbor. Health should be the *rule*, and may be, if we do our duty to ourselves and families.

Do Not Condemn.—To keep apace with this age, thoroughly investigate before condemning. Take a broad view of all questions.

The Pores.—Five-sevenths of the impurities of the blood pass through the twenty miles of perspiratory tubes unless obstructed.

Sowing and Reaping.—This is an age of reaping as well as sowing. Universal law impels us to reap what we have sown. Millions of middle-aged men and women who were lured into excesses in this age of rush and glitter, are reaping more than they bargained for, but no more than they sowed. The experience may be valuable to those of *pure* metal, but the *dross* will go down and be forgotten. Mark the lesson.

If You Believe in Drugs.—If drugs you will take, call the best physician you know, who must be a man or woman of character, grand in all the relations of life; trust this good doctor. Do not attempt to use poisonous drugs prescribed in any doctor's book you may possess.

Pain: What Is It?—Pain is an alarmist, the signal nature so kindly gives to show that you have done something wrong, that danger is at your door, and

urges you to escape as soon as possible, by ceasing from wrong-doing.

To the Woman's Convention held at Akron, O., 1857, Mrs. Stanton wrote:

"The great work before us is the education of those just coming on the stage of action. Begin with the girls of to-day. The childhood of woman must be free and untrammelled. The girl must be early impressed with the idea that she is a hand, not a mouth, a worker, not a drone, in the great hive of human activity."

The Coming Girl.—Lillie Devereaux Blake, in speaking of the coming girl, already here, says: "The question is, how shall we rear her? Custom educated her mother and made her an invalid. We must see that the custom according to which the coming girl is reared gives no such result to health.

"We must educate her to a knowledge of her rights, but let us not forget to teach also her privileges, the *chief of which is perfect bodily health*. Let her learn from babyhood to avoid disease as she does sin. Show her that her worst enemy is custom, not man. Man ever has been and ever will be her friend. Do not let her be introduced to the world as a man-hater. Let her recognize him as her brother, and herself his co-laborer. If we build from a good foundation, physically, the mental and moral structure reared thereon will not fail or fall."

Painless Child-Birth.—Intelligent women of this closing nineteenth century no longer question the possibility of painless child-birth, for at least a large majority of their sex. Mrs. Rowbotham's experience of painless child-birth, in England, in 1841, the result of her husband's chemical experiments, surely proves

that an entire fruit diet with abundant out-door daily exercise, and plenty of fresh air in the home, are not only a boon to pregnant women, but within the reach of all, whether in the cottage or the palace. The theory advanced by physiologists, is, that if pregnant women subsist upon food lacking the elements that feed and develop the osseous tissue, making the bones of the skull pliable, the labor may be easy, and often painless. If women suffer, the cause too often may be found in their total ignorance of the laws of their being. If all women appreciated the rich gift of motherhood, and, like a conscientious mother I know, laid off their corsets *forever* when the knowledge of the little life came to them, how much of entailed misery might be prevented for both mothers and offspring!

Dr. Holbrook in his *Parturition Without Pain*, says: "Those women of savage nations who bear children without pain live much in the open air, take much exercise and are physically active and healthy to a degree greatly beyond their more civilized sisters. These instances tend directly to prove that parturition is likely to be painless in proportion as the mother is physically perfect and in a sound condition of health. They certainly tend even more strongly to prove that pain is not an absolute necessity attendant on parturition."

Care of Pregnant Women.—Much of the suffering endured during the nine months of pregnancy, may be almost wholly avoided by an intelligent understanding of this condition, a willingness to learn and put in practice. The young and inexperienced are to travel an entirely new route, and knowledge is need-

ed. In my experience in teaching women, I find that the young, who most need this knowledge, are prone to ridicule and indifference, and too often learn through very bitter and sad experiences.

Before and after conception, the clothing should be supported from the shoulders, and all garments loosened about the waist, so that the uterus in enlarging and rising may not be obstructed. If the clothing is too heavy, or worn too snugly, the uterus cannot rise as it should about the fourth month; as a result, much suffering is experienced from pressure upon the bladder, rectum, kidneys, etc. This condition may also cause constipation of the bowels, varicose veins, hysteria, cramps in the limbs, etc.

I maintain that in no condition of life is perfect freedom in all things physical and mental, so absolutely essential as in pregnancy. The side elastic should take the place of the round garter, if worn, that the circulation be not impeded. Under these perfect conditions, the health usually improves from the first. Delicate women often become strong and robust and from this period can date the beginning of a new and vigorous life.

It is as natural for a woman to bear children, as for a tree to bear fruit; why then should pregnancy be a period of continuous suffering as exists in many cases? Child-bearing when *properly understood and treated*, is most beneficial. When women prevent conception we rarely find them healthy in the genital organs; there is a general disturbance of the menstrual flow, and sometimes hardening and enlargement of the uterus, with other complications. Abdominal

bandages well adjusted will be of much service to those who have suffered from prolapsus of uterus or bowels before this period. The bandage should be made with broad straps to rest upon the shoulders, so adjusted as to support the weight of the abdomen, and permit the woman to take the active exercise so essential at this period. Nothing is more detrimental than to neglect daily out-door exercise. Without this, both mind and body suffer. The lungs must be supplied with pure air or oxygen, for the maintenance of both mother and child. There is one thing more important to life than food, and that is *air*; without it we cannot live many minutes, while we can live many days without food.

Foods.—Much has been written on the subject of diet, and many bills of fare prepared for the benefit of pregnant women. To arrange a bill of fare for pregnant women as a class, would be not only difficult, but an impossible matter. Quantity and quality are the important points for consideration. Over-eating should be carefully guarded against through the whole period. If the mother controls her appetite she is teaching the child to do the same. Women with excessive appetites have large children, sometimes weighing from ten to fourteen pounds at birth.

Select food that is nutritious, but not heating or stimulating to the blood. Discard fats and sweets and rich and indigestible foods. An entire fruit diet will yield the richest results, but if not satisfactory, use a mixed diet of vegetables and cereals with *plenty of fruit*. If you can, do without meat; if not able to do so, select the best, as beef and mutton, and partake sparingly.

Rising from the table a little hungry will be beneficial; soon the hunger will cease and you will be stronger for the next experience.

"In what thou eatest and drinkest, seek from thence due nourishment, not gluttonous delight."

"How grand to be master of the stomach, to have the mind dominate the body."

Care of Breasts.—Daily bathing in cold water of the mammary glands or breasts will secure a good and abundant secretion of milk; after bathing gently rub. Follow this by anointing the breasts with cocoanut oil or vaseline. This treatment must not be omitted, but persisted in daily from the beginning, and will prevent sore nipples.

Bathing.—A cold or tepid sponge bath taken every day, or even three times a week in a warm room, will give tone and vigor to the system, keep the skin clean, the pores open, strengthen the muscles and give healthful tone to the nerves. The skin is composed of countless tiny sweat glands and tubes, from one-eighth to one-tenth of an inch in length, making several miles of tubing; through these glands much solid waste matter, water and gases are being constantly expelled. Beneath the true skin a great number of little sacs containing oil are deposited, that the surface may be kept soft and prevent any irritation from the perspiration.

This oil unites with the dead skin and solid waste matter thrown off, and forms a substance gluey in nature, which, if allowed to remain, seals the pores, prevents the exit of all matter, and thus compels the kidneys, lungs and other parts to do the work

that the skin should do, and giving rise to catarrhal and bronchial affections, diarrhœa, leucorrhœa and kidney complaint.

The first most important step in the treatment of any disease, or in the maintenance of physical health is to establish a healthy action of the skin; therefore I wish to present this subject in such a manner that it will receive favorable consideration. "He who keeps the skin soft and ruddy, shuts many gates against disease," is an adage well worth remembering. Delicate and nervous people require oiling after each full bath. The food consumed being generally not fat-producing, therefore but little oil is secreted by the oil follicles, and in consequence the skin is not properly lubricated. Some delicate persons prefer the use of oil instead of water. Coconut oil, or any vegetable oil will do. Rub the oil thoroughly into the skin, then with a crash towel rub until dry and warm.

Women are constantly insisting that they have no time for baths, or at least for frequent bathing; that working women and those with large families cannot find the time to properly care for themselves, and that these instructions only apply to the leisured classes. Listen, friends! This bath will only require one half hour at most, can be taken just before retiring, and can be found both refreshing and soothing in its effects. If you neglect this duty you may have plenty of time to be sick. If too delicate to attend to it yourself, some healthy person can be secured at a trifling expense to care for you.

During the last two months of pregnancy take a

warm sitz or hip bath three or four times a week upon retiring, being careful to avoid a cramped position. Use a tin tub made for this purpose, or a common small wash tub may be used by elevating one edge two or three inches. Do not allow a feeling of chilliness. A hot sitz bath taken just before the birth of the child will prove very helpful. Anoint the walls of the abdomen and vagina daily from the third month, that they may be easily expanded and facilitate labor.

Constipation.—For a pregnant woman to allow constipation for even one day is productive of baneful results. Seek first to ascertain the cause, select your food more wisely, then study carefully the article entitled constipation, if relief is not obtained.

Vaginal Injections.—May be given two to three times daily in the last two weeks of pregnancy, and even after labor has begun may continue for hours profitably. Let the patient recline in an easy position. Use water not more than 110 degrees Fahrenheit. Try this.

Labor or Childbirth.—The period of gestation usually lasts from 280 to 300 days.

Sewing.—All necessary sewing, whether for the unborn infant or any member of the household, should be completed by the sixth month, as constant sitting or bending over are greatly injurious. When we think of the many puny, sickly, short-lived children that come to the world to be decked in costly garments, made at such an expense of time and nerve force, we feel that the child has been robbed of its birthright, its right to be well born.

Too often the mother's whole time and energy have been exhausted in stitching, tucking and fashioning the little garments, with scarcely a thought to her own well-being or that of the child's. If we would only recollect what Carlyle says, that "rags" are not of so much importance as the person.

Cramped positions if long continued are of serious damage to digestion, by compressing the nerves that supply the stomach.

Sexual expression after conception is both unnatural and brutalizing to parents and child, and nearly always unwelcome to the pregnant woman. If sexual expression is desired at that time it may be considered as an abnormal expression caused from leucorrhœa, ulceration of the womb, etc. Seek medical advice rather than sexual indulgence, which would prove injurious to the mother and detrimental to the soul and body of the child. Dr. Black says, "Coition during pregnancy is one of the ways in which the predisposition is laid for that terrible disease in children, epilepsy." A pregnant woman needs all her strength to carry her through the ordeal which she is to pass.

Cut flowers should be removed from a sick room as soon as they begin to fade, but growing plants are a benefit in a bed-room or sick chamber, as they consume the carbon thrown off by man and give in exchange oxygen. Weak and nervous women are often called upon to bear a child every two years, or even less. Too often such mothers go on patiently enduring, bringing weak or diseased children into the world, simply because man in his selfish nature gratifies his passion regardless of consequences.

Pure Air Necessary.—If possible, secure a large and airy room, that there may be an abundant supply of pure air for the lungs; remember that cold air is not necessarily pure air. The pernicious practice of keeping fresh air shut out from rooms of this class of patients is abominable, is deadly, even though done by the advice of so-called physicians.

A good nurse is indispensable in sickness, as well as a hot water bottle and fountain syringe, and particularly in cases of confinement. The nurse should be thoroughly and carefully educated for her work, and should seek to relieve the mind of her patient of all fear as to results. She should see that the bowels are evacuated just before confinement. If nature must be assisted, use a copious enema of warm water, or, if necessary, slippery elm with a trifle of soap can be administered with good results.

In the beginning of the first stage of labor, warm mild drinks may be given of sage, hops or ginger, as the patient wishes, every ten to fifteen minutes. The object sought is to relax the patient, and to induce copious perspiration, which removes all fear of fever and other unpleasant symptoms.

Dr. Mary Melendy, in her most valuable book entitled, "Cure of Disease Simplified," (which we heartily recommend as one of the best medical guides published, price \$1.75,) advises in the first stage of labor that the patient should "fill the lungs by inhaling through the nostrils, breathing as deeply as possible, and exhaling slowly in the same manner. Extra breathing increases the strength and endurance of the patient; all remedies act more forcibly, and, capillary

circulation being increased, at the same time hemorrhages are prevented or cured. 'This will cause pressure where otherwise there would be pain, and I cannot impress it too vividly upon your minds.'

I wish to emphasize what has just been said. 'The more we breathe the longer we shall live, and the more power and vigor we shall have to do the work of life, whether in or out of the sick room.'

Many a woman has been alone at the birth of her child, and has only to receive it on her hands, then lay it down until the navel string is tied and cut. Delicate, weak women should in all cases keep an erect position; on no account lie down. Kneel or stand by the bedside, or some place where you can get support by clinging with the hands. Change position often, and find for yourself the most comfortable position.

Much of the distress of ordinary child-birth is prevented by following these directions. Be calm and courageous, and let Nature have her own way and time. When the fruit of the womb is ripe, the child will be born, so do not let the doctor or nurse hurry you.

Care of Infants.—If the child cries lustily at birth, the more perfectly will the lungs be expanded and the air cells inflated. Never tie the navel string until all circulation and pulsation have entirely ceased. Use silk twist to tie with; draw tightly and tie a firm knot two inches from the body. Then tie again about an inch; then once more at about an inch and a half. Between these last ties cut the cord in the center.

When the cord is severed, let the nurse be ready with a warm, soft blanket to receive and wrap the child. Do so to prevent the air from reaching it. Let the first dressing be done in a warm room, no matter what season of the year, and an oil rub given instead of bath. Vaseline, chicken or turkey oil can be used. Let the nurse first dry the body carefully with an old, soft cloth; then with the warm hand anoint the body of the child.

Now attend to the navel. A square piece of old, soft linen with a circular opening made in the center must be oiled and put on. Pass the cord through the opening, then cut a piece of cotton cloth same size and lay over the cord. Now pin loosely about the body a soft flannel or knitted woolen band to hold the dressing in place. Take great care not to compress the ribs and thus prevent free and full use of the lungs. The band can be removed as soon as the navel is healed; it is no longer needed.

Unless very delicate, a babe of three months can be taught to use a chair, discarding the use of diapers, much to the relief of the mother. Wash the mouth of the babe before giving it to the mother's breast. This may prevent the nipple from getting sore.

The first food for the babe Nature has stored in the breast of the mother. This secretion contains the necessary laxative for the digestive organs, and nothing else should be substituted for it. All departures from this only result in disordering the stomach and in producing colic, etc.

Do not hurry to give the babe its first bath. Twenty-four hours is soon enough ordinarily. If very delicate

wait three, four or seven days. Have the water warmer than the temperature of the body; have a warm, soft flannel ready to wrap around it upon coming out of the water. In drying do not permit the air to reach the body. Old castile soap may be used. Oil the skin after every full bath.

Some improvement has been made in the dress of infants. Short dresses have taken the place of the long abominations, and the bands are now made to rest upon and be supported from the shoulders. The Gertrude baby suit is entirely free from all objections, is healthful, beautiful and very convenient for the mother in using it. Patterns for this suit can be furnished if desired.

Let the babe lie on a mattress, not on feathers, and do not permit its little head to be buried in a feather pillow twelve out of twenty-four hours. Cool straw or hair pillows will prevent the heating of the brain, which results too often in death. Burying babies under bed clothing has cost the life of many a child. Think what you are doing when you permit this—allowing the child to breathe the poisonous exhalations thrown out from its own body, and often the bodies of its parents! One cause of excessive infant mortality is want of proper ventilation in the home. Of course, in summer weather the babe can be taken out in the pure air and allowed the benefit of the sunshine, but at other seasons must be shut up in stuffy rooms never, or seldom, ventilated, often only by the chance opening of some door which must be hurriedly closed lest baby get cold.

My father was a doctor—teacher—in the truest

sense. The children in our home were early taught the necessity of ventilation. Every morning, in cold and warm weather alike, the front and back doors were thrown wide open for a time, that the air of the house could be entirely changed. Ten minutes, or even one half of that time, sufficed in winter. Of course baby was taken out of the draught into another room. Fresh air for the lungs is quite as necessary for the babe as for the older children or parents; deprived of it, how soon they droop and weaken.

Another great cause of mortality is too many meals, too much feeding, a desire on the part of the parents and nurse, often, to have a fat baby, which of all states is to be avoided, dreaded, because the condition is abnormal, productive of vastly more sickness than health. Babies should be no more trouble than young animals, and would not be if the subject of the care and hygienic treatment of young children was discussed more in the home or taught in the public schools. Even the medical colleges pay little attention to this subject.

By many, vomiting is considered a sign of health. It is not so considered in case of adults; why should it be with babies? Vomiting is only one of Nature's efforts to rid the system of too much food, which remaining becomes a poison to the child. Many interesting cases have been related to us, where babies were given from birth only three meals per day; they have thrived beautifully, much better than those fed every two or three hours. The calf fattens sufficiently, and thrives well on only two meals each day. Excess in

diet is a predisposing cause of colds, much more than exposure. When your babe or older children have running of the nose, difficult breathing and other similar expressions, let them do without one or more meals, depending upon the severity of the case. Satisfy the demand for food by giving hot and cold water, or by making a "teat" for the babe, by dipping it occasionally in milk.

Teething.—Children would get their teeth as easily as they do their finger nails, if, previous to the period of dentition they were kept in a perfectly healthy condition. Sickness is a state unnatural to teething, and is due to improper feeding and lack of assimilation of food to the system, rather than to the process of teething. An infant blessed with the right amount, just enough of good food from day to day, will suffer no inconvenience from dentition, and will steadily grow, while the mother scarcely realizes the child is getting its teeth; this is as designed by Nature. Mothers, do not hesitate to adopt these ideas; give them a trial and report results.

Diarrhoea and cholera infantum are methods by which Nature attempts to purge and cleanse the body of its impurities. Children, even babes, are fed with cake, candy, even fried ham and eggs, "just what we all eat," a mother said to me. Milk contains all the elements for teeth building, and until they are formed, should be the sole food of the child. When the mouth is filled with teeth, then it is safe to indulge the child in a moderate variety of food. The best results are found when the first foods used are bread and mush made from Akron graham

flour, hominy or grits, apples, raw, baked or cooked in some way.

If mothers will faithfully follow these instructions, a long line of ailments and painful teething may be wholly avoided. It is not necessary to plaster the bread with butter or sweets of any kind; give it to them dry. Another point to be considered in following out the ideas advanced, is that no difficulty will be experienced in weaning the child. From not being overfed, the child will be ready to accept whatever is offered it.

Dr. Dawson says: "If there was ever an absurd fallacy fastened upon the popular mind, it is, in my opinion, this bugbear of teething sickness. I have never seen such a case myself, and it is beyond my comprehension why the Creator should afflict only the young of man with a normal physiological process dangerous to health and life. But, nevertheless, multitudes of infants are taken sick and die just at this period with gastro-intestinal disorders, and some cause there must be for it. The latter is not difficult to find; it is faulty alimentation, either prior to, or, as is most generally the case, during the cutting of the teeth."

Dr. C. E. Page, in his admirable work "How to Feed the Baby," shows the benefit of entire fasting, even for babies, and also endorses our method, when he advocates the use of hot and cold water.

"I am frequently called to attend infants where the only description of the symptoms the mother can give is that "he cries all the time—nothing can quiet him." It is of no use to ask how he is fed, for the answer is most likely to be, "As often as he wants it" or, at best, "I *try* to make him go two hours." It is my invariable rule, therefore, in these cases, to order entire abstinence from its ordinary food, for six to twelve hours, and the frequent administration of *very warm* water in doses of one, two, or three tablespoonfuls, according to age of the child, as often as he manifests thirst, or at any rate, until the crying ceases. In cases where there is violent pain, fuller doses of hot water, accompanied with

copious warm water injections, and hot fomentations to chest and abdomen, will in nearly every instance produce almost magical results, whereas ordinarily, in the absence of peremptory orders to the contrary, the little sufferer, during an afternoon of torture, might be induced to swallow three or four meals of milk, each one adding to his pain and peril."

Weaning.—When the mother's health is good, and the child is thriving on her milk, I believe that the mother's milk is best for eighteen months or possibly two years.

When you begin to wean the child, use a bottle rather than a cup for pure cow's milk, which you will remember is more difficult of digestion than breast milk. If you use Jersey milk let it stand for a time, then skim off some of the cream before using. Guard the child carefully that it be not overfed and the seed sown for a life-long dyspeptic. I cannot make this point too emphatic. Mothers, or many of them, need to become imbued with new reformatory hygienic ideas and methods, and cease to follow the old, worn-out teachings and methods of their grandmothers. Surely the world moves; new methods and inventions are constantly presented to those willing to hear and see. Why not accept some of the more advanced ideas regarding the well-being of the dear ones in the home?

Let the baby have his own little bed if possible, unless absolutely necessary for warmth to sleep with its parents.

No two persons, whether old or young, married or single, should habitually occupy the same bed; in such cases the weaker one suffers, often sickens and dies.

Sore Mouth may be caused from a want of cleanliness, or as a result of scrofula, or from improper food

taken. Wash the mouth often with a weak solution of borax.

Excoriations of arm-pit and groin are common to very fat children. Bathing the parts often in tepid milk and water, and carefully drying with a soft linen cloth will be beneficial. Green tea, rolled and sifted, may be applied to the parts affected.

Colic.—Severe cases usually result from derangement of the liver. The babe suffers because of the mother's condition. Keep a colicky baby warm. Immerse the feet in a basin of warm water as hot as can be safely used, and apply hot flannels to the hands and bowels; in very severe cases speedy relief will be given by immersing the body in very warm water. I can quickly relieve such pain by placing my right hand on the abdomen, while the left is applied to the small of the back.

Constipation in the nursing child is caused by a similar condition in the mother. Let her study and follow the article on constipation. Sometimes glycerine or castile soap added to warm water, or even an enema of only sweet oil may be used. Do not begin using laxative remedies for children; dire effects are sure to follow.

Convulsions are mainly developed by overfeeding or bad digestion. Do not wait for the coming of a doctor, but get the child into a tub of hot water immediately, not even waiting to undress it. Do not remove the child until thoroughly relaxed; now wrap in a hot blanket and administer a copious enema of warm water and castile soap. These simple measures have saved many an infant's life.

“**Worms** will never trouble a well-fed child. Indigestible food or overeating are usually the cause of these ‘natural scavengers.’ Bread of unbolted grain, ripe fruits and vegetables, simply boiled or baked, infrequent meals and temperance constitute a plan of medication that is *death on worms*, and better than all the nostrums and vermifuge in existence.”

Diarrhœa results from a lifeless condition of the mucous linings; the parts, therefore, need stimulation. The bowels are cold; gently rub them in strong salt water until warmth is restored, then apply a thick flannel bandage and wear it day and night. Avoid ice water and all cold drinks. Some think that chewing one of the native gums, as pine or spruce, and swallowing the saliva, tends, from the resinous oil it contains, to heal and stimulate the weakened membranes. Use little or no fluids at the meals, made of crackers, dry toast, etc.

Dysentery, the opposite condition of diarrhœa, indicates fever, an inflamed condition of the mucous membrane. Avoid all stimulating treatment; only that which soothes and quiets. Milk, with lime water added—a tablespoonful to a goblet—is all the food needed. An enema of flaxseed tea may be given after each evacuation, retaining it if possible. Keep the patient both quiet and warm.

Whooping Cough.—*Symptoms:* Those of an ordinary cold, followed by fever and chilliness and a dry, hard cough, ending in the regular whoop. *Treatment:* Same as for a cold; add dripping-wet sheet twice or three times in twenty-four hours. Drink cold water freely and ice in small lumps to be melted in the mouth.

The ice or cold water to be taken as often as the paroxysms return, or oftener if desired. A wet bandage or compress for the chest should be worn nights until the trouble is passed. *Treatment should be varied*, in harmony with the age and strength of the child. The younger the child the more care must be given. Keep out of hot rooms; open out-door air is the best remedy. Fresh air in the bedroom is an absolute necessity. Light diet and spare for the first ten days; may be increased gradually after that. Oatmeal gruel is the very best food for child or youth.

Mumps, or inflammation of the parotid glands, is a disease attended with little danger. Cold compresses may be applied to the neck at the commencement of the attack. Gargle with cold water. Bathe the feet and legs with hot water. This diverts the blood from the affected gland. Keep the bowels open, using warm enemas if necessary. The diet should consist entirely of fruits and well cooked grains, and milk in moderate quantities.

Cholera Infantum.—Cholera infantum is similar to cholera-morbus (the term being used only in relation to infants), and prevails extensively during the warm season in nearly all of our cities. In mild cases diarrhœa precedes vomiting for a number of days; in severe cases vomiting occurs from the beginning. As the disease progresses the discharges vary in color and consistency, and are sometimes streaked with blood.

Treatment.—This disease readily yields by judicious treatment, with the use of cool enemas, the abdominal compress, and the tepid sponge-bath, when there is external excessive heat. Give frequent sips of water

if thirsty. If blood appears in the evacuations, the enemata should be quite cold, and given after each passage, using only a few teaspoonfuls of water at a time. In protracted cases, when the fever is at its height, place the child once a day in a tepid half bath, and rub the abdomen, back, chest and extremities with the hand. *Diet* must be *very* simple; as rice seasoned with milk and sugar, and taken in *very* small quantities.

Croup.—Children with croupy tendencies should be carefully watched. Do not allow them to go with cold feet. Never put them to bed until you have first ascertained that both feet and legs are warm; nine out of ten cases of croup result from exposure, the child having gone days with cold or damp feet. Plunging the feet several times, first in hot, then in cold water, then drying, after which rubbing vigorously, will in many cases ward off the attack. Change of stockings two or three times a week will prove helpful. Honey as an article of diet is of great benefit to those subject to croup. Syrup may be used in its place.

Croup seldom attacks a puny, sickly child. Never put a child in bed that is cold or feverish, until you have given it a full tepid bath in a warm room. Complete the bath by bathing head, neck and arms with cold water; now wrap the body in a warm blanket, and be sure that the feet are warm and the hair thoroughly dry, when the child is put to bed. Have plenty of fresh air in the sleeping-room; do not cover the upper part of the body with heavy clothing. No treatment for croup will compare with the ice-cold compress woven about the neck, cold cloth on the forehead, and

ice-water held in the mouth and swallowed often. In using ice or snow compresses, do not apply them constantly; wear them five or ten minutes, then lay them off five minutes.

Thousands of lives have been saved by understanding how to apply ice-cold water to the throat. The philosophy is simple; the growth of the membrane in croup is dependent on the inflammation which attends throat troubles. The cold compress applied stops the growth and accumulation in the throat as surely as an ice-house will check the growth of a sensitive plant. If the instructions here given are faithfully studied and carried out, mothers will have no cause for alarm. Live the teachings of every chapter of the book and croup will disappear from your home. Disease is an unwelcome guest; bid it depart. This can only be done by daily right living. In Chapter Ten—Useful Recipes—see French cure for croup and diphtheria.

Diphtheria is developed by taking cold. We take colds, or colds take us, when our vitality and life forces are exhausted. Continued excesses in many directions pave the way for an attack of diphtheria and other expressions of disease. As the authors of this volume have taught in every chapter, disease is a result of violated health laws, so by understanding the good and infinite laws of health, sickness may and must be banished in the good time coming. The external immediate *cause* of diphtheria is usually a cold; the deep physical cause is impure poisoned blood, accumulating often for weeks and months, until the normal resisting power—possessed by every one in health

—is exhausted, and disease steps in because invited.

Cure.—Cleanse the blood with hot lemon or orangeade—children will prefer orangeade—the bowels must be kept free, the skin cleansed, the head cool and feet warm, with the best of ventilation. A quiet, restful atmosphere and surroundings are necessities for a speedy cure. In all cases considered dangerous, a day and night nurse are necessary. A sure, never failing cure, is in the use of ice and ice-water; the throat must be kept cold by a compress. Change it as often as every ten minutes and if very sick every five minutes. In the most severe cases it may be necessary to continue treatment night and day, hour after hour, without neglect or let-up for two to three days. A teaspoonful of finely pounded ice to hold in the mouth may be given every ten minutes night and day (unless the patient sleeps) and swallowed when melted. With the throat compress and good nursing as taught in this book, no fear need be entertained, even in so-called malignant cases of diphtheria. No other physical remedies or methods compare with the above; thousands have been cured after drug methods have failed. Fasting is imperative, as in all sickness. A cup of hot lemonade or orangeade should be given every hour; this will cleanse the blood and thus remove the cause.

Measles.—Preceded by a severe cold, thirst, nausea, irritation of the throat, with huskiness, frequently attended with violent fever. Small, red pimples are external signs, which spread and cover face, hands and body.

The pouring head-bath (see Bath Chapter) to relieve

the head and throat, repeated as often as necessary to keep the head and throat comfortable; the head and throat compress changed often, the water-pack or dripping-wet sheet given often to keep the fever subdued and to make the child or patient comfortable, will prove simple but successful treatment. Give hot lemon or orangeade, sage tea, or hot and cold water, to please the child, the more the better.

Do not omit ventilation or the drinking often of hot and cold drinks. Good nursing is all-important. Persist in the packs or dripping-wet sheet treatment until the measles are out all over the body. Omit the rubbing in the sheet treatment. Keep hands and feet warm and head cool. Light may be shaded if eyes are weak. Two packs and three or four head-baths each day may be necessary to keep the fever subdued.

Scarlatina; Scarlet Fever Signs and Symptoms.

—Aches, pains, restlessness and symptoms of a cold are premonitory signs. A deep scarlet rash soon appears on the face, neck and chest, and rapidly spreads over the entire body. Great care must be taken to keep this rash out, avoiding all direct draughts of cold air. Cleanse the stomach with hot lemon or orangeade, sage or mild hop tea; use cold and hot water freely, inside and out. All food is prohibited; none is necessary until thoroughly cured. For children from one to three or four years of age, give a pouring bath and dripping-wet sheet as for measles, often enough to keep the fever under subjection. The pouring head bath will keep the disease from the brain, the wet sheet will cool the body, and if the fever runs

high a wet sheet-pack, two in twenty-four hours, will remove the cause and all danger.

Never neglect good ventilation and plenty of hot and cold water for the stomach. For older children, give a wet sheet pack once a day; in severe cases two to four in twenty-four hours. In connection with head bath, the dripping wet sheet will be found to be a safe and sure cure. If throat is sore keep a cold compress on, changing often, as often as every five or ten minutes. Never forget good ventilation; the lungs must have good, pure, cool air; this is never more necessary than when sick. Night air, fall air, or winter air is infinitely better than feverish or foul hot air.

The scarlet fever patient must not be exposed to wet feet or severe weather, be overfed, or overtaxed in any way for ten days after convalescence. Remember, while the new skin is being formed and hardened, nursing is the salvation of children; doctoring may be easily dispensed with. This is especially true in all expressions of disease in children.

Foul Breath.—Nothing is more disgusting in one than foul or bad breath, which can be avoided by an intelligent understanding and painstaking.

Causes.—First, decayed teeth, or teeth filthy from want of daily attention.

Second, catarrhal difficulty, causing an acrid condition of the mucous lining of the mouth and throat. For cause number one, see article on care of teeth; for cause number two, use a gargle of tepid water containing a few drops of the tincture of myrrh, swallowing a few drops after using it; this should be taken

twice every day. When foul breath results from catarrh of the head, draw the lotion up the nostrils and frequently cleanse the mouth with a mild solution of borax water. Have persistence, and in a short time you may be free from this most disagreeable expression of disease, foul breath.

Care of the Teeth.—There are thirty-two teeth in all, eight in each half jaw.

Want of cleanliness is perhaps the most direct and common cause of the decay of teeth; food is allowed to remain between them, and on account of the heat and moisture quickly decays. The mouth has a temperature of 98° , hence if the food lodges on or about the teeth it soon rots, and an acid is produced which cuts into and soon causes the teeth to decay. An earthy substance known as tartar accumulates on all teeth more or less, which if allowed to remain proves most disastrous to both teeth and gums.

A child of five years of age should be taught to use a soft tooth brush, at least once a day, but grown-ups need to clean the teeth after each meal, and again before retiring. Tooth powders generally are injurious; if used, always rinse the mouth in warm water. The best of all applications is castile soap and water, followed by a thorough rinsing of the mouth and teeth.

“It is the custom in some parts of England and France to rinse the mouth with warm aromatic water after eating. It is well to remember that this precaution not only tends to keep the teeth clean, but to clear the voice of those about to sing or converse.”
(See article on foul breath.)

Care of the Ear.—The ear is a very sensitive organ, and should be treated with much care. Temporary deafness may be caused by the accumulation and hardening of ear-wax. Do not remove it, but daily drop some soft oil or glycerine in until the mass softens. The ear should be treated as carefully as the eye. Do not use a hard instrument for removing ear-wax; it, with the oil it contains, is needed for lubricating the sensitive organ.

For earache, heat is an excellent remedy. With an ear syringe inject a little soft warm water with old English castile soap suds, after which put in a drop or two of sweet oil.

Immersing the feet in very warm water diverts the blood to the extremities, and is also good.

Care of the Eyes.—Strangely enough, the eye, most wonderful in mechanism, the most sensitive of the physical organs, the principal agent in a child's education, is more neglected than any other. Overstraining of the eye in the feeble light of twilight, reading on a jolting car, with the eyes instead of the back to the light, reading while in a reclining position, all these different expressions tax and weaken the eyes and soon induce the need of glasses. The practice of frequently closing the eye for the purpose of rest is a good one.

When you have visited an art gallery, or been on a shopping tour, your head aches because your eyes are tired and the nerves need rest. Use glasses as soon as needed; to delay is a detriment, causing you to injure your eye by straining it. For inflamed eyes, warm water is the safest application. When inclined

to rub the eyes, then you have used them enough. Light eyes are stronger than dark ones. For weakness of the muscles of the eye, bathe daily in cold salt water, rubbing toward the nose. Never sleep so that on awaking the light falls directly on the eyes.

Care of the Hair.—To preserve the hair and keep it healthy, involves both time and daily attention, as well as an equable condition of both mind and body. Impaired vital power, mental irritation and undue excitement are injurious. Unbraid the hair upon retiring, or, in other words, wear it loose for the benefit of both hair and head. Comb and thoroughly brush the hair every morning. To increase the length and strength, and to prevent the hair from splitting, clip the ends every month.

Much has been written regarding the treatment of the hair. Various oils, creams, etc., have been recommended for its care and preservation. Cleanliness and massage we advocate as the best improvers. Many women never think of washing the head and hair, not realizing that the scalp needs such treatment as much as any other part of the body. Some having long hair find it difficult to wash and think they cannot afford to pay the hair dresser. Wash the hair and scalp thoroughly, every two weeks, in tepid water. Beat up an egg and thoroughly rub it into the roots of the hair, then wash the head and hair clean with tepid water, rinsing several times, ending the bath with cold water, thus closing the pores to prevent taking cold.

An Excellent Hair Cleanser.—“Beat up the whites of four eggs into a froth, and rub that thoroughly into

the roots of the hair. Leave it to dry on. Then wash the head and hair clean with a mixture of equal parts of rum and rose water. This is said to be one of the best cleansers and brighteners of the hair ever used."

How to be Beautiful.—So thoroughly are we imbued with a desire to be beautiful, or as beautiful as we can be, that many, especially young women, resort to very doubtful expedients for producing such results, even at the risk of health. Physicians well know that the majority of cosmetics used, beautify the skin only to its future injury, while various ailments of both mind and body are developed, due to the poisonous ingredients used in the articles manufactured for the money there is in it.

If you want beauty and a smooth, beautiful skin, you have an individual work to do; no one can perform it for you. "Water, exercise and diet are three great physicians. Call in the services of the first freely, of the second regularly, of the third moderately." So said an eminent French physician on his death bed many years ago. His teachings will apply to the case in point. Rest is also important; lie down often if only for ten minutes; close the eyes and let them rest, too. Freedom in dress is essential.

Constipation is a great destroyer of skin beauty. Study the article on constipation. In brief, you will need to read, not this article only, but the whole book, to learn how to be permanently beautiful. "Massage of the face every night and morning stimulates the circulation of blood in the face, and is one of the best cosmetics, from which are received lasting results. Mix thoroughly one pint of glycerine and the juice of two

lemons; this preparation applied to face and hands, and rubbed well into the skin, remove all discolorations. If the application be vigorously pursued for months, the flesh becomes clear, white and plump."

Beauty relates to more than appears on the surface. Who ever heard a cross, ill-tempered person called beautiful? True beauty shines out from within, manifests in quiet, harmonious moods and methods; in loving words and tender actions. Love reigns, and leaves no scars or wrinkles on the form.

Menstruation.—In a healthy system menstruation should occur regularly every twenty-eight days, and, in warm climates continues from about the fifteenth to the forty-fifth year. There are, however, many variations from this rule. So much false modesty prevails on the part of mothers, that frightened girls resort to various devices to check what they suppose is an alarming condition.

Menstruation should be entirely free from suffering, one being conscious only of the flow, which should continue only two or three days. No girl should be allowed to suffer, as her nervous system will sooner or later become impaired. *Suppression* of the menses may result from sudden cold, or a severe mental shock, as grief or anger. The general health should now receive especial attention. Let the diet consist largely of fruit and vegetables. Take regular moderate exercise out of doors and persevere in it. Avoid all strong teas. Bathe often, rubbing the body vigorously. *Painful* menstruation may be caused by congestion of the ovaries and uterus, closure of the mouth of the womb, constipation and secret vices.

The *treatment* may consist of the application of heat, used *internal* and *external*. Drink copiously of very hot water, flavored with lemon juice. Take hot injections, hot hip baths and immerse the feet in very hot water. Do not allow the bowels to be constipated. (See Constipation.) *Profuse* menstruation, producing weakness or prostration of the system, may result from debility or diseased conditions of the uterus, as displacement, prolapsus, etc. The *treatment* should consist of the application of heat in some form which will speedily afford relief. Give a hot hip bath, continued until the patient perspires freely; now dry the body without exposure and get the sufferer in bed; keep the body and feet warm in blankets, by the use of a hot-water bottle or hot bricks well wrapped. Alcoholic stimulants in the end only aggravate conditions and should be avoided.

In my own personal experience I never had a menstrual pain. This was no accident, but the result of care. I always bathed my feet in very hot water just before the period, careful that my circulation was not impeded in any manner. Corsets I was not allowed to wear, and so my body was never compressed.

Woman's pride and love of dress, her fear of criticism and lack of independence have caused more of the suffering that women endure, than any and all other causes put together.

A mother came to me bathed in tears, fearing she would not live to rear her two little daughters. Wealth surrounded her, but life was slowly ebbing away; no strength, no power. Could I do anything for her? Putting my arms about her, I said, Can you bear a

plain truth? "Yes; tell me anything," she said. What you need most is *room to breathe*, room for the vital organs to act, to do the work of life. Take off your corsets, let out all your bands, study and practice the laws of health and you may be spared to your children for many years. Dying by inches—just think of it! No room for the lungs to play! She was astonished to be told her clothing was too tight. Listen! The more you breathe the stronger you are and the more power and vigor you will have.

How gladly would I save women from their self-incurred miseries. During menstruation the diet should be spare and consist mainly of fruit and vegetables, abstaining from all stimulating food and drinks. The feet should be kept warm and the bowels free of action. If women paid more attention to themselves at this period, and previous to it, one half of all their miseries might be prevented. Long walks, long continued standing and hard work should be avoided if possible at this period.

French ladies of leisure don their night robes and remain in bed that they may not be tempted to social or other activities.

Change of Life.—This interesting period occurs at the termination of the menstrual flow, and takes place at different ages according to the constitution and other conditions. The change has been known to occur at the age of twenty-five and as late as fifty-six, but it ends on an average about the forty-sixth year. With women who have suffered long from physical weakness, change of life often takes place prematurely. A late puberty indicates a short menstrual life.

If women have persistently ignored the laws of health they need not expect to escape the penalty for law breaking, but begin at once to correct bad habits and live plain hygienic lives, efforts vastly more important than all "doctor's stuff" in the land. The various *pathological symptoms* attending this change are irregularity of the menses, weakness, derangement of the stomach, bowels, bladder and sometimes kidneys, nervousness with heat and burning on the top of the head, and pain at the base of the brain, swollen and painful breasts with nausea and vomiting suggestive of pregnancy. *Profuse flooding* is an alarming symptom demanding attention. No one symptom is so constant, common or more disagreeable than "hot flashes," lasting only a few moments, but it may re-appear several times in an hour.

The *mental symptoms* are marked and prominent. A patient, loving mother often becomes irritable, full of heat and despondency. *Profuse perspirations*, often sufficient to saturate the bed clothing, is an unpleasant symptom. Morbid growths of the uterus, as cancers, tumors, etc., are very frequent at change of life.

Treatment.—Begin at once and live hygienically in every particular. This relates to dress, diet, bathing, exercise, and deep, full breathing. Air is food for the lungs; without it the system is impoverished and weakened. The reason of so much suffering at this period is that women are very ignorant of the laws pertaining to their own being, and do not properly prepare the system for the change which comes to all who live to that time of life. Keep the skin

clean, that the millions of pores may, with the other eliminating organs, carry off the waste of the system, which remaining would poison the blood and cause disease and death. With a fountain syringe take enemas for the rectum and vagina two or three times a week, that the body sewers may be kept clean. We must have cleanliness within and without. The neat housewife uses and knows the value of water in cleansing her kitchen floor, which is of small matter in comparison. If troubled with gases use very warm water enemas with a little borax added to neutralize acidity. Let the diet consist of fruit, grains and vegetables. Animal food can be dispensed with to good advantage, and all stimulating drinks.

Avoid using medicine. Keep your money for fresh air outings, for a day at the parks, or some pleasure resort, for the field or orchard. Do not discuss your ailments with friend or foe, and think of them as little as possible. Hot baths are preferable at this time, after which, if weak and delicate, anoint the body well with oil. See article on "Oil Rubs" and chapter eight on Baths. Dr. Mary Melendy, in her excellent work entitled "Cure of Disease Simplified," says:

"During the period marked by change of life, there should be as little indulgence in the sexual relation as possible, none at all being preferable. It is better to invite menstruation as long as possible. By doing this you exercise a most excellent safeguard against congestions, inflammations and developments of uterine tumors and cancers. Injections should always be used after a discharge from the vagina,

whether of the menstrual or leucorrhœal character. These injections will prevent the great amount of itching, pain and smarting from which most women suffer so much during this period. Do not fear to use water freely; a gallon at a time will not be too much, using, if possible, a fountain syringe, it being the most convenient means for injections.

Commence with water comfortably warm, gradually increasing the temperature until quite hot. Have no fear that the douche will induce hemorrhage, for there is no means known to the medical profession so prompt in checking uterine hemorrhage as copious injections of hot water. When change of life is so far advanced that the secretions from the womb and vagina are sharp and acrid, causing increased soreness and inflammation, add to the water a little borax or bi-carbonate of soda. Use this treatment every other day, wearing a wet towel over the sore parts at night, which may be wet in either hot or cold water, as is most agreeable."

Smothering Babies.—We need intelligent as well as careful mothers; babies must breathe to live as well as grown people. One day, when the thermometer was in the nineties, and people were searching for pure cool air, I saw a mother trundling her babe in a lovely carriage, but the little face was entirely concealed by a fine, closely woven veil. I thought what a blizzard there would be could the mother and child exchange places, and followed that thought by a word to the mother, who was young and inexperienced. I was cordially thanked for my timely suggestion. Do not cover your babies' faces; they must have pure air to breathe, the more they

breathe, the more they live and grow. Breathing is the most important function of a child's life. Never shut away air, light or sunshine from the nursery; given all the sunshine that the birds have, they will sing as sweetly.

A Scrofulous Child.— In one of our western mountainous cities where pure air and health abound, I was called to see a child of fourteen months, afflicted at this early age with scrofula, having discharges from ears and nose, and sores upon face, arms and hands. As usual, my first inquiry was regarding the diet used; was informed the child drank coffee and ate meat, just as the parents did. The mother said, "Baby likes meat and coffee best, and so I gratify her." With a complete change of diet, and thorough cleansing of the blood and skin, the babe rapidly improved. In less than two months she was healed. The parents think the lesson taught was worth as much as the cure.

Fruit Desirable.—A prevailing idea among parents is that early fruits and vegetables are not desirable for their families, and they have a vague idea that such food is unhealthy—disease producing. This is a serious mistake. Adults as well as children need fresh fruits and vegetables every day of the entire year, if they can be had. No fruit or vegetable is better than the water melon, in its season; all kinds of melons are good, but discretion should be used as to the quantity consumed. Much melon might disturb digestion with those accustomed to a meat, bread, potato, tea, coffee and pastry diet. In other words, produce looseness of the bowels, which is one

of nature's methods of house-cleaning, of saving perhaps precious life, at least severe illness.

“Ought to Know.”—“One important ‘ought to know’ is the fact that each unborn child has rights, and the first of these is its right to be born of healthy, honest, loving parents. What constitutes health? We answer, purity and right living: Wholesome diet—not grease and pastry—happy thoughts and tender welcome all effect the unborn babe and its future. Honesty in parents installs honor in the child. Love in hearts and homes makes content, harmony and cheerfulness. These the little nestling imbibes, and their influence retains through life; these are his (or her) rights.

“Parents ought to know how thus to begin the child's earth existence and follow this up by proper instructions physically, mentally and spiritually. ‘Your children will rise up and call you blessed.’ When I see a child display violent temper I know the mother has been ill-used or ill-natured, and the child is marked.

“A noted writer whom I love as a dear friend says in her book, ‘The Educator’: ‘During the inlaying period sleep daily and regularly; growth takes place mainly during sleep; both you and your little one need this; let no cares, however great, prevent.’”

—*Allie Lindsay Lynch.*

Hot Water for Children.—In giving hot water to children for cleansing the blood, for biliousness, etc., have a cup of cold water at hand in which to cool the spoon, as by constant dipping, the metal becomes hot, and the little ones refuse the water, from fear of burning the lips.

Contrast of Children.—“With an incredible fatuity we give our children pies, cake, preserves, hot biscuits, coffee, pepper and all other condiments we can collect from the four quarters of the globe, and then wonder that their stomachs and nerves are a wreck before they are 15. We have seen children carry pepsin and quinine to school to take with their dinner. Their parents were not invalids; they endowed their children with strong frames and good digestion, but the young stomachs had been so debauched with villainous hot bread, hot cakes drowned in syrup, strong coffee, fried potatoes liberally dosed with pepper, and

other such abominations that they were unable to nourish the young bodies through the trying period of the rainy season without help of the stimulants above mentioned. On the other hand, children sitting at the same desks, upon whom were originally bestowed no better physical systems, if as good, went through the summer in the enjoyment of the perfect health which is comprehended in the saying, "There was little falling off in the animal spirits, vigor, and color they showed in the far North." Why? Because they were never allowed to take tea or coffee, pepper or spices, and seldom hot, heavy bread and rich pastry. They were abundantly nourished on oatmeal and cream—Jersey milk with the cream stirred in—graham or whole-wheat flour bread, made light and wholesome, and fruits well and plainly cooked, with not enough sugar to neutralize their natural acid."—*Florida Dispatch*.

Children.—Children make me smile; I love children. I wish they could all be desired, lovingly generated, born of intelligent parents, raised in harmony with the laws of health and naturally educated.

Somebody's Baby.

" I see each morning as I pass
 A tiny house that's on my way,
 A pretty picture through the glass,
 A face that haunts me through the day.

'Tis some one's baby there who crows
 And stretches out his hands to me;
 He thinks I'm some one that he knows.
 I'm not, but I should like to be.

I'm not the only man who goes
 Along the street and glances in,
 But I'm the only one he shows
 The very slightest interest in.

He's taught me one thing that I'd missed.
 His winning ways a seed have sown.
 I'd give my freedom to be kissed
 By such a baby of my own."

—*Waldron W. Anderson*.

A Puzzling Question.

“Grandma says (though I don’t see why)
That I am the apple of her eye;
Brother calls me a dunce; Aunt Fan
Says she thinks I’m a little man;
Father says I’m a reg’lar boy,
And mother calls me her pride ’n’ joy.

Now this is what I would like to know—
How in the world can a fellow grow
Who’s a pride ’n’ joy, an apple, a dunce,
A reg’lar boy and a man at once.”

—*Anna M. Pratt.*

CHAPTER X.

USEFUL RECIPES.

ONE of the best and most simple remedies known for sore eyes, cancers, scalds, burns, etc.: Beat the white of an egg to the consistency used for frosting cake. Let it stand until melted away to a liquid. Bottle, and use with a camel's hair brush or soft cloth. If kept in a cool place, will last for months. Try it.

—*Mrs. Patrick.*

To Keep White Hands.—To prevent the hands from being affected by water or soapsuds, dip them immediately in vinegar water or lemon juice. The acid destroys the corrosive effect of the alkali, and makes the hands soft and white.

To Strengthen the Hair.—“Dilute an ounce of borax and an ounce of camphor in two quarts of water, and wash the hair thoroughly twice a week, clipping the ends off occasionally. It will quickly grow long, thick and even.”

To Remove Moth from the Face.—The principal causes of moth spots are biliousness and torpid liver. Hot lemonade *drank freely*, doing away with tea and coffee, is a sure cure. Use a teaspoonful of lemon or lime juice to one glass of water, *sipped as hot as can be borne*. Let this be the only beverage used until the spots are removed.

To Remove Stains from the Hands.—A few drops of sulphuric acid in water will take the stains of fruit, dark dyes, stove blacking, etc., from the hands without injuring them. Care must be taken not to drop it upon the clothes. It will remove the color from woolen, and eat holes in cotton fabrics.

Catarrh Remedy.—"The fumes or hot air from burning green pine is good for catarrh; so is the vapor from pine needles or hemlock leaves. Put them in a bowl or urn and pour boiling water over them, hold the face down over the mass and inhale the vapor well up into the nostrils and head. This together with plenty of fresh air in the sleeping room, keeping the mouth well closed when out, and the bowels regular, will relieve if not cure catarrh."

Hay fever and colds in the head will be relieved by the above treatment. Fasting and an out-door life will soon remove the cause, which is seated in the stomach.

Lime-Water and Milk.—One wine-glass of lime water, one goblet of milk. Can be retained in the stomach when it rejects everything else. It may be taken as often as desired.

Flaxseed Lemonade.—To a pint of boiling water add two tablespoons of whole flaxseed; when the mixture is cool, strain and add the juice of two lemons and two tablespoons of honey. Excellent for coughs and suppression of urine.—*Dr. Stockholm.*

Egg Lemonade.—The white of a fresh egg, juice of one lemon, a teaspoon of sugar, beat into a glass of water, is a pleasant and nourishing drink in low fevers, dysentery, inflammation of the stomach, pneumonia, etc.

Hot Lemon or Orangeade.—Invaluable for colds, diphtheria, indigestion, dyspepsia, typhoid and other fevers; also, for liver and kidney troubles. It is without doubt the best liver and kidney remedy ever used, and is "safe."

Spinal Beef Marrow is said to be a good remedy for stone bruises, felons and other inflammations. Apply as a poultice; change at least twice a day.

Food for the Lean.—Lean, scrawny people will

find sweet apples, baked or raw, excellent food to give them more flesh. May be eaten with cream or milk.

Rheumatic Remedy.—Take a quarter of a pound of good ginger, and boil in a quart of water until the strength is extracted, then soak and wring out a piece of flannel and apply to the affected part. This will not only relieve the pain but act as a tonic.

Important Facts in the Home.—Entire wheat flour is beyond question the best and cheapest of all articles of food. It contains nearly all the elements to sustain the human body, and is more easily assimilated than any other food. In other words the *Akron Graham Flour* feeds most and taxes the least of any food yet discovered. These facts are worthy of consideration.

How to Gain Flesh and Weight.—“Six articles of food we consider the best for building up fat. They are milk, sugar, potatoes, bread and butter, and sweet apples, baked or raw. Eat sweet oranges, and drink all preparations of chocolate. Do not bathe in hot water, but cold or cool. Keep cool, too, for the mind has much to do with getting fat as well as in other matters. Sleep all you can; cultivate the habit of an after-dinner nap. Above all things don't lie awake of nights fretting about anything; let the fat ones do that.”

Hot Lemonade Cure.—For dyspepsia, indigestion, biliousness, sick headaches, torpid or congested liver, poison or impure blood, the cause of neuralgia and rheumatism, etc., use one-half to a full teaspoon of the juice of a lemon to a coffee cup of hot water, three times a day one-half hour before eating; drink *very hot* and if too sour use less lemon. In some cases, lemon may be used only once each day, taking instead hot water before the dinner and supper meal. It is always wise to do much fasting whenever the system is clogged and the above expressions of disease exist.

A Perfect Network.—A cambric needle point will touch a nerve center as well as a blood vein upon any portion of the body within a sixteenth of an inch of the surface; hot or cold water applied to the surface contracts the blood and nerves instantaneously.

Cure for Sea-Sickness.—If you are to take an ocean voyage, drink sea water and eat sparingly before going aboard ship. If on a fresh water voyage, buckle a belt tightly about the waist, eat only plain food and as little as possible.

How to Cleanse the Blood.—There is nothing better than *hot water*, with a small quantity of the *pure* juice of the lemon added. Take cup after cupful with intervals of fifteen minutes, each day, and remember to carefully select your food, which makes blood.

Asparagus and the Kidneys.—Asparagus acts directly and favorably upon the kidneys.

The Cause and Cure of Gravel.—*Cause:* Impure blood, poor blood, consequently imperfect circulation. —*Cure:* Tone up the system with the use of fresh air night and day, with plenty of sunshine sandwiched between meals of plain, wholesome food as taught in this book. Never omit hot lemonade for all blood impurities.

Paralysis; Cause, and How to Heal.—*Cause* of paralysis is mainly nerve debility—starved nerves. It is now high time to consider them. Developments and discoveries of the last half century have brought nerves to the front; they are as necessary in many positions in life as muscles. The telegrapher and railroad engineer are quite as dependent upon good nerves as muscles. Paralysis and nerve prostration are common complaints and are the result of overtaxing and want of proper nerve nourishment. *Treatment:* Feed the nerves properly as taught, bathe in

pure air, water and sunshine, and do not forget the necessity of proper exercise. Purify the blood, keep the body clean inside and out, using the methods and remedies taught in these pages.

Earache, Treatment for.—Heat a flat iron, wring a napkin or cloth out of water and wrap the hot iron; hold the ear over the steam, which will permeate all parts of the finely constructed organ, and immediate relief will follow.

Insomnia.—Drink a bowl of warm, fresh milk. Taken very slowly before retiring, will produce sleepy conditions. If milk is not convenient, substitute a bowl of hot (*weak*) hop tea.

The Dental Operator.—The dentist who smokes several cigars a day is in danger of becoming a total physical wreck. No calling is more taxing upon the nervous system. The dentist should avoid all narcotics and stimulants.

Suffocation by Gas.—Thousands lose their lives yearly by gas suffocation. Moral: Always have your sleeping rooms ventilated, with door or window open. Never blow out the gas; turn off by shutting the key or stop.

Colds and Catarrh.—To avoid colds, and catarrhal conditions that follow, the body must be kept free from all clogged and congested conditions—constipation and biliousness included; this may easily be done with care in eating, breathing, bathing and exercise. All of the excretory organs must be kept healthy and active; the two-meal-a-day method of prevention persevered in, and plain food chosen, results will be all you can desire. Avoid butter, Irish potatoes, tea and coffee, meat and sweets; eat vegetables, grains, nuts and fruits. Try the above, after the drug store and family physician have failed, and you will succeed. If nearly down sick with a severe "attack," the "saw-

ing-wood exercise," and cold and hot water with a few drops of lemon—a coffee cup alternately used every hour for an entire day—will surely give relief.

The Infallible Cure.—If it is absolutely possible to have an infallible cure, it may be found in a *perfect fast*. To stop eating, to rest, relax and cleanse the body (inside and out) with pure water, as directed in this book, will come nearer a perfect cure for all humanity than any other *one* method under the shining sun. Knowledge and persistence, seasoned with good common sense, are three requisites if one is determined to have health. There are in this volume hints enough to redeem the world from sickness, if the necessary effort is made.

Water, Cold or Hot.—Water is a powerful element. In using it as a remedy, it is only necessary that you understand what may be accomplished with it if properly applied. The most intelligent and independent people make the most and best use of it. It is an established fact that there is no other remedy as safe, as sure, as valuable as water; the ablest physicians in all countries recognize this truth.

Health Not for Sale.—We can't buy health; we must work for it. It is worth working for; the only ones who have it are those who work for it. Obey the universal law of life and health, is all that is required to secure health.

A Specific for Lead Poison.—*The Nature Cure* hot lemonade taken as instructed is a sure cure for lead poison. Painters and men employed in smelters will please take notice of this cheap, safe, wholesome and sure remedy. As a preventive of typhoid fever and all epidemics it has no equal.

Sand Bag.—Make a strong cotton bag, not more than eight or ten inches square; stitch firmly through the center; fill each half with fine sand that has been

thoroughly washed; sew up the open end and cover with strong gray flannel or cotton. Heat in an oven by placing upon your dripper, between two thin boards. It may be heated in boiling water and be used in place of the hot water bottle. For earache, and neuralgic pains of face and head, the hot sand bag is convenient and reliable. Never omit to relax and cleanse the stomach by drinking one or two coffee cups of Nature Cure hot lemonade before each meal, and just before retiring.

The five best Physicians: Dr. Bath, Dr. Ventilation, Dr. Diet, Dr. Quiet, and Dr. Merryman.

Keep Your Mouth Shut.—Breathe through your nose—the natural breathing organ. This natural method of respiration through the nasal organs is by many people ignored. Breathing through the mouth during sleep is the cause of snoring, and should be avoided; many serious ills result from incorrect breathing. Mothers should see that their little ones do not acquire the habit of mouth breathing. If this habit results from congestion in the head—catarrh—teach the daily use of the sawing-wood exercise.

To Replenish a Coal Fire.—Put the coal in small paper bags, or wrap in paper if convenient. By watching a self-feeder, these small bags or bundles may be added through the stove-door, instead of the top, and thus the noise of coal rattling in the scuttle, so disturbing to the nerves of the patient, avoided.

Fainting Spells.—Among the common results of accidents, excesses, surprises and rush of this age, fainting is one. Go slow and at all times command yourself—keep your head level; study the causes and correct them. A dash of cold water in the face, loosening of the clothing, a brisk rubbing up instead of down will remove the spell. Stimulants may be used to restore, but are not a necessity.

Novel Cure for Night Sweats.—A writer in the *Utica Observer* repeats this story: “Well, my sister, Mrs. Kardic, had seemed to be fairly started on the road to the grave, because of consumption. She had night sweats and every indication of that dreadful disease. She doctored, she traveled, but she grew no better. Indeed, we could see that she grew steadily worse. Somebody told her that she could cure the night sweats by setting a large pan of fresh water under her bed every night. Of course she laughed at the idea. People always laugh at any remedy that involves neither trouble nor expense. No; she rather thought such a remedy an insult to her intelligence. Her daughter, however, thought everything worth trying, and slipped the pan of water under the bed without her mother knowing it. Curious, but that night she missed her usual sweat. And every night thereafter when the pan was under the bed there was no sweat.

“Then she was told, and was greatly astonished and delighted. After that, when the water had not been changed, the sweats returned, though she did not know that the water had not been changed; so it couldn't have been the result of imagination. The sweats have been entirely stopped by this simple remedy, and Mrs. K. seems to be getting well. It's a simple thing, but I wish you would write it out in your newspaper letters, for it may do sufferers good. The pan must be set under the middle of the bed, directly under the spine of the patient. Once, when Mrs. K. rolled over in her sleep on the side of the bed, away from the water, the sweats returned.”

Frozen Milk.—Frozen milk is now given to patients suffering with irritable stomachs, and is retained when all other substances are thrown off.

Bleeding at the Nose.—The *Scientific American* says: “The best remedy for bleeding at the nose,

given by Dr. Gleason, at one of his lectures, is in the vigorous motion of the jaws, as if in the act of chewing. In the case of a child, a wad of paper should be inserted, to chew it hard. It is the motion that stops the flow of blood. This remedy is so very simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in the severest cases."

Cure for Most Dangerous Wounds.—An intelligent and trustworthy correspondent, says the *Boston Transcript*, has sent us the following: "The smoke of woolen rags is a cure for the most dangerous wounds. A lady of my acquaintance ran a machine needle through her finger. She could not be released till the machine was taken to pieces. The needle had broken into her finger in three pieces, one of which was bent almost double. After repeated trials the pieces were extracted by pincers, but they were very strongly imbedded. The pain reached to the shoulder, and there was every danger of lockjaw. The woolen rags were put over the coals, and she held her finger over the smoke, and in a very short time all the pain was gone, and it never returned, though it was some little time before the finger healed.

This is but one of many instances of such cure, some of them taking place after several days from the time of the wound. Let woolen rags be kept sacredly and always at hand for wounds. The smoke and stench will fill the house, perhaps, but that is a trifle when the alternative is lockjaw, or even a long, painful sequel to a wound. Another instance was the wound made by an enraged cat, which tore the flesh from the wrist to the elbow, and bit through the fleshy part of the hand. One ministration of the smoke extracted all the pain, which had been frightful."

White of Egg for Infants.—"Stir the white of an egg into a tumblerful of cool water, or water warm

as it can be without coagulating the egg. Give to infants suffering from extreme disorder of digestion and unable to take milk. This simple mixture has saved many an infant's life."

Dryness and Roughness of the Skin.—"Chapped hands, scales, cracks and fissures of the skin are very annoying to those of tender, dry skin, especially so to children. I am often asked what is best to do for them. Anoint them once or twice a day with the following, which will be found excellent also for application on the hands after washing them, when one needs to do it often. It makes the skin soft, smooth and velvety.

"R. Simple tincture benzoin...1 ounce.
Glycerine..... 3 ounces.
Pure carbolic acid.....1 grain.

Mix.

"Be careful to use *simple*, not *compound*, tincture of benzoin."—*Dr. O'Leary*.

A Medical Inhaler for catarrh and lung troubles:

$\frac{1}{2}$ ounce tolu,
1 pint alcohol,
4 drachms oil bitter almonds (for an adult),
1 " " " " (for a child),
1 ounce powdered benzoin.

Cough Remedy.—One half pint of New England rum, one-half pint of honey, one-fourth ounce of tar; hold a spoonful in the mouth and inhale through the nostrils before swallowing it.

Heartburn is caused by irritation produced from some food only half-masticated or some substance not digestible, and has no relation whatever to the heart. Drinking a tumbler of cold water one hour after eating gives relief; by adopting hygienic methods of living the cause will be removed and the burning sensations disappear.

Treatment of Drowned Persons:—

“I. Send with all speed for medical aid, for articles of clothing, blankets, etc.

“II. Treat the patient on the spot, in the open air, exposing the face and chest freely to the breeze, except in too cold weather.

“III. Place the patient gently on the face (to allow any fluids to flow from the mouth),

“IV. Then raise the patient into a sitting posture and endeavor to excite respiration.

1. By snuff, hartshorn, etc., applied to the nostrils.

2. By irritating the throat with a feather or the finger.

3. By dashing hot and cold water alternately on the face and chest. If there be no success, lose no time, but

“V. Replace the patient on his face, his arms under his head that the tongue may fall forward, and leave the entrance into the windpipe free, that any fluids may flow out of the mouth, then

1. Turn the body gradually but completely on the side, *and a little more*, and then again on the face alternately (to induce inspiration and expiration).

2. When replaced, apply pressure along the back and ribs, and then remove it (to induce further inspiration and expiration), and proceed as before.

3. Let these measures be repeated gently, deliberately, but efficiently and perseveringly sixteen times a minute only. Continuing these measures, rub all the limbs and the trunk *upward* with warm hands, making firm pressure energetically. Replace the wet clothes by such other covering, etc., as can be procured.

How to Tell when a Person is Dead.—“While we are decidedly in favor of cremation, we do not admit that the fear of being buried alive should be a reason to cause us to reject burial and to adopt cremation.

There are two simple tests by which we can always convince ourselves whether a person is really dead or not. One test is the same that has been crowned with a prize by the French government. The method of determining actual death which was considered by the French government as being worthy of the reward is the following:

“When the fingers of a person who is supposed to be dead are fully extended, but kept near together, and if placed in front of a candle light in a dark room, a peculiar bright color, due to the capillary circulation, will be visible where the fingers touch each other, if there is any life left. The other is based upon the well known fact that the muscles of a human being will never respond for a longer time to the strongest electrical current than for one hour and a half after death; while, as long as life lasts, may its evidence be ever so little, the contractility of the muscles, if not affected by some forms of paralysis—and in cases thus affected, when death seems to occur, it always is real—remains.”—*Medical and Surgical Reporter*.

To Remove Blackheads from the face, press a common watch key over them, which will push them out.

Drink Water Slowly, holding in the mouth until the mouth is cool and a portion of the water is absorbed. By adopting this suggestion less water will be required, and the tax upon the stomach will be diminished.

A Good Remedy for Sore Mouth is a teaspoonful each of powdered borax and alum, half a teaspoonful soda, and a teacupful sage tea; mix well and rinse the mouth often.

Antidote for Ivy Poison.—Bathe the poisoned member in strong lye from wood ashes and relief is instantly obtained. Wood ashes will in every case prove a sure specific for *all* cases of ivy poison.

Prof. O. S. Fowler's Wet Towel Night Cap.—“Wear a wet towel on your forehead nights, all ye who would redouble your powers to read, think, study, write, remember, do business, or put forth any other kind of intellectual effort.” We fold a towel or napkin till it measures about 4x6 inches, wring out of cold water, place upon the forehead pressing down over the eyes, on to the nose, back nearly to the ears; fasten with a strip of cloth or old napkin until morning. This head compress—or night cap—removes congestion and heaviness of the head and promotes that sound restful sleep so necessary to strengthen and build up wasted tissues. For colds and catarrh there is nothing so soothing, healing and reliable.

Vertigo is often the result of a disordered liver.—*Treatment:* Hot lemonade three times a day with a rigid fast, is a sensible way of recovery.

Food for the Lean.—Lean, scrawny people will find sweet apples, baked or raw, excellent food to give them more flesh. May be eaten with cream or milk. Sweet potatoes, peas, beans, sweet corn, rye bread, *Indian meal* in cakes, puddings or bread, will add flesh if cooked and prepared so they may be easily and thoroughly digested, without too great a tax of nervous energy.

Cure for Smoker's Cough.—Stop smoking.

A Substitute for Lard.—What shall we use instead of lard? is an oft-repeated question. The best substitute is sweet cream for all shortening purposes, but is not always easily obtained, and is expensive. The most practical substitute is beef suet. Try out over a good fire as you would leaf lard; dip off the fat as fast as it accumulates, and it will be soft as lard, and about as convenient for mixing. Prepare only a small quantity at a time, that it may be fresh and sweet. We well know that to follow the above suggestion will cause you more trouble than to order of

your grocer five or ten pounds of lard, but when you consider your own health and that of your family, can you not well afford the extra amount of trouble it will require? Since writing the above, *cocoanut butter* has come into use as a substitute for lard, and gives promise of proving a grand success. All who have used the cocoanut butter speak enthusiastically of it as a superior food substitute.

Remedy for Nausea.—Hot water is the best known remedy, for the good reason that it will relax and cleanse at the same time. Many women and some men are subject to periodical sick-headache in which nausea is very much dreaded. Our hot lemonade is an antidote, and has no equal as a cure-all. When the nerves are seriously involved, and the seat of the trouble seems to be the brain, applications of hot and cold water to the back of the neck and base of the brain will be found upon trial (used *alternately* very hot and nearly ice cold; hot five minutes and cold same length of time) to be very beneficial. The same treatment should be given in cases of bilious colic and cholera morbus. Pouring cool or cold water upon the back of the neck and base of the brain (if the patient is of an active and vigorous organization) holding the neck over a tub or wash bowl, will often relieve nausea even where it is caused by cancerous condition of the stomach.

Raw Beef.—“Physicians often administer to consumptives, and persons of frail constitutions, a diet of finely chopped raw beef, properly seasoned with salt, and heated by placing the dish containing it in boiling water. This food is given, also, in cases where the stomach rejects almost every other form of food. It assimilates rapidly and affords nourishment, while patients learn to long for and like it. Some of the severest forms of that distressing ailment called dysentery, are sometimes entirely cured by the patient

eating a heaped tablespoonful of raw beef at a time, cut up very fine, and repeated at intervals of four hours until cured, eating and drinking nothing else in the meanwhile."

The above recipe is given for what it may be worth; the author of *Nature Cure* substitutes fresh hot milk with the best possible nursing.

Cheerfulness is essential to digestion.

A good laugh is the best of sauce.

Care and grief are the bitterest foes of digestion.

To relieve the itching of *hives* so distressing to children, add a teaspoonful of vinegar to a cup of water and bathe the parts affected.

Wounds and Bruises.—Slight wounds and bruises are easily dressed with a good quality of court plaster; also burns and scalds. More severe wounds, burns and scalds should have a water dressing. Use two or three thicknesses of soft linen folded, and wet in cool soft water; place upon the wound or bruise after the injured part or parts have been pressed to their places by the fingers, then cover and bind with a smooth strip of firm cotton cloth; change as often as it gets dry, or moisten with a sponge and only change once a day. This is all that will be required. This dressing is considered *the best* by all first-class surgeons. Try it for boils, carbuncles, inflamed joints, swelling and *external fevers*. It is clean, simple, reliable and without expense.

Mud Baths and Poultices are often beneficial in drawing out disease from the organism; for example, uterine inflammations, ovarian tumors, etc.

We Eat Too Much, and too fast. We should rest from twenty minutes to a half hour after eating a hearty meal; if you cannot, eat only a bite and wait until you have time to eat and rest before taking the hearty meal.

A Pleasure to be Well Dressed.—“I once heard a mother, who had been criticized for her personal vanity by a somewhat gossipy neighbor, say that she made it a duty and pleasure to keep well-dressed; for she was likely at any hour to be called upon to entertain friends whose good opinion was of such consequence that she could not afford to run the risk of having them find her in any but neat and presentable attire. The friends were husband and children, and she was fully compensated for her care in this direction by their approval and appreciation. To be “well dressed” was not to her mind an admission of extravagance. Good taste and good planning often stand in the place of dollars and cents and the lady in question was able to dress well on half the cost of her neighbor’s wardrobe.

Ring-Worm.—At the first signs of a *ring-worm*, put a cupful of wood ashes in a pan with a quart of cold water, put the pan on the stove, put your finger in the pan; keep it there until the water begins to boil, or as long as it can be borne. Repeat once or twice if necessary.

Distribution of the Sense of Taste.—“Taste, however, is not equally distributed over the whole surface of the tongue alike. There are three distinct regions or tracts, each of which has to perform its own special office and function. The tip of the tongue is concerned mainly with pungent and acrid tastes; the middle portion is sensitive chiefly to sweets and bitters, while the back or lower portion confines itself almost entirely to the flavors of roast meats, butter, oils and other rich or fatty substances. There are very good reasons for this subdivision of faculties in the tongue, the object being, as it were, to make each piece of food undergo three separate examinations (like “smalls,” “mods” and “greats” at Oxford), which must be successively passed before it is admitted into

full participation in the human economy. The first examination, as we shall shortly see, gets rid at once of substances which would be actively and immediately destructive to the very tissues of the mouth and body; the second discriminates between poisonous and chemically harmless food-stuffs, and the third merely decides the minor question whether the particular food is likely to prove then and there wholesome or indigestible to the particular person. The sense of taste proceeds, in fact, upon the principle of gradual selection and elimination; it refuses first what is positively destructive, next what is more remotely deleterious and finally what is only undesirable or over-luscious."

Teach by Observation.—Take your children with you when you travel if you wish to teach without overtaxing them. Children learn faster and easier by observation than any other method.

Most Absurd.—The practice of taking into our stomachs poisonous drugs (which will make a well person sick) to restore a sick patient, when analyzed, signifies an effort to obtain health from a poisonous, life-destroying chemical compound. Can you think of anything more absurd?

For a Cough.—Boil one ounce of flaxseed in a pint of water, strain and add two tablespoons of honey, one ounce of rock candy and the juice of three lemons; mix and boil well. Drink as hot as possible.

Onions.—"Few people dream of the many virtues of onions. Lung and liver complaints are certainly benefited, often cured, by a free consumption of onions, either cooked or raw. Colds yield to them like magic. Don't be afraid of them. Taken at night all offense will be wanting by morning, and the good effects will amply compensate for the trifling annoyance. Taken regularly they greatly promote health of the lungs and the digestive organs. An extract made by boiling down the juice of onions to a syrup

and taken as a medicine answers the purpose very well; but roasted or boiled onions are better. Onions are a very cheap medicine, within everybody's reach, and they are not by any means as 'bad to take' as the costly nostrums a neglect of their use may necessitate."—*Home and Health*.

Onions are excellent to restore hair when removed by ill health or age. Apply the onions frequently to the part affected. The stimulating powers of this vegetable are of service in restoring the tone of the skin and assisting the capillary vessels to send forth new hair.

Tomatoes.—"The tomato is one of the most healthful as well as most relished of all vegetables. Its qualities do not depend upon the mode of preparation for the table. It may be eaten thrice a day, cold or hot, cooked or raw, and to the utmost that can be taken with an appetite. Its excellence arises from its slight acidity and the seeds which it contains. The acidity refreshes and tones up the system in the same manner as fruit, while the seeds act as mechanical, gentle irritants to the inner coating of the bowels, causing them to throw out a large amount of fluid matter and thus keeping them free. The tomato is also very nutritious. The tomato season ends with the frost. If the vines are pulled up before frost comes and are hung up in a well-ventilated cellar with the tomatoes hanging to them, the "love apple" will continue ripening until Christmas. The cellar should not be too dry nor too warm. The knowledge of this may be improved to great practical advantage for the benefit of many who are invalids and who are fond of the tomato."

Bee Sting.—When stung by a bee or wasp make a paste of common earth and water, put on the place at once and cover with a cloth.

When a *felon* first begins to make its appearance

take a lemon, cut off one end, put the finger in, and the longer it is kept there the better.

Often after cooking a meal a person will feel tired and have no appetite. For this beat a raw egg until light, stir in a little milk and sugar and season with nutmeg. Drink half an hour before eating.

"For the benefit of the man who 'blows out the gas,' it should be generally known that a few drops of acetic ether on a lump of sugar will usually revive people who have become insensible from the effects of illuminating gas. Hotel clerks should paste this in their hats."

"That 'blood will tell' all thoughtful men agree,
But whether good or bad the story be
Which thus is told, depends entirely
Upon the blood itself—its quality.
If bad the blood, the story bad will be;
If good the blood, a story good we see."

Drug Remedies.—When humanity come to realize that dosing with poisonous medicine is always a *dangerous experiment*, and is disease-producing, a system that taxes and destroys, that is always more a curse than a blessing, there will be hopes of a better day. Health will then be the rule and not the exception. Let us all work for this result.

"Opinion is the main thing which does good or harm in the world; it is our false opinions of things which ruin us."—*Aurelius*.

Drink Slowly.—Water and milk are both natural drinks; they are both necessary and healthful. Do not hurry when you drink, but do so slowly. In drinking hot—boiling hot—water, red-hot raw lemon or orangeade, for stomach, liver and other troubles, *sip* one-third of a tumblerful. The remainder may, and ought in many cases, to be swallowed rapidly.

Light.—Light unfolds the slumbering faculties, and is a magic wand in the hands of an intelligent

healer. Sunshine and sunheat are more potent to heal than all the discoveries of the past or future. Use them freely and receive a continued blessing. Thinking people are beginning to recognize the law and use of increased or diminished vibration in the cure of disease; wives and mothers should seriously consider the good influence of light and sunshine upon the animal as well as the floral kingdom.

Children under fifteen years of age will learn geography and mathematics much faster by travel and comparison than by drill in the common schools, and will grow and unfold their *senses and mental perceptions* without injury to health.

"Above all things we should have a care to keep the body from disease, and the soul from ignorance."

Rest.—Take a rest after meals, especially after dinner; this is one of the conditions of perfect health.

Mothers' Mistakes.—Mothers make great mistakes in allowing their children to be upon the streets after dark. Children should go to bed early, boys as well as girls. There are a *hundred* good reasons for observing this rule to *one* opposed to it. Eight hours is enough for play or amusement, eight for work or study, and eight for sleep. To do the *most and best* that is possible for your children, teach them early how to unfold their physical lives, their five senses; teach them to be *helpful, orderly, careful and self-sustaining*. This is more important up to twelve or fifteen years of age than books or music. No one thing is more important than to *feed them right*. The grains, fruits, nuts, milk and water are the best.

The Smoking Habit.—"The smoking habit is a form of barbarism. No entirely civilized man ever sets afire the better end of himself. Your pardon, brethren, but out of my conviction I speak—the truth. I am traveling on a Central Iowa freight train—riding in a way-car. There are nine passen-

gers aboard; one a lady. Five of the company are busy smoking cigars and pipes. Circumstantial evidence would, I think, convict one of the remaining four of being addicted to the same vice. The lady, a colored preacher and myself might plead 'not guilty' without great danger of impeachment. Barbarism precedes civilization, attests the world's history.

On a fully equipped passenger train the same thing is true—the smoking car precedes the coaches and the palace cars. And in freight trains the rule still holds good, and preference is given the barbarians by permitting them to convert the public conveyance into a den of obnoxious odors. It is a strange code of unwritten morals that will allow a lot of indecent men to indulge in a filthy vice in the presence and to the injury of a cleanly woman! No gentleman is ever guilty of smoking in a room where there are other persons who do not smoke. It is high time that public sentiment and railroad officials discriminate between this kind of 'personal liberty' and one of the highest rights of decent people—the right to breathe pure air and be comfortable while traveling. Public sentiment ought to ostracise socially the smoking barbarian, and railroad companies should forbid his being a barbarian on their premises."—*The Universalist*.

Stomach.—The stomach was designed solely for the digestion and assimilation of pure food and water. If all other fluids and substances were prohibited from entering this important organ, disease and sickness would be unknown. Poisonous drugs ought to be prohibited by law; also tobacco and alcoholic drinks.

Heredity.—It is a mistake to think because our parents transgressed the laws of life and health, and died of some painful disease, that we may expect to go the same way. There may be some hereditary tendencies, but if we live in accordance with the light

we have in the world at this time, we need not fear heredity, *not in the least*.

Healing Power of Love.—Who can measure the healing power of love and sympathy? Who would be so ignorant or presumptuous, as to place medical experiment in contrast—in place of love and sympathy as a healing power.

How to Avoid Pain.—Nature Cure teaches that pain may be avoided *only* by knowing and avoiding the causes. Pain is a warning that there is something wrong in the camp.

Poisonous Remedies.—Nature Cure teaches and believes, that any method or remedy that will paralyze, narcotize, poison, overstimulate, depress, produce sickness or pain upon any person in health, is injurious to the sick, and that the people should and may *demand* that laws be enacted to prohibit their sale or use as remedies for the sick.

Especial Attention.—The author of Nature Cure especially requests all young married women to carefully read chapter nine. This chapter contains information and instruction invaluable to all married women. There is nothing to be found in any other work that is so practical and reliable upon subjects presented.

Best Thoughts.—“The best thoughts that have ever reached humanity have been born in adversity; they have come to the world through struggle, sometimes through blood, often through tears and soul anguish.”

A Suggestive Cure.—“If any dyspeptic young lady will take five pounds of loose-waistedness, four of short-skirtedness, three of body cleanliness and warmly-clothedness, and with these take a stomach moderately full of unseasoned fruits and vegetables, and unbolted, unfermented bread two or three times

a day, with nothing between, excepting occasionally a gill or half a gill of pure soft water, mixed well with out-of-door exercise, pure fresh air, and plenty of sunshine for both soul and body, she will be cured of the dyspepsia, or almost any other ill that flesh is heir to, without 'aloes,' alcohol, or any other poisonous abominations."

Wisdom of the Aged.—One of the mistakes of old people is in allowing themselves to become sour, irritable, stolid, unsocial, desponding, depressed, indifferent about habits, magnifying their troubles, complaining of their ailments, and too often making their homes and their own lives unpleasant. The aged should be ripe in wisdom and goodness, attractive in person, cleanly and orderly, free from every bad habit, broad, kind, sympathetic and charitable; ripe in love as well as wisdom. If old people desire to be recognized, loved and respected, they must live the lives that will command such love and recognition. Aged people may dress and live very plain, simple lives, and still retain the love and respect of the wise and good. The aged should never think of being sick; envy and selfishness should be buried at fifty, if not before. Character and personality should not be lost sight of. Cremate the selfish, ambitious man, and foster and protect the spiritual, religious man.

Kidneys.—Diseased kidneys are common to those who have indigestion, torpid livers and constipation. The circulation becomes vitiated, the secretions poisoned, and results in disordered kidneys. The kidneys very seldom become deranged if the laws of health are lived as set forth in this volume.

Kidney disease is blood poison; constipation is the immediate and direct cause. A derangement of stomach and liver is the producing cause. Everything that tends to derange and poison the circulation may be classed as causes. Stimulants, narcotics, big

dinners, sexual excess, extremes in dress and all drug medicines are producing causes. *Symptoms.*—Pain and heat in small of back and groins, with irritation and frequent desire to urinate; urine highly colored or bloody. *Treatment.*—Tepid sitz baths three times each day. When there is soreness and inflammation wear the wet compress nights, changing once at least if it gets dry and hot. Drink only *raw* hot lemonade and pure cold water. Eat Graham bread (home-made if it can be obtained), Graham mush and the best ripe fruit, including apples, grapes, oranges, peaches, cherries, strawberries, currants, tomatoes, pears and bananas. A cup of hot water may be taken at meal hours, but should always be sipped slowly at the close of the meal. Rest and sleep and a quiet life will do more—with a plain, common-sense diet—than all the medicine ever dreamed of.

Bright's Disease should be treated as above.

Hygiene of Old Age.—The teeth in old age are of course lost, and they should, unless under exceptional circumstances, be replaced by artificial teeth, for the thorough chewing of food is even more necessary in the old than in the young, because in the old the digestive powers are apt to fail. With the best artificial teeth mastication is apt to be imperfectly performed; hence the food of the aged should be soft and readily comminuted, and especially should it be of easy digestion. Very few old people need stimulating diet; very many are injured by an excess of nitrogenous food. The kidneys, like all other organs, are feeble, and if meats and other rich foods are used in excess, they greatly increase the strain upon these organs. Milk and milk products, or preparations of breadstuffs soaked with milk, should form a very large proportion of the food of the ordinary aged individual, but individual peculiarities differ so much that personal medical counsel should in all cases be taken, so that

the diet may be regulated to the needs of the individual case. Very many old people are hurt by the use of food in *excessive quantity*; but little exercise can be taken; all growth has ceased, and the bodily furnaces which make heat are able to destroy but very little of food fuel.

Elder Evans' Treatment for Felons.—"For the past ten years we have treated felons with hot water, and with unerring success. No cutting, no blistering, no anything but immersing the finger, hand, or even the whole arm, if necessary, in water as hot as can be borne, until the pain is all gone and the core is loosened and drawn from the bone. When rusty nails have produced wounds, the same course has been pursued. If on the hand or foot, keep it in hot water. The cold water compress will check and cure felons, if applied and kept stone cold for the space of from three to five days. Twenty-four to forty-eight hours will cure many cases."

Cancer; Causes and Treatment.—All scrofulously inclined persons are liable to be attackd with cancerous troubles. The majority of humanity have scrofula lurking in their blood. All nations and people who eat the unclean, scrofulous-hog are liable to this disease. Syphillis is a scrofulous expression, and, no doubt is the result of a scrofulous tendency and uncleanliness. Excess has to do with all such diseases.

Tobacco Develops Cancer.—Senator Hill, of Georgia, and General Grant died of tobacco cancer. R. G. Ingersoll, it is said, is afflicted with the same trouble. Our regular doctors never seem to know the cause of any of these terrible expressions of disease, as they often recommend tobacco for indigestion, dyspepsia and other stomach disease caused by gluttony and all manner of excesses. We suppose some doctors will cry, "*quack, quack, quack,*" when they read that *The Nature Cure* points out the causes of cancer and names

the causes in plain English. *Drugging* is another developing cause of cancer. Avoid it if you have any desire to be cured of your cancer or cancer tendency.

A large majority of the cases of cancerous tumors may be cured or entirely arrested and brought within safe limits by the following management: First. Wear a wet compress (covered with half a dozen thicknesses of dry flannel) every night over the tumor. Second. Go out much in the sun. Third. Breathe *full* of the purest air day and night. Fourth. Eat—as taught in these pages. Fifth. Go to bed at eight o'clock and sleep as long as possible. Lie down an hour in the middle of every day and try to sleep. Sixth. Cultivate a cheerful, jolly temper. Seventh. Exercise freely every day in the open air. Eighth. Keep your skin clean by a regular morning bath. As in all other disease the *best* remedy is to avoid the cause.

Boils and Carbuncles.—These afflict those who live too high or grossly as well as those who are ill-fed and poorly housed. They are an evidence of a debilitated condition. Strict attention to diet will modify the trouble. *Treatment.*—In severe cases two or three vapor baths, the milk-packs and milk and water poultices will remove the cause.

The Carbuncle is only a malignant boil. By using hot fomentations or compresses in such troubles, the circulation is quickened; this promotes healthy granulation and prevents the formation of pus. All ulcers and troubles of this type should be kept clean by frequent washing with warm soft water and old English Castile soap. Use the water as hot as can be borne.

Abscesses, Ulcers, Fever Sores.—Treat about the same as for boils and carbuncles. Study the laws of health; cease to violate them. Live a true common-sense life, and all of these scrofulous troubles will be

unknown. Banish every vestige of hog from your home; remember lard and ham are hog.

Tetter, Ringworm, Shingles, Salt-Rheum, Nettle Rash or Hives.—These are eruptive affections, small watery or mattery pimples appearing upon the skin, which dry up, form scabs and scale off. *Causes.*—Bad food, irritating condiments, liquors, neglected, inactive and in some cases dirty skin. *Treatment.*—Cleanse the skin and adopt the hygienic diet. Daily bathing must be observed in all skin disease, and all coarse, gross foods abandoned. The grains, vegetables and fruits should constitute almost the entire diet, and some of the most indigestible vegetables should be discarded. Drink raw hot lemonade and orangeade freely; eat raw onions at least once each day. Discard all salted foods; salt is not food, is not necessary, cannot be digested and assimilated, is always an irritant and a producing cause of salt-rheum and other skin disease.

Erysipelas; St. Anthony's Fire.—This affection is divided into two classes; one produced by the general causes of fever, and the other the result of wounds and injuries which require surgical operations. *Symptoms.*—Chills, nausea, vomiting, great confusion of the head, sometimes amounting to delirium; tongue moist and white, pulse full and frequent. *Causes.*—Same as scarlet fever; the two expressions of disease are very intimately connected with bad dietetic habits. Both are very prevalent where swine-food, greasy sweet cakes and concentrated, indigestible preparations of food are used. Sudden colds, caused by changes of temperature, where the system is prepared by constipation and inflamed by gross foods, seem to be the conditions to develop these eruptive fevers.

Treatment.—Cool the head by cold, wet cloths, or the pouring head bath, at the same time treat

the feet to a hot foot bath. The wet sheet pack in the early stages of erysipelas, is no doubt the very best treatment to reduce the fever, cool and remove poison from the blood. The rubbing wet sheet may be given in place of the pack, if preferred. At least three or four packs in twice as many days will be required to remove the cause. In cases where the fever assumes a typhoid form, pulse weak, circulation low, and heat irregular, it is better to sponge the whole surface with tepid water. Trepid injections should be given freely at the commencement of the attack, but should be omitted in the eruptive stage. An entire change of dietetic habits should be adopted—in fact, a revolution in all the habits. I would substitute the *milk-pack* in place of the water, notwithstanding it is a recent discovery. The use of water for the above disease has been practiced for more than fifty years by hydropaths.

How to Become Lean.—The secret of reducing corpulence can be summed up in two words: *never drink*. If you have the misfortune to be stout, remember it depends entirely on yourself *not* to be so. It depends on whether you or your appetite are master; it depends on whether you can turn your glass upside down, and refuse water, wine, coffee and all beverages, no matter how tempting. Let your motto be, *never drink*, and in ten days you will lose as many pounds. Persevered in, you will go on losing flesh, but gaining better health, more energy and power.

To Purify the Blood.—More than three-fourths or seventy-nine per cent of the blood is water (serum). Now, as the human system is so largely composed of water, that is one of the reasons why it yields such wonderful results in treating disease. When the blood is thick—a common condition—it should be thinned; if thick it lacks water, then why not give it some? The blood does not lack drugs, but water,

therefore we prefer water; don't trouble your corner drug store. Instead, go to your grocer and supply yourself with lemons.

Inflammation, To Cure.—How shall I cure inflammation? Apply heat both internally and externally; this with an entire fast will reduce inflammation and relax the system.

Prevent Asphyxiation.—Avoid asphyxiation by always having a door or window open when stoves, furnaces, lamps or gas are used for lighting or heating sleeping rooms, particularly when gas is used for lighting purposes.

An Antidote.—Hot lemonade is an antidote to all fevers, all causes of fevers, to inflammatory, chronic and skin disease. One-half to a full teaspoon of lemon juice to a coffee cup of boiling water, is the recipe for the genuine article. Drink it red hot; yes, you can, and continue as long as there is one symptom of fever, any pain or sickness. Hot lemonade and an absolute fast will cure when the orthodox drug methods have failed; of course other methods and instructions set forth in *Nature Cure* must be lived to the letter if a permanent and rapid cure is expected. When health is restored, be thankful your system is not full of poisonous drugs.

Coffee and Sulphur Disinfectants.—Coffee burned is a pleasant disinfectant in the home, and in ordinary sickness is sufficient. Sulphur is much more destructive of disease germs, and may be relied upon as a safe and sure disinfectant. The fumes of burning sulphur will purify the house and all surroundings; as it is not expensive, may be used universally. Place on a common stove shovel live coals, then sprinkle the sulphur over them, and burn it wherever unpleasant odors are detected. In cholera, small-pox, typhoid and yellow fever seasons, fumigate your home and surroundings three times a week, every day if you can.

The Reckless Spirit of the Age.—There comes with our modern discoveries and inventions a great increase in death by accident; the masses seem reckless. There are many simple hints in this book that will save life, and protect the body from deformity.

Honey a Remedy.—Honey is the best remedy for the sting of wasps. Spirits of ammonia is good, also common baking soda; dissolve and apply with sponge or rag.

Our Special Specific.—There is law and sound philosophy in our hot lemonade specific. It is a demonstrated, scientific fact that soap and hot water, with a little elbow grease added, will cleanse soiled linen. It is just as thoroughly demonstrated in many thousand families, that *our hot lemonade* will cleanse the stomach, liver, kidneys, bowels and blood, as that soap and hot water will cleanse dirty linen. The philosophy is simple, the law universal and therefore scientific. Heat expands; opens the meshes of the linen, while the alkali or chemicals neutralize the soiled, greasy parts; the dirt disappears and the garment is purified. The hot lemonade opens and cleanses the pores, the lemonade acting upon the human organism as soap does on the linen, and without harm.

Milk Drinking as an Art.—Drink milk slowly, only a mouthful at a swallow.

Influence of Food on Complexions.—“A fine skin is one of the most wonderful and lovely things in nature. It really consists of six layers of network-like lace of the most exquisite texture, the filaments various in size and irregular in arrangement, lustrous as gossamers. The uppermost layer is a series of tiny facets forming a grain, which, when in perfection, shines not only with the reflected brilliancy of the under layers, but with a light of its own, producing that exquisite whiteness which would be destroyed

by anything like rough friction. And people are so idiotic as to lay on cream and unguents, ointments and other mysterious preparations, of whose ingredients they know nothing. In a case that cropped out not long since it was proved in court some stuff sold in a bottle at half a guinea cost exactly three farthings to make. Or was it one farthing? Some fraction of a penny. Coarse skins can be improved, but chiefly from within, not by laying on all sorts of greasy stuffs that clog the pores.

Ladies' papers are always full of questions about them, entreaties for advice, which prove that the owners are alive to their deficiencies. The counsel given is often as superficial as the remedies, chiefly on the principle of offering what is likely to be taken instead of something unpalatable that will be immediately rejected. For it is usually the owners of these large-grained skins who incline to highly flavored sauces, fatty matters, such as rich cream, butter, oily dishes, food fried in fat, salt meats and dried fish, and almost every form of indigestible food. Allied with this is a disinclination to the plentiful use of pure cold water and regular exercise in the open air. Lounging with a novel and munching sweets is a good way to prevent the skin from attaining the degree of beauty possible to it. It is the digestion, overtaxed and unaided, that renders many a girl plain who would otherwise be pretty."

What are Your Habits?—If your face presents pimples or boils, either one or a dozen, know at once your blood is impure, and immediately seek the cause, for there is one, or may be more than one.

1. Inquire as to the food; is it rich, greasy and indigestible?

2. Do you take daily out-door walking exercise, if only a block each day, so that you unload the carbon from the blood by frequent deep breathing?

3. Do you take your daily or tri-weekly bath, keeping the pores open, thus enabling the impurities of the blood to pass out?

Heartburn.—“Half a teaspoonful of common table salt, dissolved in a little cold water and drank will instantly relieve ‘heartburn’ or dyspepsia. If taken every morning before breakfast, increasing the quantity gradually to a teaspoonful of salt and a tumbler of water, it will in a few days cure any ordinary case of dyspepsia, if at the same time due attention is paid to the diet. There is no better remedy than the above for constipation. As a gargle for sore throat it is equal to chlorate of potash, and is entirely safe. It may be used as often as desired, and if a little is swallowed each time it will have a beneficial effect on the throat by cleansing it and allaying irritation. In doses of one to four teaspoonfuls in half a pint to a pint of tepid water, it acts promptly as an emetic, and in cases of poisoning is always on hand. It is an excellent remedy for bites and stings of insects. It is a valuable astringent in hemorrhages, particularly for bleeding after the extraction of teeth. It has both cleansing and healing properties, and is therefore a most excellent application for superficial ulceration.

“Mustard is another valuable remedy. No family should be without it. Two or three teaspoonfuls of ground mustard, stirred into half a pint of water, acts as an emetic very promptly, and is milder and easier to take than salt and water. Equal parts of ground mustard and flour, or meal, made into a paste with warm water and spread on a thin piece of muslin, with another piece of muslin laid over it, forms the indispensable ‘mustard plaster.’ It is almost a specific for colic when applied for a few minutes over the ‘pit of the stomach.’ For all internal pain and congestions there is no remedy of such general utility. It acts as a counter-irritant by drawing the blood to the surface;

hence, in severe cases of croup a small mustard plaster should be applied to the back of the child's neck. The same treatment will relieve almost any case of headache. A mustard plaster should be moved about over the spot to be acted upon, for if left in one place it is liable to blister. A mustard plaster acts as well when a considerable distance from the affected part.

"An excellent substitute for mustard plasters is what is known as 'mustard leaves.' They come a dozen in a box, and are about four by five inches. They are perfectly dry, and will keep for a long time. For use it is only necessary to dip one in a dish of water for a minute and then apply it.

"Common baking soda is the best of all remedies in cases of scalds and burns. It may be used at the surface of the burned place either dry or wet. When applied promptly the sense of relief is magical. It seems to withdraw the heat, and with it the pain, and the healing process soon commences. It is the best application for eruptions caused by poison ivy and other poisonous plants, as also for bites and stings of insects. Owing to colds, over-fatigue, anxiety and various other causes the urine is often scanty, highly colored and more or less loaded with phosphates, which settles to the bottom of the vessel on cooling. As much soda as can be dipped up with a ten cent piece, dissolved in half a glass of cold water taken every three hours will soon remedy the trouble."
—*Hall's Journal of Health.*

Cornmeal Poultice for Inflammation.—Scald two quarts of cornmeal with boiling water and mix with it mustard and red pepper equal parts—say one-quarter of a pound. Will retain heat for a long time and remove inflammation. May be used when hot water applications are not possible.

Uterine Injections.—*Recipe:* To a quart of warm water use a teaspoonful of tincture of myrrh; if ulcer-

ation is suggested by offensive discharges, a tablespoonful of the tincture will not be too much. Use twice or three times a day in severe cases.

Sweating (Sick) Feet.—*Recipe:* Wash the feet daily with warm water; wipe dry, then soak five minutes in a quart of water in which is dissolved twenty grains of tannic acid; let the feet dry without wiping them. This can be relied upon; try it. Some of the largest and most numerous pores of the body are found in the feet; this fact would suggest the great importance of daily bathing, using either cold, tepid or hot water as the occasion requires.

Remedies for Measles.—There is no objection to the use of saffron tea for measles. Hot teas of any kind are no better, however, than hot lemonade without sugar, or plain hot, very hot water, if enough is used. Too much is impossible. Both will produce equally favorable results.

One Jesus, Plato and Lincoln.—“Only once on earth a Jesus; only once in a millenium a Plato; only once in a century a Lincoln; but all through the ages have been humble men and women, lovers of the race, laboring to complete the grand edifice whose foundations the builders of the æons, the milleniums and the centuries have laid.”

His Own Baseness.—“He is himself mean who without cause thinks meanly of another. Conscious of his own low moral plane, he would drag others to his level. His opinions are the suggestions of his own baseness. They are the reflections of himself, and his calumnies his own condemnation.”

Infinitude Itself.—“All around you are the elements and essences necessary for the development of your higher nature. You stand in the realm of infinitude itself, and have but to direct your soul in thought and desire toward it, ere you feel it permeating your

innermost life, for he who truly aspires can not fail to be inspired."

Praise Your Wife.—"How many really good men there are who live from one year's end to another without ever uttering one word of praise for the patient, self-sacrificing wife or mother, who works from sunrise until way into the night. They seem to think it is beneath a man to praise his wife. The orderly, well kept house, the dainty table, and the clean, well-dressed children, are taken as a matter of course. Perhaps she has made your favorite pudding for dinner in hopes of pleasing and winning a smile from you, but you haven't any time or words to waste on her. You eat it, and that ought to satisfy her. Would it have cost you any more to have told her how nice it tasted and how kind she was to make it? It would surely have brightened the day for her and lightened her weary load.

When you wanted to win her for your wife, it was very easy to praise her; in fact, everything she did then was all right in your eyes. Why should it be different now? Is she less dear as your wife than she was as your sweetheart? A man who has never time to praise his wife or give her a few words of encouragement is not worthy of a good wife. The day may come when all too late he will appreciate her, and would give anything to be able to praise or win a smile from the cold, dead face. Women cannot stand everything and I believe that more wives die from their husbands' coldness and indifference and unappreciation than from any disease."—*The Farmers' Voice*.

Tape-Worm Removed by Pumpkin Seeds.—"It is a medical fact, that persons can be cured of tape-worm by the use of pumpkin seeds. The outer skin being removed, the seeds are bruised in a mortar into an oily, pasty mass. It is swallowed by the patient

after fasting some hours, and it takes the place of chyle in the stomach, and the tape-worm lets go its hold on the membrane, and becomes gorged with this substance, and in some measure, probably, torpid. Then a large dose of castor oil is administered, and the worms are ejected before they are enabled to renew their hold. A prominent physician of New York city, speaking of the properties of pumpkins, says that in his travels in Syria he found pumpkin seeds almost universally eaten by the people on account of their supposed medicinal qualities. Not because they are diuretic, but as an antidote against animalculæ which infest the bowels. They are sold in the streets as apples and nuts are here."—*Home and Health.*

Scrofulous Eruptions of Face and Hands.—Slice one or two onions; sprinkle a little salt on each layer; set them away over night, and in the morning bathe the eruptions with the juice. Eat freely of raw onions two or three times daily. You will soon realize the great virtue of this simple remedy. If all people would eat more freely of onions, sickness would be greatly lessened.

Goitre.—An increase of the gland of the neck; increased by a pressing of corpuscles from a blood vessel, or, overcrowding the stomach with food and the blood with corpuscles. Those of scrofulous tendencies are most liable to this affection. *Cause.*—Immoderate eating of rich foods, more attention given to what the appetite craves, than what the brain ought to have. Not enough cultivation of the intellect. *Treatment.*—Cut down the supplies, eat less and drink more, go out more in the open air. Eat plain food, study the teachings of *The Nature Cure*, and in particular, Chapters I., II., III., IV. If any meat is eaten, let it be fish, and *only fish*. Abandon big dinners, devote more of your life to thought. Go out and help the

poor and sick, become a real missionary, preaching the "Gospel of Health," living it at home at all hazards. The goitre should be reduced by wearing a simple appliance for this purpose.

" It is no dream,
No castle-building time, that we call life.
To catch the gleam
Of heaven in the strife,
Our toil must tend to reach the better life.
There is much room
For gratitude—much room for tenderness
In all the gloom
Of sorrow, much to bless,
If we will labor more and murmur less."

Lockjaw.—A correspondent of the *Scientific American* says: "Let any one who has an attack of lockjaw take a small quantity of turpentine, warm it and put it on the wound, no matter where the wound is, and relief will follow in less than a minute. Nothing better can be applied to a severe cut or bruise than cold turpentine; it will give certain relief almost instantly. Turpentine is also a sovereign remedy for croup. Saturate a piece of flannel on the throat and chest, and in a very severe case three or four drops on a lump of sugar may be taken inwardly. Every family should have a bottle on hand."

Coughs.—The paroxysm of coughing may often be prevented or cured by using a little dry salt as a gargle. Let those who doubt try it. It will relieve the tickling in the throat.

To Relieve Severe Coughs.—Equal parts of hoarhound, elecampane root, comfrey root, spikenard and wild cherry bark. Boil in one gallon soft water, down to one quart; strain and add one pound of honey. Take a tablespoonful three times a day, or when the cough is troublesome. The wet compress is as good for coughs as for sore throat. Try it. Roast a lemon very carefully without burning it; when it is thoroughly hot, cut and squeeze it into a

cup upon three ounces of sugar, finely powdered. Take a spoonful whenever your cough troubles you. It is good and agreeable to the taste. Rarely has it failed of giving relief.

To Cure Headaches.—Much sick headache is caused by overloading the stomach—by indigestion. It will be relieved by drinking freely of hot water, or hot, unsweetened lemonade or orangeade (lemon is best). If feet are cold warm them or bathe in water, very hot, in a deep vessel, so that the water will reach nearly to the knees; keep hot for half an hour. If pain is very severe apply a hot compress to head. Pack the head. Treat common headache same as above. To prevent it, let plainness, simplicity and temperance preside at your table. Medicine is not necessary. The above treatment, using from two to four goblets of hot water or raw lemonade will cure any case in two hours' time.

Rheumatism.—*Acute or Chronic, Sciatica, Lumbago, etc.*—This is an inflammatory disease. Symptoms so well known as not to require a description from us. *Causes.*—Improper habits of eating, drinking, sleeping, exercise, breathing, dressing, bathing, etc. Study the Nature Cure, especially the chapters on diet, exercise and bathing; live up to the teachings and you will not have rheumatism in any form. *Treatment.*—The Russian and massage treatments are sure cure in connection with right living. Tobacco, liquors and all medicines must be avoided. The *Russian* method of concussion if followed up persistently will cure old chronic cases, also *massage*, which is similar. Slapping and rubbing until reaction or the circulation is increased will remove the trouble. Treat inflammatory cases with hot compresses, fasting, rest and the best nursing that can be obtained.

The primary cause of all rheumatic conditions

is a thickening or coagulation of the blood. Hot water, hot lemon or orangeade without sweetening drank three or four times a day, will aid in a permanent cure of all this class of troubles.

Inflammatory Rheumatism.—*A Strange Cure.*—A gentleman writes to a Pittsburgh paper that he was completely cured by handling doves. He procured a number and would stroke and play with them daily, and the result was a cure for him but death to the doves. This remedy is so simple the experiment is worth trying. We know that doves, as well as the peacock, possess a large amount of magnetism.

Neuralgia, like rheumatism, is well known. *Causes.*—Use of tea, coffee, liquor, tobacco, drugs, rich foods, fiery condiments, pungent spices, etc., etc. *Treatment.*—Two thermal or vapor baths daily if pain is severe, washing off in tepid water. If face and head are affected bathe them with tepid water. In severe cases the hot compress applied same as cold compress will be very beneficial. Discontinue tea, coffee and all highly seasoned rich foods, live plain and bathe more.

A Suggestion to Men.—The best way to increase your strength, cool your passional nature, quiet your nervous system, gain perfect control over all the passional part of your life, which, if controlled, gives tone, strength and character, but without control drags down the very best men. Take the cold sponge or towel bath every morning, as regularly as you wash your hands and face; be particular to bathe the hips, groins and private parts. This course, adopted and practiced, will do much to give men power over themselves, secure health and vigor to the entire system, ward off piles, kidney, bladder and other disease.

Milk Leg.—An inflammatory dropsical swelling of the leg, occurring generally after child-birth, though

sometimes in pregnancy, but never will occur if the teachings of Nature Cure are followed. Under the drug system it often seems incurable. *Treatment.*—See that the bowels are not “locked up;” if they are, study article on constipation. As soon as uneasiness is felt about the groin and thigh, with urinary trouble, take a cold sitz-bath once or twice a day; if chilliness is felt, keep the hands and arms in hot water during the bath, which may last from fifteen to thirty minutes. The cure can be made perfect by following this course of treatment a short time, which is very important to prevent a recurrence of the difficulty. *Diet* should be of fruit and grain, with strict attention paid to rest, sunshine, and a harmonious use of all the functions and faculties of the body without neglect of the brain.

Palpitation of the Heart.—This trouble usually indicates a deranged condition of stomach, liver and bowels, also lack of active out-door exercise. Plain food, cold baths, use of hot water in place of tea and coffee, plenty of sleep and no worry, will heal the worst cases. Frequent thermal baths will prove beneficial.

Yellow Fever.—As the cause of this malignant type of fever has not been ascertained and accepted, we will take the time of the reader only to give our views. Debility is the immediate cause. The primary cause, there can be no doubt, is a deranged condition of the digestive organs, caused by poisonous gases inhaled for months prior to the breaking out of the epidemic. The cause is similar to that which develops typhoid fever, diphtheria and other summer and early fall disease in the north, which is surely very bad sanitary conditions about the homes of the persons or families who are attacked with these troubles. In some instances a partially dry well, low water, bad sewerage or some nuisance of a public

character, like the cemeteries of New Orleans, vaults all above the ground, or nearly so. If the city of New Orleans would cremate their dead and compel the authorities to enforce perfect sanitary conditions, yellow fever would not be the terrible disease and scourge that it is and has been.

People should turn their attention to seeking *causes*, and then they would not fear effects. There is no doubt that yellow fever is first invited into the homes by persons who have become debilitated from overwork, excess of some kind, poor, coarse, gross food, bad surroundings, poisonous gases, resulting in indigestion, torpid liver, deranged kidneys and bowels and a general letting down of the whole vital system. *Treatment:* First, disinfect the house and entire premises, and do it most thoroughly. Second, exclude everyone from the premises except those who are interested in the recovery of the sick one. Third, adopt the hydropathic treatment and you are safe—more safe than in any other known method. Fourth, the pouring head bath, to be continued and extended, so that a steady stream of water is conveyed down the back upon the spine, from the base of the brain to the hips. It will aid much for one of the two attendants to rub with hands the base of the brain, neck, spine and back until the system is restored to a natural condition. After an hour's rest, and time to judge of the effects, if farther treatment is needed to reduce the fever and restore the system to the normal temperature, use the rubbing wet sheet. Continue the head bath and dripping wet sheet treatment, not omitting the rubbing, until normal condition is restored. Fifth, take a vapor bath and sweat copiously, drinking an abundance of cold water—a half tumblerful at a time—and swallowing slowly while in the sweating bath. Let this bath be followed by the head bath and rubbing wet sheet, occupying only time enough to cool and equalize the

circulation. The patient should drink a large tumbler of raw, hot lemonade three or four times every twelve hours, and all the cold water possible between. Fast until entirely restored.

If proper sanitary conditions are adopted, and hot, raw lemonade is used through the entire warm season, no fear need be entertained of yellow fever or any other dangerous disease. Always include common-sense hygienic living. Sixth, secure the *best*, most healthy, positive nurse, and then act promptly; follow up the treatment persistently until a change comes. We know of extreme cases, requiring the combined efforts of strong men to control them, who were treated by pouring or dashing cold water upon them until the fever and delirium were subdued. We do not advise such heroic treatment as the above, but would feel safer even with that than with all the drug doctors and drug science yet known. If you expect to recover, *do not under any circumstances take poisonous drugs.*

Sleeplessness.—*Causes.*—Severe study, intense attention to business and protracted watching are common causes. Cold feet, eating near bed-time, taking stimulating drinks in the evening are causes. *Remedies.*—A hip bath at bed-time, or the hip bath and dripping wet sheet is better, *when the causes seem to be mental.* The warm foot bath, abdominal compress, active outdoor exercise or exercising in a cool room well ventilated, in a state of nudity, *when the causes are physical.* Drink *hot milk* instead of tea or coffee.

Fidgets and Anxiety.—Fidgets is known by a perpetual desire to change the bodily position; anxiety by a desire for continued locomotion. *Cause* of fidgets, too long confinement of the body in a motionless position. Children at school, writers at the desk, women with the needle are illustrations of causes. Restlessness with anxiety is peculiar to persons of

nervous temperament. Constipation is a common and very frequent cause. *Treatment* same as for sleeplessness, adding hip bath and warm water enemas where constipation is a producing cause. Take rest and change, go fishing and "rough it" for a few months, avoiding tea, coffee, tobacco and all stimulating causes, and the trouble will fly away.

Baldness.—"The cause of the falling out of the hair is not fully understood. In most cases it is doubtless due to some failure in the nutrition of the hair follicles. In the aged it connects with the feebleness that characterizes the functions of the skin generally. Heredity has much to do with it, as it has with all the bodily functions and organs. Individuals in some families become bald early in life from generation to generation. Coarse hair seems to have more vigor than fine. It is well known that violent emotions sometimes suddenly blanch the hair, the cerebral nerve (the tropic center, so called) which controls the nourishment of the hair, being affected by the shock. Fright has caused a rapid and almost immediate falling off of the hair."

In Cases of Poisoning.—Make your patient vomit by giving a tumbler of warm water with a teaspoonful of mustard in it, and send for the doctor. If the poison is acid, give magnesia and water, or chalk and water, or soap and water, and plenty of warm water besides. If it is an alkali like potash, give vinegar and water, lemon juice or some other safe acid. Always remember the emetic first. If laudanum, strong coffee is a good thing to give until the doctor comes. Keep the patient awake.

Lard for Bruises.—Lard as an application for bruises is considered indispensable by many housekeepers. If put on as soon as possible it will usually remove all soreness and prevent the discoloration that usually follows such a hurt. If the bruise is severe

it may not cure it entirely, but will help it in any case. A blow on the face followed by a black and blue spot is especially annoying, but unless so near the eyes as to settle black under them, lard will prevent such discoloration. Try it when next you are so unfortunate as to get a bruise. Should not care to use lard for any other purpose.

Quinsy.—Inflammation of the throat, or sore throat, unless promptly attended to, may run into malignant or putrid sore throat, diphtheria or croup. Throat and tonsils become swollen, sore and painful; swallowing difficult, and generally violent fever. *Treatment.*—Same as for a cold or diphtheria. If feet and legs are cold, take hot foot bath, also immerse hands and wrists, and bathe arms in hot water. If tonsils and throat are ulcerated, gargle with hot water. If not gargle with cold water. Use ice in small lumps, or snow, to be melted in the mouth. Continue the treatment until relief is secured. If the fever becomes violent, and the inflammation of the throat severe, the dripping wet sheet will be necessary; the object being to attract the excessive heat to the surface.

Causes of Sudden Death.—Very few of the sudden deaths which are said to arise from disease of the heart, do really arise from that cause. To ascertain the real origin of sudden deaths, an experiment was tried and reported to a scientific congress at Strasburg. "Sixty-six cases of sudden death were made the subject of a thorough post-mortem examination. In these cases *only two* were found who died from disease of the heart. Nine out of the sixty-six had died of apoplexy, while there were forty-six cases of congestion of the lungs—that is, the lungs were so full of blood they could not work, there not being room enough for a sufficient quantity of air to enter to support life." Congestion and a clogged condition are more dangerous than heart failure.

A Cure for Hydrophobia.—"Take three ounces of the root of elecampane, stew it in a pint of new milk and give it, milk and all, to the patient in the morning while the stomach is empty; have him fast six hours after taking it; repeat the dose three times in three successive mornings and the cure is complete. Several persons have written to say that it had been tried, on my recommendation, and with success. One man who had two children and, I think, twenty hogs and cows bitten by a dog furiously rabid, had administered it to all, and six months after wrote to say that none of them had had any symptoms of hydrophobia. Elecampane is generally known as a powerful medicinal plant, and, as it has been successful and doctors are powerless before this disease, I hope it will be promptly tried."—*Jane Grey Swisshelm.*

Cholera Morbus.—This is a bilious variety of cholera, the special symptoms being frequent vomiting and purging, including a copious amount of bile, and attended with much pain.—*Causes* most common are indigestible articles of food, and too free use of drugs. *Treatment:* Cleanse the whole alimentary canal as promptly as possible by drinking freely of hot water and a copious use of warm water enemas; follow this by frequent sips of cold water, administering cool enemas after each evacuation. Apply to the abdomen a cold compress covered with dry, soft flannel, which should be frequently changed. If the griping is severe use the *hot* sitz-bath. If there is much external heat and tenderness of the abdomen, use the *cold* sitz-bath. Let the food be exceedingly simple. Ripe acid fruits (whatever is craved) may be eaten in moderation, with gruels of wheat or rice.

Diphtheria and Croup Cure.—A Paris paper contains a report made by the "French Academy of Medicine," and written by Dr. Delthel, giving a cure

for diphtheria and croup. The doctor states that the vapors of liquid tar and turpentine will dissolve the fibrinous exudations which choke up the throat in croup and diphtheria. The directions for use are as follows: "Pour equal parts of turpentine and liquid tar into a tin pan or cup. Set fire to the mixture. The air of the room soon becomes obscured by the dense resinous smoke, which arises therefrom. The patient immediately seems to experience relief; the choking and rattling cease, the patient falls into a slumber, and, seemingly, is very grateful for the smoke. The fibrinous membrane soon becomes detached, and the patient coughs up microbicides. These, when caught in a glass, may be seen to dissolve in the smoke. In the course of three days afterward the patient entirely recovers. Two tablespoonfuls of tar and two tablespoonfuls of turpentine, will be a sufficient quantity to use at one time." The above cure could be used in connection with the water, ice and bath treatment, as presented in the *ninth* chapter, if so desired. There would be no harm to the patient if both were used.

CHAPTER XI.

OBJECT LESSONS AND TABLES.

REPETITION is an almost universal expression in all forms of life. Growth and Repetition go hand in hand in all the varied expressions, from the atom to a world, like the one we live on; from our small world to a system of Suns, Moons and Stars to an infinite universe; from the first form of organic life to human life, on and on to spirits, angels, arch-angels, demi-gods to 'Being,' universal spirit.

The Methods of Common Sense Medicine.—Medicine, like life, is a round of repetition in many respects. The methods of common sense medicine are as varied as human faces and forms. Repetition of any established rules, methods or remedies in treating the sick, ignoring change, growth and the infinite variation of conditions and human expressions, is a serious mistake, a dangerous error. In this and the closing chapter some repetition may be necessary, as the author desires to make some portions of them just as emphatic as it is possible for the English language to make them.

Sunlight and Sunheat.—If it were possible for me to dip my pen into the condensed extract of life, light, beauty, strength and glory, I should fail to convey my convictions of the value of sunlight and sunheat upon animal life.

In the first chapters, my views have been given

fully upon the necessity of air, water, food and exercise in preventing disease.

Deprived of sunlight and heat the human form could not be perfected; deprived of light and heat, animal and vegetable life would shrink, shrivel and become extinct. To shut out sunlight and sunheat from homes is to dwarf our children, invite disease, increase nervous irritation, weaken sight, debilitate the entire physical structure, limit the vital electric spark, depress—retard—vibrations, shadow the spiritual and moral aspirations of the entire household, and cast a cold, oppressive influence upon friend and neighbor; but the lace curtains, carpets and furniture will look better, smell more musty, and the home will conform more strictly to society's whims, by barring out the sun and its life and health-giving virtues.

The home can never be successfully converted into a dungeon, tomb, or fashionable furniture advertisement. Use your homes, and never allow your homes to use you, is my advice.

Health Tints.—Health tints are as natural as the beautiful tints upon the flowers; without sunlight and sunheat, the flowers would be as pale and sickly looking as many of our young ladies who exclude the sun from their homes.

Increase Vibration.—The sun's rays increase vibration, strengthen the physical form, sweeten the temper and disposition. Among the producing causes of rheumatism, neuralgia, and nervous affections are sunless, illy-ventilated sleeping and living rooms.
Turn on the light and sunshine.

Overwork is destructive to life and health; it is much wiser to dispense with a thousand trifling luxuries of dress and appetite, than to be compelled to overwork in caring for them, or to prepare unnecessary dishes for our tables.

Do not bustle, worry or get excited; keep nerves and muscles perfectly under control of your good common sense.

Weigh and measure all your efforts; do nothing in a careless or haphazard manner; order is law, and to be happy we must obey all of nature's laws. God's laws are good and natural, because uniform and just.

Do not work and worry yourself nearly to death that you may live; make every day joyous; put aside pride and the follies of fashionable life, and live true and free to your own conditions and circumstances.

To be free, happy, harmonious and contented one needs to understand what life signifies—to see that it means more than selfish gratification.

Tired People, worn out housewives, should understand the result of the extra strain put upon them, take the matter in their own hands and make a change for the better. First, cut off all unnecessary work, dispense with all or many of the luxuries, and you will soon find the rest so much needed.

Every portion of the physical organism is built up, healed and invigorated while we are sleeping, resting. Rest you can, rest you *must*, or rest you will in your grave.

The Mother of Maladies.—Everything about the home that relates to health in any direction should be orderly, cleanly and convenient as possible. The bath-

room and out-house should be as clean and inviting as the dining room. Neglect in this direction invites constipation, which is said to be the "*mother of maladies.*"

Hot Baths.—Hot baths remove impurities from the blood and vital organs more rapidly than cool or cold baths, also equalize the circulation and restore normal, healthy action of all the parts. Taken in connection with the *hot lemonade*, we have the most thorough and powerful therapeutic agent known to the medical profession.

The Best Appetites.—Avoid stomach stimulators and appetizers. If the stomach does not want food, give it a rest until you have an honest appetite. Stimulators weaken the stomach, as well as all the vital organs, by overtaxing them, and are indigestible. A rest of three, six, ten or twenty days, with out-door exercise, in the sun, eating only one scanty meal each day, will give the stomach and digestive organs time to recuperate and regain a normal condition. The very best appetizers are exercise in the open air, plain vegetable and fruit diet and well-ventilated sleeping-rooms.

Eat to Live, Not Live to Eat.—Eat slowly and enjoy your meals; give your thoughts and time to one of the most important necessities of life. Make every meal a pleasure; it may be seasoned with pleasant conversation, but not with any taxing, irritating or exciting discussion.

Turkish Towel.—An editor offers a turkish towel as a premium to new subscribers, probably on the well-known principle that towels increase the circulation.

Supreme Intelligence Rules.—"The sick should learn that supreme intelligence rules the universe and that health stares them in the face. The air we breathe is full of life. The electric company runs it on a wire. But we must keep our fingers off the live wires. Let electric appliances alone. Let drugs alone. Put yourself in touch with nature by a repair of the visible nerve centers, so as to utilize this ever-present force, which is sufficient for our bodily needs."

Appetites Normal and Abnormal.—An able professor, teacher in one of our most advanced and liberal medical universities, when asked for some practical rule for selecting food, gave the following: "First, examine the article of food with your eyes; second, smell it; third, taste it. If it passes these three sentinels you may trust it to your stomach."

In connection with the above we will here repeat what we have written in a previous chapter as our suggestion. It is only a single sentence but is very far-reaching and significant, viz.: *The foods that feed the body the most, and tax the least to digest and assimilate are the best.*

The natural appetite is satisfied with the food nursed from a healthy mother's breast. It is difficult to find a normal appetite after the age of ten years. Normal appetites will reject all condiments and stimulants and will be fully satisfied with natural foods.

Obesity, Corpulence.—This, when it assumes large proportions, may be called disease. Fat accumulates about the kidneys and the abdomen and causes difficulty of breathing, because the motion of the diaphragm is restricted.

Causes.—Often too free indulgence in rich and highly seasoned food; too much flesh food, freedom

from worry, an indolent or sedentary life. Too much thought spent upon what we shall eat, and not enough time devoted to the culture of the intellect.

Symptoms.—Enlarging of muscles, want of breath and impeded circulation.

Treatment.—Stop drinking stimulating or other drinks. Restrict yourself to eating very plain food partaken of in very small quantities. Abstain from starch and other nutritious and fattening foods. Take two meals each day. Use regular and daily active out-door exercise. Bathe daily. Get a bicycle; riding is an excellent method of reducing flesh. Sleep but few hours; rise with the lark every morning. Rigidly observe these directions, and the most unwieldy man or woman will soon be reduced to proportions agreeable. Should you desire treatment more in detail as to food, etc., etc., write the author, enclosing stamps, and he will be glad to advise further.

Mental Light.—Mental and spiritual light crystallize error as sunlight does disease germs; therefore turn on the light; let into your life all the mental, physical and spiritual light possible, and drive out error, sickness, ignorance and disappointment.

Wheat the Best Cereal Food.—Wheat preparations, what is now labeled the "entire wheat flour," are said to be the best, because all the organs and functions of the body are fed in about the right proportions by its use.

Wheat is Superior to Oatmeal, is easier digested, contains more to feed the brain and nerves, and less of the heating fatty elements.

How to Prevent Sickness.—"My husband has a

sure preventive of sickness; shall I tell you what it is?" said a lady to one of our solicitors, who was spending the winter in a southern city.

"Every morning he drinks a large cup of hot or cold lemonade, without sugar, before he eats his breakfast, and he never gets sick; he has kept up this practice now for nearly a year. Before this he was often sick."

The lemon acts as an antidote for any condition of poison that may exist in the blood, and the water cleanses and carries off impure secretions. What a world of wisdom is contained in those few words! The Nature Cure teaches the same thing and a deal more.

Anti-Poison Drug Doctors.—If you think you must take drugs, why not employ the anti-poison drug doctor?

The Physio-Medical school of drug doctors do not use any poisonous drugs. A college of anti-poison drug practice is established in Chicago. Dr. Pecumen is one of the professors.

Demonstrated.—The basic principles of *Nature Cure* have been demonstrated in this, and every country upon this globe; they are the life experiences of millions of intelligent people, and are a positive protest against drug experiments. Divested of tradition and prejudice, the masses can abandon the old for the new, and be successful.

Indorsed.—All that is true and practical in mental healing, prayer and faith cure, Christian science, and all other science, I indorse so far as understood. The world at this time needs all the healers.

OBJECT LESSON No. 1.

The following are popular medicines used by drug doctors in their practice at this time:

1. CALOMEL.
2. CORROSIVE SUBLIMATE.
3. STRYCHNINE.
4. MORPHINE AND OPIUM.
5. ARSENIC.
6. PRUSSIC ACID.
7. SULPHURIC ACID.
8. NITRIC ACID.
9. QUININE.
10. ACONITE.
11. CHLORAL HYDRATE.
12. DIGITALIS.

OBJECT LESSON No. 2.

The following are the remedies and methods of reformatory doctors at the present time:

1. SUNSHINE AND SUNHEAT.
2. PURE AIR.
3. PURE WATER, Hot and Cold.
4. PURE FOOD.
5. LEMONS, and other Acid Fruits.
6. SOAP, OLIVE OIL, COCOANUT OIL.
7. MILK, Hot and Cold.
8. THE MAGNETIC HAND.
9. ELECTRICITY.
10. MASSAGE.
11. MENTAL AND SPIRITUAL HEALING.
12. ANTISEPTIC REMEDIES.

A score or more of home remedies may be found upon a single page in this Chapter.

NECESSITIES

OF

LIFE FIRST.

REAL LUXURIES,

LOVE, SYMPATHY,

AND

JUSTICE

ARE NOT SOLD

ON THE

MARKET;

THEY ARE ROYAL ROBES

FREE TO ALL.

PURE AIR
FOR THE LUNGS.

PURE FOOD and WATER
FOR THE
STOMACH.

ACTIVE EXERCISE,
FREEDOM OF MUSCLE
NERVE AND THOUGHT,
WILL VITALIZE
THE CIRCULATION,
THE RIVER
OF LIFE.

The Nature Cure Remedies.—Air, water, sunlight, sunheat; cleanliness inside and out; baths, hot, cold, Turkish and vapor; sun baths, sea baths, air baths and towel or sponge baths. Flaxseed tea, flaxseed lemonade, turpentine, tar, pumpkin seeds, onions, resin, pitch (pine), potash, hoarhound, sage, olive oil, coacconut oil, phosphate of lime, carbolic acid, English castile soap, scorched flour, quassia, salt, lime, honey, hops, smartweed, vaseline, tincture of myrrh and other antiseptics, smoke of woolen rags, frozen milk, lime water, glycerine, white of eggs, catnip, slipperly elm, gum arabic, tincture of bloodroot, etc., etc., etc.

The following *menu*, which I will call *old style*, is copied from *The New Buckeye Cook Book* (considered a standard work, I know of none better).

January Menu, Old Style, One Day.

Breakfast.—Cracked wheat, pigs feet souse, fried potatoes.

Dinner.—Boiled bacon with cabbage, potatoes, turnips, carrots, onion sauce, chicken pie, bread pudding with sauce.

Supper.—Biscuit, cold bacon shaved, bread and milk, sponge cake and jelly.

April Menu, Old Style.

Breakfast.—Long breakfast rolls, broiled porterhouse steak, hominy croquettes.

Dinner.—Chicken soup, chicken dressed with egg sauce, whole potatoes, spinach, young lettuce and onions, sweet pickles, orange float, caramel cake.

Supper.—Cold chicken and current jelly, cold rolls, snow custard, cake.

The *new style* bill of fare is a fruit and vegetable diet almost exclusively, and is considered by the author as far superior to the old style, and requiring much less time in its preparation.

January Bill of Fare, New Style.

Breakfast.—Apples, oranges, figs, dates and raisins (your choice), graham, ryemeal or oatmeal mush and griddle cakes.

Dinner.—Apples, raisins, figs and nuts; vegetable soup, baked sweet potatoes, potato salad, Indian pudding, cranberry sauce.

Supper.—Baked sweet apples, stewed peaches, cold graham gems, cold mush and milk.

April Bill of Fare, New Style.

Breakfast.—Apples, oranges, bananas, figs, dates, boiled eggs, sweet potatoes, griddle cakes, maple syrup, graham gems, nuts and raisins.

Dinner.—Apples, oranges, bananas, figs, dates, boiled eggs, bean soup, potato salad, baked potatoes, parsnips, vegetable oysters, spinach, rice pudding, pumpkin pie, cheese.

Supper.—Oranges, evaporated apples or dried peaches, bananas, milk toast, eggs on toast, cold mush and milk, plain molasses cake, graham gems.

July Bill of Fare, Old Style.

Breakfast.—Breakfast puffs, stewed kidneys, radishes, young onions.

Dinner.—Boiled fish with egg sauce, mashed potatoes, squash; cherry dumplings with sauce, lady fingers.

Supper.—Cold rolls, sliced ham, fried tomatoes, rusk with stewed currants.

October Menu, Old Style.

Breakfast.—Sunday—Baked beans with Boston brown bread, baked apples with cream.

Dinner.—Oyster soup, roast duck, grape jelly, celery, mashed potatoes and turnips, slaw, lemon ice, compote of pears, cake.

Supper.—Sliced duck, bread and milk.

July Bill of Fare, From Health Point of View,

Breakfast.—Oranges, bananas, berries, figs, dates and raisins, cream or milk toast, graham gems, cottage cheese, graham, ryemeal, or oatmeal mush. cereal coffee.

Dinner.—Tomato soup, oranges, bananas, ripe cherries, strawberries and cream, green corn, peas, string-beans, beet greens, squash, tomatoes, egg omelet, nuts, raisins, bread pudding, rice pudding, cake.

Supper.—Pears, peaches, cherries, plums, berries, bananas, figs, graham bread or gems, cheese, cake.

October Menu, New Style.

Breakfast.—Sunday.—Apples, pears, peaches, melons, sliced and cooked tomatoes, sweet potatoes, mush and cream, griddle cakes and syrup, nuts and raisins.

Dinner.—Vegetable soup, apples, pears, grapes, melons, lima beans, sweet potatoes, boiled eggs, cranberry sauce, sliced tomatoes, beets, squash, Indian baked pudding, currant jelly.

Supper.—Grapes, peaches, pears, poached eggs on toast, cheese, cold gems, honey.

The Causes Within.—Be mindful of the causes within as well as those without. Sewer gas within if allowed to accumulate and remain, is quite as dangerous as sewer gas (the commercial article) without. Keep the sewers within, clean, is a law of health.

The Survival of the Fittest.—Learn or perish, is a lesson to be gained from constantly recurring epidemics. To prevent their recurrence we must have more knowledge. Knowledge is power and will banish fear.

His Hearty Meal.—One of the leading thinkers, a teacher and reformer of this age, when asked what time he would like his hearty meal on Sunday, replied: "I do not like hearty meals; they tire the persons that eat them; as well as those that cook them."

What Disease Afflicts.—Tell me what disease afflicts the body, and I will point out the food you eat and give the cause of the physical derangement.

Digestion.—An important part of digestion is performed after the food leaves the stomach.

Physicians a Necessity.—As long as humanity remains in ignorance and darkness neglecting the everyday necessities of life, often disregarding every law of health, physicians are a necessity.

The drug doctor is educated to get a living by prac-

ticing the drug methods. He must live by his profession; he will never change so long as the masses demand drugs and drug experiments. As soon as better, more reasonable, safer and surer remedies are demanded he will change and adopt the best. The drug doctor must live, live honestly if he can, but live he must. Some of them are sorely tempted. If they were taught to teach the people how to maintain health, how to live and avoid sickness, how to doctor without drugs or dangerous experiments, the profession of medicine would be uplifted to its true plane and position.

Advice to Mothers.—Let me give you a few suggestions worthy of careful attention:

When your family physician (who is only human), or some surgical expert advises you to submit to an operation for the removal of ovaries or uterus, one or both kidneys, or any other similar experiment, ask him how you can live and fulfill your duties and obligations if a part of your womanhood is taken from you? Say to him, you will consult your husband, and if he will consent to go on the operating table and be unsexed at the same time, and pay the bills, you will consider his advice and the whole subject seriously.

His reply will be quite sure to settle the question of the necessity of an operation; the doctor will conclude he has lost one good paying case.

Operations Denounced.—Such operations, like those previously mentioned, should be denounced by every lover of humanity, because unnecessary. Such experiments, if successful, will not produce health,

but weakness, sickness and loss of womanhood. Such operations are schemes of the unscrupulous for the money in it, no more nor less.

These experimental operations pay well in two ways. First, they afford opportunity for a reckless class of physicians to become experts. Second, as experts they command large compensation.

Health Destroyed.—Not one woman in ten ever secures health though she lives through an operation for the removal of the ovaries or uterus. A few women, I am sorry to say, seek to be operated upon for the purpose of preventing conception; they are sure to succeed, even though they die. They refuse motherhood, God's highest gift to woman, and want to be unsexed.

There is no civil law to-day forbidding woman to destroy her womanhood or unborn offspring, but a higher moral law should suffice, and prevent this too frequent occurrence.

Money Experiments.—This is my position: Ovariectomy, laparotomy, removal of the uterus and vermiform appendix are, nine times out of ten, experiments for money. Such experiments, attended with great danger to precious human life are unprofessional, and the medical expert entirely unworthy of respect or patronage.

Wretched Results.—In one locality where these practices are carried on quite extensively, every girl, young woman, whether married or single, troubled with disease of the uterine organs—a complaint almost universal—is urged to submit to an operation. A large number fall into the hands of experimenters

and a flourishing business is the result. After some months of research and observation, I have failed in said locality to find one woman, young or old, benefited, or who could speak well of the treatment.

They Are Criminal.—I repeat, such operations are unnecessary; they are both dangerous and criminal, and the eyes of the people should be opened to the enormity of these crimes.

Doctors' Families Not Exempt.—Who ever heard of a surgeon operating upon one of his own family, wife or daughters? They are equally subject to disease and cannot be wholly exempt.

Are Experimenters Willing to be Unsexed?—Are these expert experimenters willing to take their own medicine? Are they willing their wives and daughters should be robbed of sexhood? Are any of the doctors who practice this shameful business on unsuspecting, innocent and ignorant women and girls willing to own up and face their business? Who will answer?

Doctors' Laws.—Are not this same class of doctors scheming every winter with our state legislatures to induce them to pass what are best known as "doctors' laws," that the "dear people" may be protected from quack practice? That is their argument, but the facts are *they* want protection for quackery in the profession. Medical colleges grind out every year so many physicians that the market is overstocked, consequently competition drives the unscrupulous to every conceivable scheme to hoodwink the masses. It is this quackery *within* the profession that seeks protection through monopoly.

Surgeons and Physicians.—The science of health is not dependent upon medical colleges or the physicians they graduate, no more than anatomy and physiology are dependent upon surgery or the experienced surgeon. The science of health, like all other science, is as eternal and everlasting as time and space. How much of the science of life and health every person and community may possess, depends upon personal and community effort to discover and accept. Any ordinary child may be taught this science while in the kindergarten school from the age of three to twelve years. This is the proper place to teach lessons which are the most important ones that can be taught the child; they are the foundation lessons of life. Teach the child the universal law of life and health, and he will discover the necessity of protection, and the means and methods to maintain health. Anatomy, physiology and hygiene are important requisites in every child's education, and can be taught and mastered by the child and youth, as surely as other primary and intermediate studies.

Health is our birthright as much as sunshine, and may be maintained without any of the present dangerous experiments which are practiced for money. The only safe course for those who value life, or the lives of those dependent upon them, is to protest loud and long against any and every experiment with drugs or instrument in the hands of any doctor, unless he or she be a full fledged, experienced physician or surgeon; all honorable, honest physicians will endorse this view and advice.

CHAPTER XII.

MISCELLANEOUS HEALTH SUGGESTIONS.

PAST, PRESENT AND FUTURE.

THE past ought to be rich in fruitage gained from the experiences of those who have made good use of their opportunities; it is ours to reject, criticize, adopt or ignore the errors. The present is always with us; the past we cannot recall if we would; the future we are not sure of, therefore we must live, enjoy or suffer in the present; this is our fate; this we must face and accept.

We May Fool With Time.—Our future depends very much upon the use we make of the present. We may fool with time and life, but we will surely reap what we sow; there is no evading or avoiding results.

Are we sick, in pain, hobbling about and complaining of old age, rheumatism, paralysis, neuralgia, stiff joints, indigestion and other maladies? Are we not reaping what we have sown? Does old age necessarily signify stiff joints, pain, dyspepsia or any disease? Do not nature, observation, reason and common sense teach that the aged ought to be well and wise, harmonious and happy?

Ought Age to Signify a Tax or Nuisance?—Did not our Creator make us to grow physically, mentally and spiritually? Ought we to become a tax and nuisance because of our age? Can we not reasonably

excuse sin and sickness of the young, but refuse such excuse to the old? Did not our Infinite Creator intend that the crowning work of creation—humanity—should grow, become wise, ripen and drop into their graves without pain, suffering or regret? Nature nowhere teaches in the lower order of expressions or anywhere in the animal kingdom, that old age should be dreaded; that it must be sickly. On the contrary, the blooming rose, the ripened fruit and grain are always inspiring and uplifting.

Why Dread Old Age?—Is it not reasonable to believe and teach, that with the physical growth, and mental and spiritual unfoldment, humanity should reach a plane above and beyond pain, sickness and infirmity at the prime of life, and should live and die as free from sickness and disease as do the birds and fishes? Do we not dread old age because our infirmities make us dependent?

Answer these queries as we may, the fact remains. If we transgress the laws of health, just such results and conditions as we deprecate and would like to avoid, will overtake us; the penalty must follow the transgression.

Come Up Higher.—So long as humanity live to gratify appetites and passions, sickness, deformity and infirmity of old age will result. Reason and sound sense are ever beckoning us to come up higher, come up out of our appetites and passions, come up on the broad plane of health, light and liberty. Why wallow with the lower animals that have but one object in life? No man ever lived to regret his escape from the slavery of the appetites and passions; *not one* ever

lived only to gratify, that did not sooner or later regret his or her folly.

Life is more than show, or a selfish gratification of our animal natures. Joy, peace, and perfect freedom result from right living, physically, mentally and spiritually.

Those men and women who manage to *live well*, will be apt to *die well*.

Bryant's injunction is apropos in this connection:

"So live, that when thy summons comes to join
The innumerable caravan, which moves
To that mysterious realm, where each shall take
His chamber in the silent halls of death,
Thou go not, like the quarry slave at night,
Scourged to his dungeon, but, sustained and soothed
By an unfaltering trust, approach thy grave
Like one who wraps the drapery of his couch
About him, and lies down to pleasant dreams."

Man's Salvation.—"Man's salvation largely depends on the kitchen; we need change of stomach more than change of heart."

Prayer and Faith Cures.—Remarkable cures are of every-day occurrence outside of the drug system, but seldom inside. Magnetic, electric, mental and spiritual methods of healing are recognized by multitudes of intelligent people. Prayer, faith and Divine cures are compelling attention. The regulators (regulars) are persecuting this class of anti-drug doctors, which signifies their recognition of the cures and their fear and jealousy of them.

Error is Seldom Persecuted.—They are not engaged in persecuting them because of their errors, or ignorance, or from lack of truth in their methods.

Great truths, not errors, inspire the spirit of persecution in all ages of the world's history. It is strange, but true, that progress goes forward *outside* of professions and institutions, and seldom inside.

An Inspired Leader.—A new, broader and more perfect system of medicine is awaiting a national, comprehensive and inspired leader. This new system will recognize these unseen laws and forces of healing, and will be all-inclusive rather than exclusive, as at the present time. Cause and prevention will be cardinal corner-stones in the new college of *materia medica*.

Listen to what eminent drug doctors say regarding their own system and methods—Dr. Oliver W. Holmes and Dr. Jacobi:

“The disgrace of medicine is that colossal system of self-deception, in obedience to which mines have been emptied of their cankering minerals, the vegetable kingdom robbed of all its growth, the entrails of animals taxed for their impurities, the poison bags of reptiles drained of their venom, and all the conceivable abominations thus obtained thrust down the throats of individuals suffering from some fault of organization, nourishment, or vital stimulation.” For the foregoing diatribe against the over-medical tendency of his time, the late Dr. Oliver Wendell Holmes, who was for thirty-five years professor of anatomy at Harvard Medical School, came near being read out of the profession in 1861; but, as compared to the condition of affairs today, the *materia medica* of his time was little more than a family medicine chest.

Coming down to the present moment, let us consider a few points made by Dr. Jacobi in his address delivered before the sentiment uttered by Dr. Holmes

before a medical class in 1861, and which I have already quoted, though couched in less elegant and more epigrammatic phrase.

“The schools are chiefly to blame for all this wretched business. For generations they have been turning out thousands upon thousands of graduates crammed to surfeit with things that ‘ain’t so,’ and are still turning them out every spring in swarms, their heads so filled with poison chaff as to leave little room for common-sense innovations, or even capacity for recognizing these when within reach, in after years. The supply of such doctors is already so largely in excess of the demand that they are literally a drug on the market, while the proprietary medicine-makers and the mental scientists are getting a large share of the business. The former are able to promise more than the regular physician, at so cheap a rate as to catch the poorer classes, and with testimonials well calculated to tempt the average congressman; while their faith-cure rivals actually succeed in booming their patients’ hope and courage (always an important factor in any treatment), and secure for the drug-debauched systems a chance to clear. What wonder that thousands of naturally bright young men, with diplomas from the most approved colleges, are to-day wandering over the earth, peddling books or leaving samples from the chemical manufacturers with their more fortunate brethren in the profession !”

A Medical Education.—There is a growing necessity, in every well-ordered home, for a universal health education. Such an education is of more importance than any branch taught in our public or private schools, excepting only reading, writing and arithmetic.

It is not the study of the thousand and one names

of disease, or a greater number of chemical remedies found in our modern pharmacopeias, that I advocate. No! Do not waste your valuable time on any modern or ancient shams and deceptions; no, not in the study of dead languages or Latin prescriptions. It is dangerous and demoralizing to even think of such a course.

Study Anatomy, Physiology and Hygiene.—What I desire to encourage is the study of anatomy, physiology and hygiene, that you may be able to live and maintain health in your home.

Protect Yourselves.—Some doctors and foolish husbands ridicule such education with the wise remark, "The less you know of yourself, the better." Do not be put off in this way and made to believe that such education is useless or unsuited to you. A proper medical education is the only possible protection from quackery within or without the profession.

Such a medical education could be gained in one year at the *American Health University of Chicago*, or in the closing year of the high schools if so ordered by the board of education.

A Practical Home Medical Education.—No young man or woman can be truly educated, fitted to battle in business or professional life, or to enter the marriage relation, until he or she has received a practical (home) medical education. Such a one is a necessity; it gives the possessor independence; it is a triumph. To omit it is to invite shadows and disappointment. Such knowledge is now considered by intelligent and practical people much more important than any of the higher branches

taught in our schools. Fraud and deception are as brazen-faced in medicine as in politics and business. Even life itself is not considered in the many schemes for money. Do not fail to get a reformatory medical education and protect yourselves.

Ice and Ice-Water.—It is nearly half a century since the hydropathic cure was introduced and advocated as a reform method in America. The early history of the "*cold water barbarity*," as it was termed by the "*regulars*" at that time, is familiar to reformers of that day. *Craze and fad* were uncoined expressions half a century ago, so the words cruel and barbarous were used to brand the hydropathic reform. Cold water treatment was considered barbarous, but the "*regulars*" have grown in spite of their dogmas; they now use *ice and ice water*, in cases and under circumstances that make the term *barbarous treatment the only correct term to use*.

With Ice Bags.—With their *ice bags*, placed upon parts of the body that in health could not resist such treatment, they literally freeze the life out of patients. Very cold water, *ice water or ice*, are seldom necessary in the present reform methods. We do not consider it advisable to torture the sick with *ice bags, or cauterize, or blister*; our methods are all soothing and healing; any method that does not remove pain, harmonize and quiet the sick at once, and continue until recovery is complete, is quackery, is dangerous.

Drugged to Death.—Without doubt more sick people have been drugged to death than have died a natural one in the past two centuries. The same is true to-day; this will continue until the people inform

themselves; they must demand a change. The present and future generations must live differently, think differently, and doctor differently, or the race will become extinct; certainly some branches of it.

Not Approved in Health.—Any method or remedy that can injure a well person, should never be applied to the sick; poisonous drugs, cauterizing, blistering, ice water and ice bags are taxing and trying for people in health, and are considered dangerous. If they are not relished or approved by people in health, why should they be forced upon the sick, who have lost a part of their resisting power? Such questions must be answered. I unhesitatingly pronounce the present poisonous drug system, with its recent surgical (experimental) operations as both barbarous and criminal; it is worse than a pestilence; it is irregular and unprofessional; it must and will be abandoned.

Nerve Prostration; Cures.—Every violation of health laws weakens the nerve forces. Women more than men suffer from nerve troubles, therefore I write from observation and practice, more than from experience. Women violate in dress, in irregular eating and drinking, in neglecting physical exercise, in following sedentary habits, in ignorance of their own sex life, neglecting to understand, care for and protect the charms they are often willing to make almost any sacrifice to regain. How much wiser to know how to *preserve* and *maintain* beautiful womanhood, than to make great efforts to regain in ignorance, what is lost by carelessness and neglect. All clogged conditions mentioned so often in this book, are foundation causes for broken down nerves. Tea, coffee and all stimu-

lating drinks and foods overwork the nerves, and in consequence overtax them.

Over Study.—Over study of young misses is an almost universal cause. Nearly all the brightest, most promising young girls graduate with shattered nerves, unfitted for everything but an asylum or sanitarium.

Ladies say they are "well, only nervous," as if nervousness was nothing important. Without the healthful action of the nerves the vital organs would cease to play their part in the human mechanism, and nerve prostration or paralysis would soon follow. Turn on the light and turn over a new leaf.

Practice What You Preach.—A few plain words, addressed especially to those who are disposed to be critical and skeptical, may be proper in closing. I practice what I preach, and take my own medicine, the remedies recommended and prescribed for patients, whenever there is necessity for treatment, which seldom, very seldom occurs, for the very best of reasons. I seldom have symptoms of sickness, and know of no remedies better than those we prescribe. For many years before this book was written, I had abandoned the use of poisonous drugs, for the very good reason that they were dangerous and destructive.

A Fact.—Only a few physicians take their own medicines, or prescribe them for family or intimate friends. Does any sane man or woman believe, that a doctor of character or intelligence would allow *his wife* to submit her person to local treatment or speculum examinations, by any young inexperienced medical graduate? We answer no, emphatically no!

Not one case in fifty require examinations or local treatment. Will mothers who have daughters recognize the significance of these schemes of characterless doctors, who too often have a double object in view, the *fee and the debauchery of the woman?*

Our Methods Unobjectionable.—Our methods and remedies do not require that the highest and holiest family relations be trailed in the filth of the sensuous or licentious. Every high, divine thought and aspiration, finds full and complete recognition on every page of this book. Any teacher of health, any physician who fails to hold up the standard of the purest virtue, and the divinest physical and spiritual life, is unfit to occupy the position of doctor or teacher. Experienced physicians of every school recognize the truth of our methods, but claim they are not practical; too much time and detail are required of the family doctors, who can write Latin prescriptions without removing their kid gloves.

This is True.—*Nature Cure* methods and remedies require physicians of experience and common-sense, those willing to take off coats, roll up sleeves and show the people—teach them—how to use Nature's safe and sure medicines. Wise, patriotic lovers of the human race and liberty, will always frown down any class or profession, who by word or act strike at the foundation of good order and noble womanhood. The professional excuse for much to which women are asked to submit, is a cheat, a deception, a lie.

Note the Hints.—There are sufficient hints in the *Nature Cure* regarding uterine troubles, to cover nearly every case; there are good experienced nurses

and honest manly physicians, ready to assist all that may possibly require special treatment, not set forth in this volume. Uterine troubles are a gold mine for unscrupulous experimenters. The crimes committed upon women under cover of the profession, in and out of marriage, are too shameful to be more than hinted at for the public ear. Uterine disease excuse is the open door into the valley of darkness and crime.

Right Living.—With a fair amount of common woman sense, enough to cleanse, cool, or warm those sensitive organs, a fountain syringe, some antiseptic, as tincture of myrrh, to prepare the way for kind Nature to do her work, is often all that is necessary. Right living is the only sure panacea. A worn out, over-worked condition, which relaxes and lowers the strength and tone of nerve and muscle, will more or less derange the female organs. Nothing short of rest and living as taught in this book, will permanently restore woman to her royal womanhood. It may be proper in this closing article to state that I have conscientiously avoided exaggeration and boasting; an inspiration has ever led me to be fearless and true to the work in which I am engaged. Rest assured that these teachings are corroborated by the best minds, the highest, most advanced and fearless men and women of every enlightened country.

A Born Hetrodox.—The orthodox drug doctor will antagonize and strive to cover up the truth, but being thoroughly hetrodox as regards poisonous drugs and many other destructive methods of the past and present, I do not look for approval in that direction, nor do I court it. Truth will attract and command approval.

Sure and Reliable.—Nature's methods and remedies tell their own story; where they are lived health is the result; sickness and the fear of it are relegated to the dead past. *Nature Cure* methods of prevention are as sure and reliable as the everlasting hills.

A False System.—Drugging people to heal them is most unreasonable. Every conceivable scheme is resorted to, to induce the ignorant and so-called intelligent to dose and drug for health's sake. There is sufficient reliable evidence in the world at this time to overturn every shadow of this false system. In addition to the innumerable selfish schemes of the eighty thousand drug doctors and their drug store attachments, some few professed reformers have joined the drug poison band, and advertise as clairvoyants; some have made fortunes by advertising their wonderful cures, and appealing to the credulous and marvelous.

Some of the clairvoyants are possessed of magnetic healing powers. So long as they have power to impart healing to the vile drugs they prepare, the drugs becoming the medium by which their magnetic power is conveyed, the healing goes on; but the time comes when the magnetic power is exhausted—lost—and then the sickening compound fails. The object sought is to stimulate torpid livers. Only a little sense is required to learn that aloes, a vile, drastic drug, will stimulate the liver for the time being; perhaps five in a hundred may be benefited temporarily; not one permanently cured, *not one*.

Drugs Multiply Disease.—Healing is never the result of drugging; put that down as a truth that will

stand the test. The healing is not by virtue of the drugs, but exactly the opposite; drugs multiply disease; nature's forces always do the healing; all humanity can do is to assist Nature; pure air, water and food, rest and peace, with a long fast, are Nature's requirements; by and through these simple methods healing is accomplished. The discerning mind can see why wonderful clairvoyant cures, that occurred in a few cases ten or fifteen years ago, are still paraded before the public like the flaming patent medicine "ads"; they are of the same stamp. Ignorant people still believe there is magic in a sickening, deadly drug with which to restore life and health. This book gives the reader a few remedies that are *safe and sure*; they will make the best possible conditions for the *Nature Cure*. Will the people ever learn that drugging is unnatural, expensive, dangerous, and unnecessary? We hope the many hundred plain suggestions in this volume, this common-sense work on health, may prove a blessing to millions of people who will read and practice its teachings.

No Similar Work.—There is no book similar to *The Nature Cure* in the English language or any other, so far as we can ascertain. Its purpose is expressed upon every page. To tell the plain, unvarnished truth has been our highest aspiration; we denounce all mystery connected with the subject of life and health. If poisonous drugs had any healing properties, if they ever healed anybody, if they ever acted only to destroy, the above caution would be inexcusable; but it is the testimony of hundreds of the wisest and ablest physicians who have lived in this wonderful century,

that poisonous drugs, prescribed by licensed M. D.'s, kill people. Isn't it a crime to kill the sick under a Latin prescription (and make the friends pay for it), as much as to kill by any other method? In place of a Latin prescription we offer you pure air, water, food and a hundred common-sense remedies, and only require that the same persistence and devotion be observed as in the use of dangerous chemical compounds. Natural cure methods are not only safe, but infinitely superior to any sickening compound, no matter by whom prepared or administered. Ours are nature's remedies; they are all-healing and *constructive*; they are safe in the hands of a common nurse, and are not *destructive*.

"It is the great law of nature that, whosoever shuts his heart to the sympathies of humanity, shuts it at the same time against the ingress of all happy influences."

"Give me neither poverty nor riches, for with the one I may become a slave to my necessities, and with the other to my avarice."

Society Cruel and Unjust. — Why should sexual purity be demanded of the young lady about to wed and not of the young man? Such injustice in society, in any condition or relation of life is inharmonious, and may cause disease. It will not do to ignore mental influences if we would reach the most perfect health, which is the highest possible attainment.

Faith Cure.—At this writing Francis Schlatter is demonstrating, day after day, upon the streets of Denver, Col., that there is a power unseen and to the masses unknown that cures disease, and is

beyond the power of the old material methods to effect. Mr. Schlatter is called a magnetist or mesmerist—a medium—a divine healer; it is sufficient for our purpose to state that he is only one of the extraordinary healers. Thousands are doing a similar good work in every part of America. In every city of 50,000 inhabitants mental scientists and magnetic healers may be found performing wonderful cures. It does not signify what name or names are given to the persons who are possessed of what is no doubt properly called the gifts of healing; the important fact for the afflicted is to be cured.

The Good Physician.—“He who knows how to make persons around him happy wherever he goes; he who knows how to do it in the morning, noon and night; he who knows how to make love his uniform disposition; he who knows how to radiate sympathy and gentleness, and forbearance and patience toward others, and to make the sick feel better by his presence with them, possesses the qualities requisite for a good physician.”

Do Not Wait to be Sick.—Read and study *Nature Cure methods* before you are sick, and learn how easily you can avoid sickness.

The Power of Thought.—“Earnest thought and intelligent reason are the great moving powers in the progress of the world. In the freedom of thought, the mind grows strong, and in its strength is embodied the power of controlling matter, molding it by its servants, the hands, into practical utility. Careless thoughts lead to careless habits. “As a man thinketh, so is he.” Never was there a truer sentence

uttered. The strength and accuracy of thought is manifested in the life of the thinker. If his thoughts are wise, he will act wisely. If his thoughts are foolish, he will act foolishly. It is often said, actions speak louder than words. Whether this be true or not, they speak the thought that precede them. It is impossible for us to do evil deeds, if our minds are full of good thoughts. Correct thinking leads to correct acting. Thinking and feeling are always in sympathy with each other. The hand and the tongue are the servants of thought. Thinking and acting in harmony with natural law restores and preserves health, insures happiness and prolongs life."—*Helmet of Reason*.

Right Living.—People claim to know how to live right, but at the same time are sick and complaining every time the weather changes. Come to the test, a large majority know but little about right living or what it signifies; they do not dream that it means perfect control of appetites and passions; that it means health every day in the year, also continued happiness. They have not imagined that the doctor and corner drug store are wanted no more; that pride does not rule; that reason and common sense are the corner stones of right living and a true life for all.

Healing Potency.—The elixir of life, the healing potency of the world will not be discovered in the veins of *sheep, horse, dog, mountain goat*, or upon the *bag of cows in the form of ulcer or cancerous tumor*.

If we look in exactly the opposite direction, and forget *Jenner's error, ignore Pasteur, Koch*, and every other visionary experimenter, including *Dr. Cyrus*

Edson's "Phenol, Pilocarpine, Hydro-oxide, and Aceptolin, we will be more likely to reach the truth. *Remedies* with such mysterious attachments are all the rage with a class of experimenters. Their mysterious names may recommend them to the lovers of mystery and experiment. No doubt the remedy of Dr. Edson will side-track or kill any patient.

I am inclined to hope that such grossly absurd experiments will open the eyes of the living to see the danger and folly of all such unreasonable methods. If in life they cannot or will not see, death will give them the sight of experience. If people of sense are willing to submit to such dangerous remedies and treatments as are urged upon them (by those who should protect instead of scheme to get money at any risk to their patients), they must reject experiments or they will get their experience; my duty is done when the warning is given.

Health Depends.—There are said to be over three thousand pores or glands in a square inch of the palm of the hand. Good health depends upon good breathing, and a healthy action of skin, liver and kidneys.

Vegetable Diet.—Four-tenths of the human race live on a vegetable diet and are the strongest, most healthy and moral of the human family.

Right Thinking.—Right thinking signifies right living; right living means perfect health; this is mental healing.

The Result.—When poor food, badly prepared, does not and cannot satisfy the demands of nature, the ignorant often resort to strong drink. Temperance reformers are invited to join food reformers.

Do Not Satisfy.—Drugs do not satisfy even drug doctors; the teaching of this book satisfies everyone who has studied and lived it.

New and Old Reforms.—Health reformers recognize and adopt all new and old reform methods from experience, well-knowing that no *one method* will fit *every case* or satisfy every person.

Selfish, Mysterious Methods.—The careful reader has discovered that many health subjects have been only briefly treated in this volume. Our effort is to condense and simplify, therefore minor methods and effects only receive passing notice. We strike at the producing causes, and let theories take care of themselves. We have aimed to notice the important recent discoveries that can be made practical, and to hold fast to the *old* methods that have stood the test of time. To strip the subject of medicine of every selfish mysterious method and remedy, has been the inspiring thought upon every page. Liberty and freedom are corner-stones in every method of healing, therefore liberty is our watchword; natural, rapid healing must result from liberty, perfect freedom; therefore mysteries must be solved, and reason and common sense substituted.

The Wonderful Power of Mind.—Mental and spiritual healing are much talked about, but as yet only partially understood. As soon as the people can lay aside prejudice and preconceived notions, healing by all of the simple methods will be studied and adopted, because they are *safe, cheap and common-sense methods*. When we begin to weigh and measure, and candidly consider the power of mind,

we see that mind is back of every act of life. Mind builds ships that cross the mighty deep, builds palaces for kings, lays cables for electric communication between continents, constructs our great overland railways, moves armies to battle for liberty or despotism. Mind does all, yes, controls every organism, vegetable, animal and spiritual. Given conditions to the mental and spiritual forces, then disease can be controlled, health becomes the rule and not the exception as at this time. Without mind neither health nor sickness would be possible; accepting this truth we see the superior position mind occupies. This is not a new fact or discovery, only a more general recognition of a very important truth.

Mind Discovers, compounds, prescribes and administers all remedies; Nature, assisted by mind, does all the healing. Without the careful, experienced nurse, the prescription of the best physician might cause death instead of recovery. All know these to be common sense facts, but not all have given them sufficient thought to cause a recognition and practical application to every-day life.

To Think Health, coupled with an understanding of the laws that govern life, to *deny disease* with all our mind and strength and live in line with that thought, is to be able to prevent sickness. The positive and normal condition is perfect health, a condition to which we may all aspire and be proud to attain.

Maintain an Equilibrium of Forces.—By ignorance, imprudence and neglect we invite disease, become abnormal, and our lives are imperiled. The

normal condition of every human organism is an equilibrium of the constructive and destructive forces. Remember, that every day a portion of the physical house we live in must be torn down and the debris disposed of. If the *constructive* forces do not equal the *destructive*, the balance is lost and sickness and death results. *Knowledge is power*; use it in the line of maintaining an equilibrium of the life forces and you need not fear disease.

Disease is Always a Result.—Mind is cause; mind can cause health to dominate by a compliance with the laws of life. The ablest scientists, philosophers and discoverers of this age, accept mind as the ruling material power in all this vast universe of time and space, therefore call to your aid this all-potent power and do not allow prejudice, or the whims of a less enlightened age to prevent your deep, undivided consideration of the power of mind over disease, mind over matter.

Trust in Nature's Materia Medica.—Feeling confident that we have inspired, stimulated and intensified trust, great trust, in Nature Cure methods and remedies, we only desire to add that under all circumstances it is more wise, safe and reasonable to trust in *nature's materia medica* alone for the cure and prevention of disease, than to all other systems and methods combined. Study health from *The Nature Cure standpoint*, and success will crown your efforts.

Diagnosis and Advice Free.—Every purchaser of *The Nature Cure* desiring counsel and advice, or diagnosis with suggestions relating to a rapid cure, can obtain the same free of charge by addressing the

author, Dr. M. E. Conger, box 328, Chicago. Give a brief description of symptoms, enclosing four two-cent stamps, and a reply will be mailed without delay. To those desiring our personal service at their homes we promise immediate improvement. Charges will be moderate. Treatment through correspondence is solicited with those who have grown out of the old, having confidence in the new methods and remedies of *The Nature Cure*.

APPENDIX.

The Breath; A Discovery.—“A curious fact in physical science has recently come to the surface, simple in itself, but of much consequence to the student. It is the fact that we breathe out of but one nostril at a time. This seems incredible at first, but a test if rightly made will convince the most skeptical. Moisten the hand and breathe against it, and you will find that you are breathing through either the right or left nostril. The breath from the right nostril is called the *sun breath*; from the left, the *moon breath*—the former the day breath, the latter, the night. A strictly well person uses the right nostril by day, the left at night. A debilitated person is as apt to be found using one as the other. Now, much bodily habit can be formed by right breathing. If, for example, you awake in the night, restless and sleepy, try to discover which nostril you are breathing through. If it is the right, compress that nostril and force the breath through the left. You will many times go to sleep and breathe rightly till morning.

“The change of breath usually occurs about waking time in the morning. Students who have observed the fact can tell exactly when the change takes place. There is a slight movement in the upper structure of the nose, or one will be inclined to sneeze. At night the moon breath will begin in early evening, or when one begins to feel sleepy. The writer of this once

awoke with an alarming soreness and dryness in the throat. Remembering the breath theory, he found he was breathing from the right nostril. Resorting at once to the method of change, he felt wholly relieved in a half hour, and soon thereafter fell asleep and slept quietly until morning.

“This study of the breath affords great opportunity for discovery. Deep breathing is invaluable. In fact, a series of deep breathings will frequently do more to equalize the system than artificial remedies. For nervous disorders and sleeplessness, proper breathing is a royal curative; and by a little careful study of the breath, one can perform for himself or herself a service to be had from no other source. Study the subject and report your conclusions.”

A Novel Consumption Cure.—“It is a well-known fact that the earth is magnetic. The sun is electric, the earth is the opposite. A consumptive has great need of the magnetic forces. The following treatment has been found most effective: Dig a hole in your back yard, say, three feet deep. Let the patient lie, face down upon the ground, and breathe deeply the magnetic currents emanating from the fresh earth. It is well to cover the patient's head to get the whole benefit. This should be done for half an hour each day, and a decided improvement will soon result. People who are magnetic never have consumption. It is the electric temperament which is ailing first. Therefore, let Mother Earth provide the remedy. The above method is a simple yet efficient one.”

Speedy Cure for Stomach Ache.—“Stomach ache comes from a coldness of that vital, a lack of warm

blood. To fill the stomach with warmth, take several long, deep breaths. This will cause the blood to invade the stomach, and relief is certain. A daily practice of this kind will be most beneficial."

Through the kindness of Dr. Geo. Dutton, we are permitted to publish the following very important letter.

Victory! Victory! Victory!

"*My Dear Brother Geo. Dutton:*—The Royal Commission that was out nearly eight years has given its decision *against vaccination*—limiting one more liberty from the worst monopoly ever on earth. I am glad to congratulate you that you lived to see the day that your grand efforts are crowned in victory.

I hold shares in the Columbia Liberty Bell; I think it should be rung when the Queen signs the document. Your obedient servant, L. H. PIEHN,

President Anti-Vaccination Society of America."

Medical Clairvoyance.—If any purchaser of this volume desires a clairvoyant examination, by enclosing four two-cent postage stamps in letter (stating age, sex, and one leading symptom, or two if the disease seems to be complicated), to the author of *Nature Cure*, box 328, Chicago, I will give written diagnosis and advice for treatment free.

The author will not notice any but plain, straightforward letters of inquiry.

Fruit, Vegetables and Flesh.—Among the many important and remarkable changes of this age and generation, *no one*, in my opinion, promises more for the uplifting of woman than the fruit and vege-

table diet reform, that is rapidly taking the place of flesh eating.

This change saves at least one third of the labor of the thrifty housekeeper, and surely one third the expense of the food supply. Add to this the moral and spiritual influence of the prospective dismissal of the slaughter house and butcher shop in the near future, and certainly this makes an important change, and the future outlook for the women who preside over culinary affairs, much brighter, less, much less wearisome.

The following brief quotation from *The Nature of Disease*, a small but thoroughly critical pamphlet by *F. M. R. Spendlove, M.D., of Montreal*, upon the use of *antitoxin* for diphtheria and other foreign matter, viz: vaccine and aseptolin, is accepted as additional testimony against such poisonous drug experiments.

The Antitoxin Deception Exposed.—"By no process of Nature can drugs be transformed into living material, *bioplasm*; they are, under all forms and conditions, foreign matter—poisons. They never cure; they never balance the tides; they only change the form of disease through retarding or arresting Nature's efforts at elimination.

"The whole history of medicine is proof of this. The brightest intellects during all the ages have never discovered a single drug that is a specific for a single disease; and furthermore, we may assume the rôle of a prophet and state that there never will be discovered a drug or specific for any form of disease. The nature of disease and the *modus operandi* of drugs render this an impossibility.

Disease.—“Vital action in regard to foreign matter can never be cured by adding more foreign matter, neither on the principle of *similia similibus curantur* nor *contraria contrariis curantur*, nor both combined.

“A general recognition of this fact would save enough money on proprietary medicines alone to send a missionary to every hamlet in ‘Darkest Africa,’ and have a substantial surplus to convert the heathens *at home*.

Diphtheria.—“Antitoxin has been before the profession but a comparatively short time, yet already a note of warning is coming from leading scientific men of the profession in all countries that the death rate from kidney, heart, nervous and other forms of disease, is rapidly on the increase among diphtheretic cases treated with *antitoxin*.

“‘Could it be otherwise?’ Can the introduction of more poison make it easier to expel what is already in the system? Can Nature throw off two or more poisons more easily than one?

“‘The administration of drugs to a person already diseased is like casting out devils through Belzebub, the prince of devils. It is neither Scripture nor philosophy, neither science nor common-sense.’”

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