



NATIONAL LIBRARY OF MEDICINE

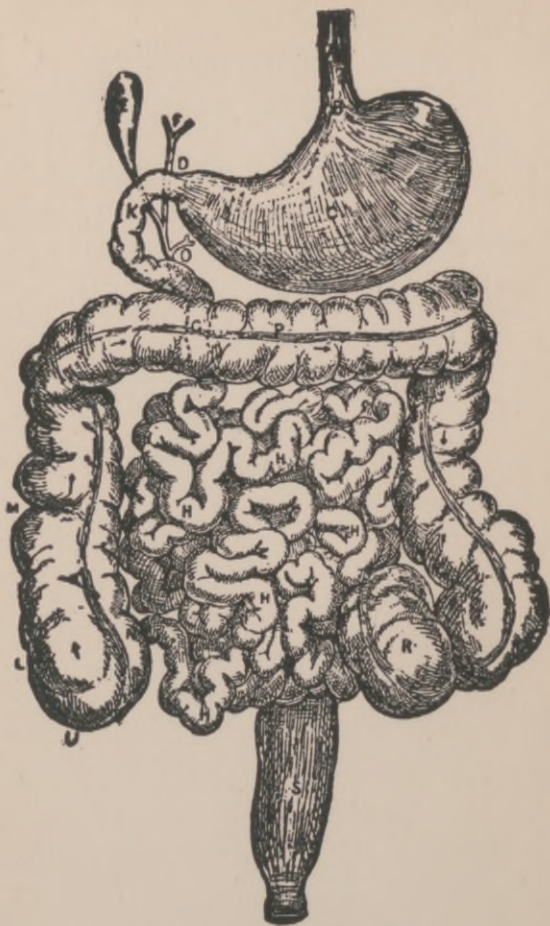


NLM 00100942 9









### THE DIGESTIVE SYSTEM.

EXPLANATION OF PLATE—*a, b*, gullet; *c*, stomach; *k*, duodenum; *e*, gall bladder; *f*, bile duct. *h, h, h*, intestines; *l, m*, ascending colon; *g, p*, transverse colon; *q*, descending colon; *r*, illic colon; *s*, rectum; *t*, annus.

# DREH-NI-GEAN

THE TRUE SECRET

OF

## Health of the Body

Based Upon Perfection in Its

## Sanitary Conditions

BY

LUCY BISSELL SANDERS

---

NEW YORK  
SANDERS COMPANY  
503 FIFTH AVENUE

SURPLUS



WBC  
S215d  
1899  
c.1

*Film 8407, items 3*

Copyright 1899

By SANDERS COMPANY

TWO COPIES RECEIVED.



FIRST COPY,

58750

Sep. 13 '99.



G 25 N 58

## PREFACE.

---

The author of this book believes it is possible, in most cases, for persons in mature life to become their own physicians, to the extent they have the power of control over their own bodies, in removing obstructions to a healthy action, and preventing the recurrence of such influences as habits and mode of living, when their deleterious effects are once understood. For it is upon these facts mainly, it is believed, rests the *morale* of human action and individual responsibility for one's health, happiness, and, many times, life itself.

L. B. S.

28120  
24.13.22



## INTRODUCTION.

---

DREH-NI-GEAN—*Dre-ne-gen.*

This is a new system of cure, without drug medication, which is most wonderful in its vitalizing effect, in sustaining and restoring healthful conditions to all of the organs and functions of the body, wisely provided for carrying on the important work of purification and removing impurities, and building up and repairing the waste, thus restoring lost, or obstructed, action to the vital organism, enabling nature, through her curative processes, to restore normal conditions.

This system of cure is triplex in its character, embodying the use of *water, massage and diet.* all three of which, we believe, are essential in securing the highest degree of efficiency in the healing art.

As its name—Dreh-ni-gean—implies, it embraces fully the idea of draining the clogged up system of its impurities that exist in the body, to a greater or less extent, in all diseased con-

ditions, as the great fertilizer of bacilli and all disease-breeding germs. For this reason it is a cure universally applicable to all forms of disease, and, it is believed, will successfully meet all the conditions necessary to secure a restoration to health, in all curable cases.

In fact, it is a system of cure that has stood the crucial test of many years of experience and practice with it, proving equally beneficial in many acute and chronic cases, some of which have baffled the skill of prominent physicians in this country and Europe.

It is especially applicable to *disease* arising from impurities of the blood, scrofulous tendencies, eczema, &c.; cancerous conditions, and so-called germ diseases—la grippe, pneumonia, bronchitis, consumption in its early stages, catarrh in all forms, including deafness; inflammatory troubles such as rheumatism, gout, obesity, weak and diseased eyes. All affections of the stomach, liver, kidneys and bowels, yield readily to this new and philosophical method of treatment.

The human body is practically the same to-day, subject to the same laws of life and health, as in ancient times, when for two thousand

years a doctor was unknown, and, all other things being equal, there seems no good reason why people to-day in most cases should not be as free and independent of doctors. if they would exercise the same thoughtful care in their habits and mode of living as they do in other matters pertaining to their social and business life.

If people would pay one-half the attention to the internal needs of the body, that they do to its outward needs in clothing it properly to meet the changes in the weather and climatic influences, the health rate of the people would be greatly increased, and invalidism become the exception rather than the rule, as at the present day.

This means a great deal when we consider the fact that out of the world's population of 1,600,000,000 of people, it is estimated that seventy-five per cent, (1,200,000,000) suffer more or less from the ailments flesh is heir to.



# CONTENTS.

---

CHAPTER.	PAGE.
Introduction .....	7
I. The Dreh-ni-gean Cure—Its History .....	13
II. The Tri-plex Character of the Cure .....	46
Water.. .....	46
Methods of Applying the Water .....	57
Continual Flow... .....	60
Temperature of the Water.. .....	66
Position of the Body .....	67
Fevers .....	69
La Grippe .....	79
Pregnancy .....	82
Massage .....	83
Diet.... .....	89
III. Province of Food .....	90
IV. Dieting..... .....	101
Appendix... .....	119





## CHAPTER I.

---

### THE DREH-NI-GEAN CURE—ITS HISTORY

---

"In treating the ailments of humanity as in our social and domestic economy, the little with the knowledge and skill, in its application succeeds, where the ill adapted and destructive much fails."

The little air drill succeeded, but the much—contained in the ill adapted, ponderous machinery, with its great revolving disk—failed, in forcing a passageway through the Hoosac Mountain, thus proving that little things rightly directed are often more potent than great things in accomplishing great results, and showing, as well, that the value of means employed are to be measured not by their greatness or littleness, but by the results attained.

This book goes out on its mission as the friend in need to the invalid, in its advocacy of a perfect system of hygienic home-cure, and

the author can vouch for the fact that it does not appear before the public for the purpose of making startling statements, however remarkable some of them may appear. Nor is it advocating any remedial agent because of its simplicity merely, except so far, perhaps, as its accessibility to all would seem to imply this, "For a thing is great or little only to a mortal's thinking."

I am advocating a system of home-treatment, while not in the sense of its being a so-called "great cure-all," yet it is one I believe to be universally applicable as an influence and power in assisting nature in restoring healthful conditions. It is true, that I am advocating the use of water as a remedial agent of chief dependence, not, however, as possessing curative action, but as containing properties which, in their influence on the body, will assist nature in the direction she needs assistance, if at all, in removing obstructions that impede proper circulation and interfere with the process of excretion.

I have been led to these conclusions, and have become so deeply impressed with the importance and value of the Dreh-ni-gean system of cure, because of most peculiar and trying

circumstances. Impulse and inclination, many times, would have led me away from the trying ordeal, which a series of circumstances and experiences imposed; and yet I was led onward and forward by a deeper undercurrent of duty, because of the success that attended my effort in alleviating human suffering.

It is because of these experiences that I have felt for some time—and many of my patients as well—that I should publish a book in the interest of the general invalid public, giving some of my experiences in the treatment of the ailments of suffering humanity, and explaining my method, which has been so successful; and because it is a system of cure which, when once understood, one can always have at command—a home-treatment, without drug medication, that can be successfully and safely applied in all, or nearly all, acute and chronic cases.

In fact, the question of the possibility of securing a system of hygienic home-treatment for invalids, and for general family use, to meet all emergencies, one that is simple, easily applied, and one which will prove effectual in

restoring healthful conditions, has long agitated the public mind.

It is true, we have our many health institutions and sanitariums, but, unfortunately for a very large class of invalids, these health resorts are beyond their reach. They are either too expensive, or too far away from their homes, and, owing to their condition, they are unable to reach them. So they are debarred from any benefits that may be derived from a sojourn at these places.

But we find that this numerous class of invalids are just as needy in this respect, and just as anxious to get well, as those who are more favored with the means for securing health, and their lives and health are just as precious to them and their friends. To help this class of invalids especially, is the inspiration of this work:

It is obvious in order that such a home-treatment may be practicable, that it must be one which is not only simple and easily applied, but it must be more than this to reach the majority of cases. It must be as "free as water," as the saying goes, and as cheap as all

nature's means for securing health can make it.

This is the crowning feature of the Dreh-ni-gean system of cure—it is free to all “without money and without price.” In fact it is designed to teach every one to become independent of doctors, to a great extent, and their own physicians for life.

If, by the use of such a treatment, results have been attained in overcoming the influence and power of diseased conditions, showing that it has efficacy and power, without the use of drug medication, does not the Dreh-ni-gean cure prove itself worthy of our deepest consideration? Must it not command attention?

Are Typhoid fever, Scarlet fever, Quinsy sore throat and Diphtheria, forms of acute disease to be trifled with and experimented with, by remedial agents of no efficacy and power? Do they not require prompt action on our part, and the best means promptly applied, in assisting nature to arrest the onward march of the disease?

If you were called as the last resort and last hope, to the bedside of a dying child, as viewed

from the standpoint of three physicians, who had given up the child as a hopeless case, and said she could not live, would it be possible, think you, reader, for a remedial agent of no value to be the means of assisting nature in restoring that child back to its parents in health? If it was accomplished, does it not show that the means employed, however simple they may seem to us, were potent in their influence and power

All this and much more has been accomplished by the Dreh-ni-gean cure, which is entirely free from drug medication. Does it seem almost like a mythical statement, to say that a person who was insane, and was for a time before I took the case, an inmate of the Insane Asylum at Northampton, Mass, was in three months' time, under this treatment, so far restored to health and clothed in her right mind, as to do her own housework, which she had not been able to do before for three years?

A short time after treating this patient, I received a letter from her husband in which he says: "I never saw Abbie look so well as now, and she has been cleaning house, and seems to take as much interest in her work as ever she

did, and it is not medicine that has done it, and that is one good thing. I tell you what it is, it seems good to be able to live once more. It is so long since I have been able to live like other folks, that I hardly know how to act."

This patient, for seven years previous, had been taking, at intervals, bromides, nervines and opiates to quiet her nerves, and her system was filled with these decoctions. Is it a wonder she went crazy? She had none of these to quiet her nerves while under my care, except in two or three instances, and did not require them afterward, when her husband wrote me the above letter.

Soon after the recovery of the sick child referred to, I received the following letter from its mother:

"It seems so like a dream to me to think I have my dear little Bertie with me. She seems so well now and so full of life. How I wish you could see her. It was only a short time ago we had given up all hopes of her recovery. When you came, dear, friend, I was trying to be reconciled to say, 'Thy will be done,' but, through your kind efforts, she was spared to me. How grateful I feel toward kind

Heaven, and to you, no words can express.”

The first case of scarlet fever in which I applied the Dreh-ni-gean cure, was that of my daughter Lulu, when she was about six years old. It was while we were visiting friends in the country. As I had never before tested the influence and power of this method of treatment in a case of this character, I felt a natural hesitancy about using the treatment without consulting a physician. So I called Dr. Lamb, the resident physician. After the doctor called twice to see my daughter, he reported to my friends that she was a very sick child and he was afraid she could not live. And yet, out of the twenty cases he had on his hands at the time, Lulu's sickness, for some reason was of the shortest duration. Five days after the doctor was first called, Lulu was able to sit up in bed, and the following day she was able to be dressed. After that time she gained rapidly, while the other cases were slow in recovering. As her case was pronounced the severest of them all, I can account for her more speedy recovery in no other way than that she had the Dreh-ni-gean treatment and the othes had not.



Now I have no desire to, and would not under any consideration, detract from the worthy doctor's effort in behalf of my child, for I hold him in high esteem, and I gave his medicine as he prescribed and directed, for two days and nights. At the same time I treated the child every day, and many times a day, for three days, with an internal application of heated water by enemas.

Now as to how much the recovery of the child was due to the doctor's effort by the use of his medicines I will not presume to say. How much it was due to the water treatment, as I applied it, would depend much upon whether it could have accomplished the same results had not the medicine been given. However this may be, Dr. Lamb seemed to think, that the water treatment, as I applied it, was of some value in this direction, as he soon after made use of it in one of his cases, and with good results.

But I was destined to settle this matter, in my own mind at least, much sooner than I expected, for I was called upon, not from inclination or desire, but from the force of unforeseen and trying circumstances, to put the

treatment to other and, if possible, severer practical tests. For in one week after my return home from the country with my daughter, Lulu, I had three cases on my hands at once, in my own family—my oldest daughter, and my niece, Mrs. Hawkes, and her little daughter, two years old. This little girl had the scarlet fever in a mild form. My oldest daughter, Carrie, had what is called catarrhal fever and quinsy sore throat. Mrs. Hawkes had typhoid fever and one of the severest diphtheritic sore throats attending it. She had recently returned from Cambridge, Mass., where she had been taking care of her father, who had been very sick with typhoid fever.

In all of these cases I used nothing but the Dreh-ni-gean system of cure, giving no medicine, and bringing them safely through their sickness back to health.

The two cases of my daughter and Mrs. Hawkes were two as severe cases as is often found, and both received prompt and careful attention. I treated these cases with an internal and external application of heated water. The internal application was through the bowels, and applied in each case once an hour for

eighteen consecutive hours, which produced perspiration and broke up the fever. Each day after, for nine days, I continued the treatment, three or four times a day, as the conditions of the patient seemed to require. The body is so responsive to the treatment that even patients themselves, if not too feeble, can tell just when they need the treatment.

To relieve the intense suffering occasioned by the sore throat, I made outward application upon the throat, of water as hot as could be comfortably applied, and borne by the patients, and kept it up four and five hours, changing these hot compresses every three or four minutes during that time. At the end of the fourth hour my daughter was so far relieved (it was in the evening), that she went to sleep, getting a comfortable night's rest. In the morning, when she awoke, she looked quite bright and felt very much better.

In the case of Mrs. Hawkes, it required the constant application of these hot compresses every four minutes, for five hours, before she could get relief and rest. In one week these two patients were able to sit up a portion of each day afterward and be dressed. At the

end of two weeks they were so far convalescent as to be able to walk a distance of half a mile and return.

Some may think that these could not have been very severe cases; that they must have been a mild form of the disease to have convalesced so rapidly. Possibly that may not be an unnatural view, as taken from the standpoint of our experiences in treating such cases with drug medication, and I have no doubt but that, had drug medication been administered, these cases would have lingered along into weeks, perhaps, as is usual in such cases. But does this reflect most against the possible severity of the disease, or against the probable result in the use of drug medication?

It is by no means a new idea that powerful drugs, administered many times, have more to do with lengthening out the time of one's illness, in such cases, than we are apt to realize. Nor is it a new idea that it often takes a longer time to overcome the effect of the medicine given than it does in overcoming the disease itself. This is a fact well recognized in the medical profession.

Upon this point Dr. Trall says: "While the

ordinary duration of inflammatory fever is from one to two weeks, the nervous form of typhus from four to six or even eight weeks, the putrid form from two to three weeks, remittent fever from two to four weeks, when treated according to the popular system, yet under a water treatment," he says, "it is very rare for any fevers, except eruptive, to hold out over a week; and in eruptive diseases, whose febrile excitement usually continues from seven to eleven days, the violence of the disease is generally entirely subdued within one week. I have never personally known a fever run over a week under a water treatment, and I have treated all the common forms in New York city for the last eight years—ephemeral, inflammatory, typhus, ship, scarlet, measles, smallpox, etc."

Prof. Thomas Watson, a prominent English practitioner of the "old school" of practice, has this to say: "We know tolerably well what it is we have to deal with, but we do not know so well how to deal with it. To me, it has been a life long wonder, how vaguely, how ignorantly, and how rashly drugs are often administered. We try this and, not succeeding,

we try that, and, baffled again, we try something else. Our whole profession is continually fluctuating on a sea of doubt, about questions of the gravest responsibility." Another says: "The whole nation is groaning under the present practice of the medical profession, *which fosters disease more than it cures it.*"

Here is what Dr. E. D. Leffingwell says: "After listening to the teachings, and witnessing the practice of nearly every great hospital in Europe, I return home to America, with a far greater faith in the *healing power of nature*, and a far greater skepticism of the curative influence of art, than I ever possessed before. As I wandered through hospital after hospital, and saw how the greatest of men disagreed in their treatment of the same disease; as I have seen how little they are able to assist nature by the means they employ; how, too often, the experiences of yesterday, are rendered worthless by the experiences of to-day; as I have thought of the revolutions and contradictions of therapeutics in the past, it has seemed to me, at times, as though there was no refuge but in nihilism; that all alike is folly;

that rest, quiet and calm were the only human fruition."

Dr. William Thornton, who stands high in the medical profession, as an author on medical subjects, in his work on Therapeutics, admits, "that at least two-thirds of the drugs used in the treatment of disease, are useless and empirical." He admits that "if we have a specific formula for any disease, we can produce the same results every time we use it for that disease," but says, "the reason why this is not done under the existing methods of practice, is, *because no uniform action can be depended upon by the use of incompatibles.* Not until we have learned nature's laws, and accepted her methods, can we have an exact science of medicine."

In a recent issue of the Eastern Medical Journal, published in Massachusetts, we find this thought expressed upon the same subject before us.

"There can be no doubt but that thousands have been, and still are, annually consigned to untimely graves, besides a still larger number who are doomed to linger out a wretched existence, by the unnatural, unphilosophical,

and destructive treatment to which they are subjected. It cannot be possible that such a mass of incongruous experiments, made up of the most virulent poisons, can claim a relation to science."

All this being true, does it seem so difficult to understand, why these cases referred to as being treated under a hygienic cure, without drug medication, should have convalesced so quickly, and not lingered along for weeks and months, and, perhaps, have resulted, under drug medication, in a life of wretched existence?

Nature, in these cases, having no medicine in the system to combat and expel, and none of its baleful influences to counteract, could direct all of her curative forces, toward restoring harmony to all the functions of life, and repairing the waste. Hence in these cases a speedy convalescence.

Among other patients I have had under my care and treatment, there are several of special interest, as showing the wonderful action of the water on the system. One of these was the case of the mother of the little child already spoken of. I took her case by urgent



request, some time after the recovery of her little girl. She had been in poor health for several years, under the care of several physicians at different times, who did not seem to reach her case, and it finally terminated in lung trouble. It was in the fall of '84 when I took this patient, and at the time it was thought she would not live through the following winter. I did not give her friends much encouragement, but was willing to do what I could for her. I treated her, commencing in November. For the first few weeks it was a very trying case; hardly a treatment could be applied, during that time, that she did not faint dead away. But I kept on with the treatment, each time, until she came out of the spell and consciousness was restored. Gradually she overcame this disposition to go into these fainting spells. After treating her nearly every day through the winter, in the spring she was greatly improved, so much so, she told me, that she really believed she never felt better in her life. Apparently, all the symptoms of lung trouble had disappeared. Two years later, while she was living in Woon-

socket, R. I., I received the following testimonial from her:

"I feel in duty bound to give my testimony as to Dr. Sanders' method of curing disease. For nine years previous to going under her treatment, I was a great sufferer. During that time I had employed many doctors. Sometimes they were able to relieve my suffering, but it only resulted in temporary relief. I had lung trouble, with other troubles, and I had become so completely discouraged, that I gave up all hopes of recovery. In this way I lingered along until my little girl was three months old. Then she was taken sick with congestion of the brain. The doctors who had attended her said they could do no more for her and said she might live a week and might die inside of 24 hours.

About this time I had heard of Dr. Sanders and what she had been able to accomplish with her method of treatment. As a last hope I sent for her, and after she was so successful in restoring my little girl to health, I began to have a faint hope that she might help me. Previous to this time, I had been strongly urged to put myself under her care and treatment, but to no purpose, for I had no faith in her treatment. I did not believe that a water treatment could help me where all else failed. But when I saw with my own eyes what it had

done for my little Bertie I was in hopes she might help me, if not cure me. So I concluded to try her. I went under the treatment, and was under Dr. Sanders' care for five months; after that time I treated myself. For more than a year previous I had a severe cough, not being able to lie down nights on account of it, but was obliged to be bolstered up in bed, in a sitting position, to get any relief and rest. Dr. Sanders told me that if I followed up the treatment, under the instructions she had given me, she believed I would get entirely well. I did so, carrying out her instructions faithfully and now, after two years, consider myself perfectly well.

“(Mrs.) EDITH LOCK,  
Woonsocket, R. I.”

About this time I was called to attend an asthmatic patient, a lady who had been troubled with asthma for the past five years. She was in a very bad condition, and reduced to a state of nervous prostration. She had about decided to go to Boston, and enter a hospital there to be treated, but, under the influence of her friends, some of whom had been my patients, she was persuaded to try my system of cure.

She would have very severe attacks of asth-

ma at intervals of about four months each. Usually in these attacks she was prostrated in bed for five and six weeks at a time, and each succeeding attack was more severe than the one preceding it. So much so, that the physician who had attended her through the last attack, did not think she could live through another, and of course suggested that she go to the hospital. I must admit it was a very trying case, and one over which I spent many anxious hours. But I finally succeeded in reducing these attacks from the usual run of six weeks to one of two weeks' duration, so that, in less than two months' time, she was able to be up and about the house, and do more work, as she expressed it, than she had been able to do before. during all the five years of her sickness

Do any ask, then, if I considered this patient entirely cured of the asthma during this time? Most assuredly not, for it takes a long time for these old chronic cases to entirely recover, and bring back a healthy order of action to all the organs and functions of life. But she was helped by the treatment as no medicine had been able to help her, and, after that

time she was able to go on with the treatment herself, until she secured permanent relief.

Here are several testimonials, taken from a few of the most important, of patients who have been under the Dreh-ni-gean cure:—

Ashley Falls, Mass., April 31, 1887.

To all whom it may concern:—

This is to certify that I, having been in very poor health for over three years, and, as the doctors all told me, that I was gradually dying of consumption, I feel in duty bound to say that Dr. Sanders' system of cure has done more for me than all the medicine I have ever taken. Last November, not being able to work at all, I was persuaded to try this new system of cure, which, from my experience with it since, I am led to believe it to be one of the best remedies for all diseases. I have passed a comfortable winter and am better able to do work now than in all the past three years before.

W. E. SCOVILL.

Lenox, Mass., Oct. 10th, 1887.

My Dear Friend:—

It is wonderful how greatly improved May is after the few treatments you gave her during our short stay with you. I hope and trust the day will come when you will have the opportunity to do the good you know how to do for

suffering humanity, for I am very sure your work is a strong one. Your sincere friend,

I. S. FREELAND.

East Canaan, Conn., June 8th, 1888.

Dear Friend:—

I feel this morning as though it was my duty to spend a little time in writing the people about my health. I have been sick nearly four years, and have suffered everything but death. I had everything done for me that could be done. I have had six different doctors, but they gave very little relief to my intense suffering. I was a burden to myself and my family.

I was introduced to Dr. Sanders, of Canaan. As I was very feeble and suffering all the time, I asked her if she thought she could help me. She thought she understood my case, and I believe she does, for to-day after several weeks' treatment, I feel as though my life had begun anew. I am able to do my own work, go to church, and have been to the store three times, something I have not been able to do before for four years. I suffer no pain, have been to ride several times—my other doctors would not allow me to ride or walk—but I am gaining every day. I can safely say that Dr. Sanders' treatment has done more for me than anything I ever tried, and my neighbors look at me with surprise to see how fast I am improving.

(Mrs.) A. PARMELEE.

This patient was under my immediate care at my house for three months. Her trouble was complete prostration, attended with hemorrhages, occasioned by overwork.

Kittanning, Pa., June 14, 1895.

Being in the city of Washington the past winter, I met Dr. Sanders, through a friend, and decided to put myself under her treatment, which, I am happy to say, has benefited me very much. It did not entirely remove my Rheumatism; which I could scarcely hope in so short a time, as the disease had been of years' standing, but my general health is much better, and I am glad to add this testimonial to Dr. Sanders' method of treatment. Respectfully,

SARAH A. CRAWFORD,

To the public:

It is hard for me to tell the condition I was in previous to taking Dr. Sanders' treatment. Although in very poor health for twelve years, yet I had no disease to which I could give a name. If any one asked me what my trouble was I could not tell them. I felt badly all over, from head to foot, tired at night, and still more tired in the morning, and tired all day.

During the last few years I used to express my feelings, by saying, I was more dead than alive. I do not think there was a month during the twelve years that I did not take medi-

cine of some kind. I went first to one doctor, and then to another. They all thought the same thing, viz., that nothing much ailed me, and that they could give me something that would make me feel better right away. But I finally concluded the doctors could do me no good, and went to taking the only medicine that ever made me feel any better, viz., quinine. I took it cautiously, at first, being afraid of it. But as I found it helped me for the time, I kept taking more and more of it, until I got to living on it. I ceased to buy it in small quantities and bought it at a wholesale rate, as it seemed to be the only thing that would keep me off the bed. So I simply shut my eyes, as it were, and took it, regardless of the consequences. One of the main features of my ill health was constipation, something I had been troubled with all my life, but had become so bad that, during the last three years, I never had a move from my bowels that was not brought about by medicine. I had come to be a machine run by medicine. All the organs of my body seemed to be in a half-paralyzed state, and I felt, as one naturally would in that condition, as though I was half dead. When I heard of this Dreh-ni-gean cure, and learned what it was, it struck me as being just what I needed, and so it has proved. I have taken it regularly for one year and a half, and were it not that its wholesome influ-



ence came on me so gradually, I would think I was an entirely different person, from what I was two years ago, or that I had waked up in another world with a new body.

Oberlin Ohio. (Mrs.) LILA A. UPTON

20 Wilkes st., Jersey City, Jan. 20th, 1896.

To whom it may concern:

In the fall of 1895, I was taken ill with typhoid malaria, and, being generally run down from an attack of measles, from which I had never recovered, I was in a very low condition when Mrs. L. B. Sanders was called in to see me, and apply her method of treatment, the Dreh-ni-gean cure. My parents did not expect me to live, I was so low, but still, having great faith in Mrs. Sanders and her treatment, hoped she might help me. I had not had a good night's sleep for several weeks. After the first treatment Mrs. Sanders gave me, which was early in the evening, I then went to sleep and slept all through the night and did not waken until nearly noon of the next day.

From that time on I gradually grew better. My recovery was not rapid but steady and sure, under the daily application of this treatment, and I think it would have been impossible for any one to have recovered more rapidly from a similar sickness.

We all have such faith in this method of

cure, that we will not resort to any other, or employ any other doctor than Mrs. Sanders.

HERBERT J. MORRIS.

In the spring of 1890, while residing in Jersey City, my milkman, Mr. Nolan, had a little girl two and a half years old, stricken down with malignant diphtheria, and urged me to go and see her, and see what I could do for her. I began by giving her hot water to drink every half hour, putting hot compresses on her neck and chest, and feeding her from one to two teaspoonfuls of Universal Food and milk every hour to nourish her, and putting her little feet into hot water. She soon began to perspire. We followed this treatment all night, and when the doctor came in the morning, the child was so much better, that he was very much puzzled, as on the day before that he did not think she could live through the night, but came early in the morning to see how she was. But Mr. Nolan dismissed him, stating that if he was needed again he would let him know. I then went to work and gave the child a thorough course of treatment, through the bowels, and in less than a week she was up and dressed, somewhat weak but trotting around the house, as usual.

The following is from one of my patients, the wife of Albert Turner, manager of "Health-Culture," New York:

New York, Jan. 18th, 1896.

As a child I was considered very delicate, having inherited a weak stomach and a scrofulous enlargement of the neck. Two years before marriage I slipped and tore the sciatic nerve almost in two; was attended by one of the best physicians in the city and given up, but lived, leaving me with sciatica and spasmodic drawing spells, knotting muscles of my limbs, and in the neck so as to cause severe pain. I have had severe attacks of diphtheria, pneumonia, pleurisy and inflammation of the bowels. Ten years ago I was thrown out of a stage, riding from Chatham Four Corners, to Spencertown, Columbia Co., New York, striking the end of my spine, causing an additional injury to my nervous system. Hot compresses from three to four inches from my spine would cause pain. Our house caught fire during Mr. Turner's absence, the shock causing severe nervous prostration, with loss of strength and vitality, until I only weighed about 75 lbs. instead of my usual weight of 130 pounds. I was taken to a sanitarium, and, after an examination by physicians, my case was pronounced hopeless, and that I would be

likely to lose my mind soon. My physician, who had attended me for 17 years, knowing of Mrs. Sanders' treatment, recommended me to try it. I was so weak I could scarcely think or talk. The door bell had to be disconnected, even the children playing on the sidewalk had to be stopped. My head pained me so, I feared I would lose my mind, and I had heart failure so I could not be left alone for a moment, and for weeks did not sleep for more than three hours out of the twenty-four. My stomach became ulcerated; for two years I never ate any kind of condiments or seasoning with my food, and did not eat at the table. In this condition I commenced taking Mrs. Sanders' treatment. At first, I gained very slowly but gradually my strength began to return, my nervous system became better, I slept well, my food digested, good solid flesh came, all very slowly but surely, and to-day I consider myself a well woman. Even my old inherited troubles are gone, and in our family we consider this the only remedy to be resorted to for any diseased or disturbed condition that we may experience.

SARAH C. TURNER.

Another remarkable case of a cure, under this Dreh-ni-gean system, is that of a lady patient I was called to attend in Great Barrington, Mass., in 1896. She was a Catholic

woman whom, owing to her low condition, the priest had prepared for death, as the attending doctor had given her up, stating she could not live. The way I happened to be called to this case was this: I had several other patients in the place, some of these friends of hers, and her husband sent for me, more, perhaps, to satisfy the solicitations of these friends than with the feeling, under the circumstances, that I could do her any good. Knowing of the case and the low condition of the patient, I myself felt there was small hope of doing anything for her, but still I was willing to go and see her, which I did.

I called in the afternoon, and, after examining the lady, my impression at once was that I could do nothing for her. But I found her nurse suffering with an attack of sick headache. I said to her, "This is no place for you, in this condition. You had better let me treat you, and cure you of your sick headache." She said she would like to have me, so I called in the evening, and my treatment gave her such relief, that Mr. Smith insisted on my trying it on his wife. So I told him, I would relieve her bowels that night if he so desired,

and that I would call in the morning, and could then tell whether the system was sufficiently responsive to the treatment for me to take her as a patient. When I called in the morning, at 7 o'clock, I found that the system had responded, and I took her as a patient. Her trouble, when I took her, was heavy hemorrhages. She gradually improved under the Dreh-ni-géan cure, and at the end of a month was able to ride out. Four years afterward I heard from her. She was well and had not seen a sick day since. She was always ailing before.

This is the perfection of this system of cure. It teaches people how to keep well by taking care of themselves.

The following case is a remarkable one, and I will let it speak for itself for or against the Dreh-ni-géan system of cure. I will give it as reported in the New York Recorder in 1894, the exact date I do not recall. This paper, reporting this case, says:

"This is the case of a lady whose unusual physical condition has interested leading physicians and specialists of two continents, and the fact that her appearance indicates

recovery has created wonder in medical circles. She lives in this city, but would not go into details of her case until assured that her identity should not be disclosed in print.

“Her trouble is ossification of the tissues. This is her experience, given by herself:

“‘Fourteen years ago, when I had just finished my education, I had a severe attack of malarial typhoid fever of the typhus form. I was always delicate, and this left me in such a weakened state that it is wonderful I recovered. A few months after this, I had an attack of sunstroke, superinduced, I suppose, by my other illness. From that time on, I was subject to the most frightful headaches. You cannot imagine what agony I suffered. They came two or three times a week. My blood was impoverished, and it seemed as if I was gradually drying up—indeed, that is just what ossification is.

“‘Finding no relief in this country for my sickness, I went to Europe, in search of the best medical talent. It was eight years ago I went to Europe. The physicians here had told me that the ailment was with my liver. I went first to the north of Ireland, for a change of

climate; then on to London. Growing rapidly worse, I hastened to Paris and placed myself under the care of Dr. Piedvache, the then, at least, foremost specialist in diseases of the liver; but he could not cure me. He put me on a severe diet, but I grew worse. I spent the winter in the Bermudas, in the spring returning to Europe, and visiting the highest medical lights of Italy and Germany.

“‘For five years I have been unable to go anywhere, not even for a short ride on the cars. A year ago I was thought to be dying, and seven of the most distinguished doctors said I could not probably live over three days.

“‘Ten months ago I put myself under the care of Dr. Sanders, and she has been in daily attendance. If you look at me now and imagine from what I have told of my former condition, you can see, I think, that I am on the road to recovery. My cheeks are filling out, those old terrible headaches are leaving me, and even my hair is becoming darker.’

“Dr. Sanders, when interviewed, had this to say of this patient. The treatment I am using consists simply in dieting her on especially prepared food, and using a scientific massage



with heated water peculiarly applied, which is a necessary adjunct.'

The peculiarity of this case is that, notwithstanding the wonderful progress she was making under this treatment, some of her friends thought she was not improving as fast as she ought, and finally induced her to give up this treatment and take up another, which they had been assured was better. Six months afterward I saw a notice of her death in the paper.

## CHAPTER II.

---

### THE TRI-PLEX CHARACTER OF THIS SYSTEM OF CURE.

---

The three great physicians I leave behind me—  
Water, Exercise and Diet.—Demonlieu.

As stated in the Introduction, the Dreh-ni-gean system of cure is triplex in its character, embodying the use of water, massage and diet; as its three component parts, and the three essential elements that make perfect a system of hygienic cure. Water, as the great purifier and renovator from diseased conditions; massage, as an auxiliary in restoring lost action; diet, to build up and repair the waste, and all three interdependent one upon the other, to the success of a perfect cure.

#### WATER.

At first thought, to many it may seem strange, that so simple an element as water should be placed as one of the remedies of chief dependence in a system of perfect cure for the

many ailments of humanity. And yet, as Dr. Trall, in his Encyclopedia of the History of Medicine, says: "If the history of past ages in regard to the use of water as a remedial agent in the treatment of diseases teaches anything, it teaches the reasonableness of the *universality of its application*, for there is scarcely a disease that can be named where water has not been successfully applied and recommended."

So general, and so satisfactory, has been its application as a remedial agent of chief dependence in the past, that one writer asserts: "That water is a remedy suited to all persons at all times; that there is no better preservative from distemper, that it is assuredly serviceable, both in acute and chronic disease, and, lastly, that its use answers to all indication of preservation and cure."

Is there any other one remedial agent whose potency, for good, has been so generally and so universally acknowledged and applied, in all countries, and in all ages of the world? When we once understand the philosophy of the action of the water on the system, we can then understand the reasonableness of its use

as a means of relief, and as being peculiarly adapted for a remedial agent of *chief dependence*. "Not because disease is universally curable, but because water in some form is universally applicable."

As a mode of treatment in this Dreh-ni-gean system of cure, is embodied the use of heated water, externally and internally. Externally by the application of hot compresses, and internally sometimes by drinking it, but mainly through the bowels.

As thus applied through the bowels it is by no means a simple injection, and is much more than an enema or "flushing the colon." It is thoroughly a cleansing and purifying process, more far-reaching in the good results attained, it is believed, than has ever before been comprehended in the hygienic use of water.

For the primal object, in this method of using the water, is not to remove the fecal matter from the lower bowels, although this is the first point to be gained in the treatment. This removing of the fecal matter is only a preparatory step to the introduction of this system of cure, for we do not receive the full benefit that is to be derived from it as a

remedial agent until it has passed beyond the province of a simple injection, or enema.

The idea of using an enema is generally looked upon as being simply to move the bowels and nothing else, and, as generally administered, this is all that is aimed at and all that is accomplished by it. Even Dr. Hall's method of "flushing the colon," as it is termed, is nothing more than simply another form of expressing the same idea, of an enema.

In fact I am led to believe, with my experience, not with the use of this method of "flushing the colon," but with several of my patients who have used it and given it up, that it was even less satisfactory in its results than a simple injection. For this reason: That while both a simple enema and "flushing the colon" relieve the lower bowels, by removing the fecal matter, the process of flushing the colon stirs up the system more, without removing the impurities thus stirred up, which are of a more dangerous character than the fecal matter, the retention of which, when thus stirred up, is carried back into and impregnates the blood. It is simply a stirring up process. It is like dipping out of a cesspool

a bucketful of its impurities. It is so much of its impurities removed it is true, but, if you stop here with your cleansing process, you had better let it alone. Would you, if you had a cesspool about your home, filled with disease breeding pestilence, simply dip out a bucketful of its contents? Would you not think that you had better let it alone, if you could not make thorough work of it? Would not anything you might do, short of this, only stir up this mass of corruption, increase the stench and make it even more unhealthy and injurious than before? I am sorry to say that the house we live in—the body—when its sewerage gets out of order is much in the same condition.

The true philosophy of this Dreh-ni-gean system of cure, lies in the fact that, because this sewerage system gets out of order through the inaction of the excretory organs and functions, the body becomes clogged, secretions harden, and these impede the proper circulation of the blood. It is this clogged, congested condition of the system that needs to be relieved, and these hardened secretions softened up and passed out of the system. So

that a successful treatment of this nature must be more thorough than even "flushing the colon" can be.

A treatment of this kind, properly applied, not only cleanses the bowels from their impurities, but diffuses its influences by stimulation and warmth applied over the whole system. Starting up an action that tends to restore the organs to their proper functional action, it also promotes digestion, because it equalizes the circulation of the blood.

Very few, or comparatively few, persons, we apprehend, realize the amount of impurities that accumulate and clog the system in its various diseased conditions. They have the idea, that when a treatment of this kind is used, acting directly upon the bowels, and the fecal matter is removed, and the movements become clear, or almost colorless, that this is all that is required. But no one who has tested the method of treatment here advocated, fails to realize the fallacy of this idea and fully recognizes the fact, that always, during a course of treatment, or during the time of taking one of a series of treatments, that the blackest and rankest impurities are not

reached and passed off until after the fecal matter is removed from the lower bowels, and the sittings at stool have become practically colorless.

In regard to the time required for taking the treatment, as well as the amount of water to be given, it will vary according to the condition of the patient, and whether it is a chronic or acute cases. Chronic cases require a much longer time to restore normal conditions than acute cases, and a much larger quantity of water applied, in order to reach the dried up, hardened secretions and calcareous matter, that lies deep seated in the system. Acute cases more readily respond to the treatment, and are more quickly acted upon. But in both chronic and acute cases, some patients do not respond so quickly as others, because of less inaction in the system, and the same patient's responsiveness will sometimes vary at different stages of the treatment. They may eat wrong, and this will affect the responsiveness of the system; or they may have continued the treatment long enough to reach some deep seated functional inaction, occa-



sioned, not unfrequently, by the paralyzing effect of some drug medicine taken.

It some times happens, too, and I recall an incident in connection with one of my patients some years ago, when, during a course of treatment, the occasion of a painful obstruction in the bowels was revealed. The doctor who had previously attended the case could not remove this obstruction by the medicine he gave. He said that if this obstruction could be removed the lady would get well, but admitted that any attempt to remove it with a knife would mean death to the patient. So this was the condition of things when I was called to the case. It was about two months after taking it, and applying the Dreh-ni-gean cure daily, and some times twice a day, before I was able to discover what this obstruction was. Under the softening influence of the water applied, it was finally loosened from its imbedded position in the bowels, and passed off at one of the sittings at stool. It proved to be a fish bone one inch long, which the lady remembered to have swallowed some six years previous. The doctor was right when he said she would get well if this obstruction could be removed, and

she did, for after its removal she gained rapidly.

To secure such results requires a thorough course of treatment such as is only embodied in the Dreh-ni-gean system of cure. So that we can readily understand that, in most cases of chronic invalidism especially, the necessity of keeping up with the treatment daily giving from one to two hours to each treatment, until the impurities and obstructions are reached and passed off. For it is these that occasion so many backaches, and pains in the groins, and causes so much trouble in the diaphragm through the pent up gases that arise from the fermentation of alimentary matter that does not digest and assimilate, because of the congested, inactive condition of the system. And not to continue the treatment many times, as indicated, means to leave the bowels in a turbulent and disturbed condition, and if the patient is of an extremely nervous temperament, it would be better to take no treatment of the kind if it cannot be a thorough one.

There are some doctors, I understand, that say that this is an unnatural mode of treatment. I suppose all remedial agents, as a fact,

are in a sense artificial means to an end, as viewed from the standpoint of natural conditions. But, is it more unnatural than to fill the stomach with so much drug medication, which only destroys the membranous lining, and thus breeds and fosters disease? Is it not the true province of the stomach to receive and disburse, that which will nourish and sustain the body, and not that which will nauseate it? Shall we make of it, then, a disease-breeding pest-house, as many do, because of the present conditions and methods of practice in treating the ailments of humanity? While any remedial agent used in the treatment of disease is to an extent unnatural, its unnaturalness does not necessarily impair its usefulness. But its usefulness and efficiency depend upon its adaptability to meet and overcome unfavorable conditions to health. It is generally conceded, that those remedial agents are the best which can secure desired results with the least possible irritation to the vital organism.

But, after all, is it not a fact, that we are not dealing with natural conditions, but unnatural conditions, in applying our remedial agents? It is not natural for a person to be sick and

suffer as many do. It is unnatural. It is unnatural to be diseased, but it is natural in diseased conditions, that circulation should become obstructed, the blood become impure, and that the resulting congested condition of the system should dry up and harden secretions, which in a healthy condition of the body, are the lubricating oils of the machinery of the human organism. It is natural, as wisely provided, that nature's system of drainage, under all favorable conditions, should carry on all of the vital processes of purification. But, if through the morbid functional inaction of the system, or any part of it, these processes are impeded or obstructed, as they are more or less in all diseased conditions, then it would seem, that the best remedial agent for removing these obstructions, is the one that acts directly upon the organs of excretion themselves, with the least possible vital irritation or mechanical injury. That water is the only known agent of this nature is a well recognized fact.

THE TWO FEATURES OR METHODS, OF APPLYING  
THE WATER.

There are two distinct features in the application of the water in the Dreh-ni-gean cure.— One of which, especially, as an embodied feature in this cure, is entirely a new method of applying the water through the bowels, never before introduced we believe, and the one that makes the Dreh-ni-gean cure the most successful means of reaching deep seated trouble in all cases of chronic affections that are curable.

We shall speak of this feature more fully under its proper head. In regard to these two features. One, in a measure, is a preparatory step for the other. The first—except in cases named later—is to be used and continued until, not only the fecal matter, but the impurities that lie directly back of them, are reached and passed off. This feature of the application of the heated water, is in the usual way of taking an enema; the patient lying down on the bed, or couch, and taking the water, to commence with, at a temperature of blood heat (98 degrees), and as much each time as the bowels will hold comfortably before passing it off at

stool, continuing this process until the fecal matter is passed off, then gradually increase the temperature of the water about two degrees at a time, until a temperature of 108 to 110 degrees is reached. By this gradually increased heat the pent up gases are more quickly reached, and, with them, the impurities are passed off. After the passages become clear or almost colorless, we have reached the point in the treatment, when we introduce the second and most important feature, or method of applying the water, which we term "the continual flow," of which we will speak later.

The Dreh-ni-gean system of cure, reveals the fact that it is the impurities that lie back of the fecal matter, impacted not only in the bowels but in all parts of the system because of its inactive, congested condition, that are the prolific cause of crankiness, sourness of disposition, etc.; for, when they are removed, it has a wonderful effect in mellowing down one's disposition. Some people may be naturally mean, and hateful, as it is termed, and inherit perhaps, a sour, cranky disposition; but who can tell us that this is not largely due to an unhealthy parentage?

It is the impurities of this class—and what impurities are not of this class?—that must be reached and passed off before healthful conditions can be restored and the system built up. The time required to accomplish this, will be proportionate to the time it took for one to get into this condition. Some longer, and some shorter. If it has taken a long time for the system to get into this congested condition, it will surely take some time to bring it back to normal conditions. Herein lies the true secret of the success of the Dreh-ni-gean cure—it harmonizes with nature's efforts. Healthy action in all the vital functions, means life and health, but these congested conditions, in any part of the body, are paralyzing to the functions of life, and thus nature's power of restoring the system to a healthy, natural condition, is weakened. So that it is in this direction mainly that nature needs assistance, and, although her recuperative powers are great, they are weakened by the obstruction to a healthy action, and sometimes reaction is impossible owing to the weakened condition of the patient, without the assistance of remedial agents in removing these obstructions,

## THE CONTINUAL FLOW.

What has been said so far, in regard to the use of water in this cure, has reference to that feature in its use which is the first stage of the treatment, and, in many cases, the preparatory step for the introduction of its most prominent feature, "the continual flow." This way of applying the water (the continual flow), is indispensable in most cases of chronic trouble, and in severe, acute attacks, when patients are too feeble to sit up. I was led into the adoption of this feature of applying the water, through being called to treat many cases of this class, and small children.

But what do we mean by the phrase, continual flow? How is it different from the other feature?

As already stated, the first feature of the treatment is in the usual way of taking an enema, getting up at intervals to pass off the water at stool. But the continual flow method, as the phrase implies, is a continuous treatment. Taken while lying down and remaining in that position without getting up to pass off at stool. The water passing into the rectum and out again at intervals, until such times



as sufficient water has been taken, to secure the desired result of relieving pain and getting the patient sweating.

To secure this result, and in reaching deep seated trouble, there is no other method, I believe, equal to it.

In applying this feature of the treatment, as stated, it is applied while the patient is lying down on a bed or couch, lying as closely to the front edge of the bed as possible, with the back toward the front of the bed. Having provided a rubber sheet about three feet square, to be placed on the bed under the patient, to prevent wetting or soiling the bed-clothing. Let the front side of this rubber sheeting extend down over the front of the bed into a foot tub or large vessel placed there to receive the water. The top edges of the sheeting draw up closely around the body of the patient, and pinned together, to form a funnel for the water and prevent its wetting the patient's clothes as it passes out of the patient into the foot tub. In using the fountain syringe, for applying the water, hang it on a nail as high in the room as possible. With the bag filled with water at the right tempera-

ture and the patient in position, place the rubber tube in the rectum of the patient. But, before doing this let the air out of the tubing and so much of the water as is in the tube. Then insert the tube as directed and let on the flow of water. Some persons feel obliged to take out the tube occasionally during the treatment, but it is better when possible, to keep it in the rectum all the time during the treatment. This, of course, is not always possible, as when persons treat themselves, and have no one to refill the bag as fast as it is emptied. A person can usually take in this way a gallon of water in about every eight or ten minutes or six gallons in an hour's time, the water passing in and out of the bowels constantly during that time.

The object of "the continual flow" method is not simply or mainly to wash out the bowels, but, by the heat applied, to relieve the congested condition of the system. For this purpose, ordinarily, I should say, use an hour's treatment of this kind twice or three times a week, when taken with the up and down method, as before stated. But to reach deep seated trouble in old chronic cases much more

water at a treatment can be used and is absolutely necessary, at times, if we are to secure the best results. Take, for example those shrivelled up humanities, who are wasting away in decay, because the fluids and liquids of the body are drying up and the secretions becoming ossified.

It is unhealthy conditions that have brought about this deep seated trouble, and they are unhealthy conditions, because they exist in the body, as the house we live in—bodies, in which nature has wisely provided a system of purification, through the process of sewerage and drainage.

Perfect health is based upon the perfection of these sanitary conditions. Imperfection in the working of these processes, means unhealthy conditions, and this means ill-health or disease.

In this respect our bodies may be likened to our homes and dwellings, especially in our cities, where they depend upon a system of sewerage and drainage for carrying off the accumulation of waste, in order to secure and promote healthful conditions within them. How quickly, when these wise provisions for

health, not only of communities, but of individuals, become impaired, or obstructed, does it tell upon the health of the inmates of these homes; and how quickly are they changed from their high purpose of promoting healthful conditions to those that promote unhealthy, disease-breeding conditions. So it is with the body, as the house we live in, the home and dwelling of each individual, man, woman, and child.

Hence the prime object of the use of water in the Dreh-ni-gean system of cure, is to remove these obstructions and thus restore a healthy order of action to these wise provisions for cleansing and purifying, and making it a fit dwelling for humanity.

Upon this point, Dr. Shack, a prominent physician, in a recent article upon "How to Prevent Contamination and Contagion from Cholera," says:

"Germs of disease as infectious as cholera, small-pox, scarlet fever, etc., *must find a soil in the tissues of the physical system, peculiarly fertilized for the reception and development of said germs, before the disease can be reproduced. This soil is developed principally in*

*the muco-serous tissues of the alimentary canal*, by the retention of the contents of the bowels until fermentation and decomposition takes place. It is persons whose systems are in this condition and exposed to infectious disease, who are the ones who die of typhoid and yellow fevers, smallpox and cholera, *and no others.*”

“The proper thing to do,” he says, “is to get rid of the soil referred to.” And for this purpose he advises the use of “hot water” by enemas during the whole period of exposure. “Keep the inside of the body clean, as well as the outside, and cholera can do us but little harm.”

We find that in the application of water as a feature of the cure, we have two classes of disease to meet—acute and chronic—so that the method of treatment will vary somewhat according to these conditions. While the treatment is believed to be equally applicable to all forms of disease, both acute and chronic, the amount of water used, its temperature, and the length of time required to secure a restoration to health, will depend upon whether it is an acute or a chronic case. Acute at-

tacks are more quickly cured than chronic cases, and some chronic cases more quickly than others, according to the deep-seatedness of the disease.

In regard to the temperature of the water, as applied in "the continual flow" method. When following directly after the first process of removing the fecal matter, commence it with the same temperature of water with which we leave off the first process, about 110 degrees. Then gradually increase the temperature of the water up to 115 to 118 degrees, as the case may require, to get relief and produce sweating. This is an important matter to secure, and not how much water one shall use. Some will require more and some less. But usually to secure this, not less than the amount spoken of (six gallons) is required, and often more.

When "the continual flow" method is used independent of the first feature of the treatment, as in case of chronic invalids who are confined to their beds, the water must be applied in smaller quantities, and commencing with the temperature of the water at 98 degrees. It is hoped that, while it has been im-

possible, from the very nature of the case, to anticipate all the inquiries that may arise in regard to the application of this treatment in many cases, that sufficient general instruction has been given, to enable the intelligent reader to understand and apply it successfully.

It is doubtless true, that there may be among the readers of this book, some invalids, perhaps, who would like to consult with the author further upon some special feature of their trouble. This possible contingency is provided for in the Appendix.

#### POSITION OF THE BODY.

This matter of the position of the patients, while taking the treatment, especially in its first stages, is an important one. The best results are always obtained while lying down, in an inclined position. Not only this, I have always found that, in commencing each treatment, it is best that the patient should first lie on the *right side*. The reason for this is, that it acts better upon the liver, and allows the accumulated gases below the diaphragm to pass off. This is accomplished after three or four sittings. After this, then let the patient lie on the *left side*, to reach the gases in and

around the stomach. Unless this course is pursued, and the gases below the diaphragm first removed, the treatment is liable to produce vomiting, especially among persons with a sensitive stomach. This is to be avoided as much as possible, for nature's way is the best—downward instead of upward.

Now a word as to when to take the treatment. In a general way, among many chronic invalids, though not all, it may be said, take the treatment when you feel like it, or feel the need of it. This advice applies better, no doubt, to those persons who have been under a treatment for a while, and appreciate the good results obtained by it. In some cases it is best to take the treatment when you don't feel like it. In such cases, when a person has that "tired out feeling," take the treatment by all means, and you will feel better after it. More specifically as to when to take the treatment, and as well when not to take it. Take it usually in the middle of the forenoon, or, in case of persons who are obliged to work, more or less, through the day, take the treatment just before going to bed. Never take a treatment directly after eating. Wait an hour or more.



It will be too apt to stir up the stomach and cause vomiting. Then, again, a person should be careful about their eating after treating. The tendency is to overeat. They must eat, of course, for the treatment has started up an action of the stomach. It is usually better to eat a little at a time and not crowd the stomach too much, especially among those whose stomachs are naturally weak. They should take only such food as will be most easily digested and assimilated, without calling up the full action of the nutritive juices of the stomach, which, by the very nature of the case, are in a weakened condition. But it is sometimes a good idea to take a little food during the time of taking a treatment, of some easily digested food, especially if there is a desire for food. And it is necessary in many acute cases of fever, when there is much disturbance in the vital organism.

#### FEVERS.

Life in the body is a process of vital existence, in all its conditions, in health, and in ill health or disease, and in all the changes that may take place within it, short of death itself. In health all the organs and functions of the

body work harmoniously, and do perfect work, because the applied power is able to operate with the least possible friction consistent with the process of waste and repair. In ill health or disease, there is a change of conditions, but not in the purpose of the vital process.

Irritation, inflammation and congestion, the three states of disease, are conditions, it is true, that are unfavorable to a healthy action; but, under the law of self-preservation, they are like friction under the law of resistance—sentinels on watch to give warning that the processes of life are being retarded, or obstructed. So that the damage done to life and health, is not in disease, as the expression of life, but to the extent that the causes of disease antagonize and exhaust vitality. When persons are sick, they realize the fact, not because they have rheumatism, neuralgia, pneumonia, nor because of any other form of disease of a designated name; but simply because they do not feel well, and they realize the fact because they feel unnatural. Now this unnatural feeling is a condition opposite a state of ease—the normal condition of health. It is not simply a lack of ease, but a state of dis-ease. What, then, is

this unnatural feeling and how do we recognize it? It is pain, fever, loss of appetite, restlessness, nervousness, &c. This, in one sense, is the disease of the body when a person is sick. We recognize ill health, then, because of these conditions, and manifestly they are the symptoms arising from a disordered condition of the body, and express life. As such, we believe they may very properly be considered as signals of distress, calling into action nature's restorative processes, for they are effect produced, and not the cause of trouble. The fire alarm bell is not simply a signal of distress, to tell us of a fire, but designed to call into action the wise provisions, instituted for the purpose of protecting our property and homes. Is nature less wise in providing for the protection of "the-house-we-live-in"—our bodies? The symptoms arising are the alarm bells, not simply to tell us that we are in distress or danger, or that they are present as thieves and robbers, to steal away health, but that Nature, no less wise than our communities, is calling into action all of her preservative forces for the protection and preservation of life and health.

Now, in regard to fever. When the body is diseased, there are certain unmistakable signs showing that Nature is at work with her curative processes, that become more or less prominent as the disease is mild or severe. What seems to be perhaps the most prominent effect produced in all diseased conditions? If not fever, What? If it is fever, then fever is a curative action and not a disease. Taking this view of the case it would hardly be true to say, that it is an excess of heat at the surface that is unnatural and should not be there. For it is natural, it should be there, as a curative action in diseased conditions. But it is doubtless true, that the existence of fever, in many of its forms, indicates an alarming condition of the system. The fire bells are alarming, not because they exist, or because they ring out an alarm, but the danger lies in the cause that called them into action.

So with fever. The danger is not in the simple fact of its existence, though it may be an alarming symptom; but the danger lies in the condition of the system that gave rise to it and called it out. There is no question but what if these conditions that gave rise to the

fever were removed, the fever would disappear. But how are these conditions to be removed?

In determining this matter we must bear in mind one fact, that excess of heat at the surface is at the expense of loss of heat internally, and this would indicate that our remedial efforts should lie in the direction of restoring inward heat. The condition of the organism in fevers is one of contention between heat and cold. In fact there is no difference, in all cases of fever, than what is caused by the different degrees of cold or loss of inward heat. It is life or death between them. If heat gains the mastery, it means life and health, but if cold gains the ascendancy, death will follow. For the natural heat of the body is the safety valve of the constitution, as shown by the fact that it cannot be increased or diminished beyond a certain point without endangering life.

Fevers, as they are termed, are attended with general debility, loss of appetite, more or less distress in the pit of the stomach, obstructed perspiration, restlessness, languor, aching in the back and limbs, and increased sensibility to cold.

These are the symptoms that arise, more or less, at the approach of fever in all its forms. What do they indicate? First of all, perhaps, they show us that the whole vital machinery is thrown out of gear, but, more especially, that circulation, the most important function of life, is obstructed. Every indication implies that prompt action is required. What is the most practical course to pursue in such cases? Shall we wait three or four days, until the symptoms are more fully developed, in order that we may be able to decide what name to give to the approaching fever; or shall we apply, at once, a cure that will remove the cause that gave rise to these symptoms, and, by so doing, prevent the possibility of the disease making such inroads upon the vitality as to endanger life? Now one of the things of first importance in removing the cause of this condition is to produce perspiration, which allays congestion, promotes circulation and starts up an action of the excretory organs. There is no way of accomplishing this result more quickly, than with the system of Dreh-ni-gean cure herein set forth and explained.

In applying this treatment in fever cases:

Using a fountain syringe, first commence with a quart of water at blood heat, 98 degrees, to move the bowels. After this is accomplished, apply this amount of water every hour, gradually increasing its temperature two or three degrees at each treatment, until a temperature of 108 to 110 degrees is reached, and continue the treatment at this temperature until the desired perspiration is secured. Each day after, for a week or more, as the case may require, give this treatment once a day, and, after this time, reduce the treatment to two or three times a week until normal conditions are restored. There are some cases, when a change in the temperature of the water is required—when perspiration is hard to secure. Especially is this the case when there is a high temperature of the body, and the higher this temperature, the greater need of increased internal heat by the water applied. For, to the extent that the heat is driven to the surface, to that extent is the power of the organism to generate heat lessened. In some cases I have treated, I have used the water at a temperature of 120 degrees, and was obliged to do it in order to secure the desired result.

During the first stages of the treatment of fevers, let the patient drink about one-third of a cup of hot water every half hour. Have the water boiling before taking it off the stove, and drink it as hot as possible. The best way to take the water, to avoid burning the lips and end of the tongue, is to take a spoonful at a time, placing the spoon as far back in the mouth as possible. I have found that persons can take the water much hotter this way than in any other.

Feed the patient every hour or two with a spoonful of Universal Food in milk.

Let us look into this matter a little further. The heat of the body at a temperature of 98 degrees, being the safety valve of the constitution, implies the necessity of sustaining the natural warmth of the body, for it is this natural warmth that generates the power of vital action. So we find that this natural warmth, as applied to the body, is vitalizing to life and action. But we know for a fact, that all heat of the body is not, apparently, of a character that is vitalizing to life. This leads to the inquiry as to what is implied by the natural heat of the body. Is it a dry heat, a



moist heat, or what? We know that as the natural heat, and natural moisture as well, is reduced or absorbed, from a cold, disordered stomach or from any other cause, the functions of digestion and nutrition, become enfeebled or disordered, and also there is a derangement in the secretory organs of the mucous membrane.

Upon this point, Professor Thompson says: "In all cases where the heat of the body is so far exhausted as to produce chills and torpor, does it become indispensably necessary to use a treatment that will supply a moist heat, for a dry heat will only serve to dry the air and prevent perspiration, whereas a moist heat will promote it." Unhealthy conditions of the body, in most cases, imply a heat that is directly opposite a moist heat, because it is a dry heat. Dry heat, in the human organism, in diseased conditions, is like dry heat upon a machine; it exhausts power. It is not lack of heat in fever, inflammation and congestion, that makes these conditions weakening and exhausting to the vital energies, for it is a heat that is intensified. It is not a natural heat, and

it is not a natural heat, because it is not a moist heat, but a dry heat.

The importance of sustaining life, in all its processes, by means of moist heat, or by means of heat and moisture, is not confined alone to the human body, but it is equally important in all organized life.

What means that dreary barren waste, that dried up shrivelled look in all nature at times, as well as in humanity, as if she was fading, wasting away, in decay and death? What means that dry, parched soil of mother earth? Why that drooping flower, that fading rose? Why that withering grass, that wasted field of grain? Not surely lack of heat, for like the heat of the body, in diseased conditions, it is an intensified heat. How quickly under the influence of this combination of heat and moisture, of sunshine and shower, is its vitalizing power felt, in the freshness and vigor of the new life imparted. As we enter the domain of embryo life, the little seed, buried beneath the earth's surface, contains the germ life of a wonderful fruition. But it, too, requires the vitalizing influences of warmth and moisture, before it can burst forth from its prison walls,

transformed into its new sphere of life. To-day we see it as the little seed, to-morrow transformed into a spear of grass. Time passes on, and we look again—what do we see? Not the little seed, not the spear of grass, not a life in embryo, but a life developed, full, complete, perfect in its fruition. Wonderful mystery of a life! How deeply veiled to human thought to understand or human intellect to comprehend. But not beyond the province of fruitful inquiry into the means of its development and growth.

Not only do we find heat and moisture essential to the development and growth of the seed life in its embryo state, but in all its various stages of development, until the final consummation of its fruition, warmth, moisture, light, air, and sunshine, are the all-important agents that produce favorable conditions to this end. Lacking in any of these and to that extent is it blighted and its life forces paralyzed.

Nature and humanity alike are governed by this same universal law.

LA GRIPPE.

I cannot better explain how to treat this diseased condition, than to give my experi-

ence with it in one of the severest cases I have treated. This is the case of my daughter, Grace. She suffered all one night without letting me know how badly she felt. In the morning, noting her condition, I commenced treating her at once, continuing the treatment every hour up to about two o'clock in the afternoon, when she became unconscious, remaining in that condition for twelve hours. At the same time I kept up these treatments at hourly intervals by enemata, with a small quantity of water, at a temperature of 98 degrees, for the first few hours, but increasing its temperature up to 105 degrees, and continuing the treatment, with the water at this temperature, during all this unconscious period. At each treatment a part of the water would pass off and a part would be retained until each succeeding treatment, so that a certain amount of this heated water was retained in the bowels all the time, until a crisis was reached at the end of the twelfth hour, when consciousness was restored, by the passage of secretions that were so acid that one was obliged to hold one's nose, they stung it so.

She then began to perspire and rest natural-

ly, and slept about three hours, when she awakened quite refreshed and looking very natural. The seat of the trouble had been reached, and removed, which was carbonic acid gas, the retention of which, in such conditions, carries off so many people so suddenly. During the next twelve hours, after the crisis, or rather at the end of the next twelve hours, she was dressed and sitting up, feeling well but weak. On the third day she went out doors. During the first twelve hours of her unconsciousness, I gave her two or three swallows of hot water to drink every half hour, to warm and stimulate the stomach. Then, once an hour, I gave her a teaspoonful of Universal Food in milk, and was obliged to pry open her teeth to do this.

One important point to be gained in giving the hot water to drink in such cases is to allay the irritation and inflammation of the stomach, from which source arises intense thirst. I consider hot water the best to use in all fever cases, in quenching thirst, owing to the weakened condition of the organism to generate heat, whereas cold water is too apt to chill the blood. I believe that if people would drink

hot water during the hot weather, instead of so much cold drinks, it would quench thirst better and would reduce heat prostrations by a very large percentage.

PREGNANCY.

I believe there is nothing better for a woman, during the important period of pregnancy, than a course of this treatment—not every day, perhaps, in all cases, but two or three times a week during that period. It prevents any sickness of the stomach and consequent retching, by keepin<sup>g</sup> the bowels open and the circulation free. The child will thrive better and the labor be more natural. I call to mind several such cases, where the ladies have blessed this treatment, for making their confinement so much easier than formerly, besides making the child much healthier.

There are cases of pregnancy where a more thorough course of treatment is desirable, as for example: Not long ago I was called to attend a lady who was six months pregnant, who had been suffering for some weeks with chills and fever, and there was a great danger of a miscarriage. After a few treatments I succeeded in stopping the chills, and she had

no more of them during pregnancy. But, of course, it took sometime to remove the bilious condition occasioned by the inactive liver, and I treated her two or three times daily for about five weeks, giving from two to three quarts of water at each treatment at a temperature of about 105 degrees, and then once a day until her confinement.

This was her third child, and, while heretofore her confinements had been attended with severe and hard labor, at this time she suffered comparatively little. The doctor who attended her in this confinement, stated that it was the most natural confinement case he had ever attended. But, perhaps, the most remarkable thing about this case is that after he learned what she had done, he gave my treatment the credit.

#### MASSAGE.

This is an important feature embodied in the Dreh-ni-gean system of cure, as already stated, for it is a most reasonable and powerful means of controlling and removing the pent-up gases, which act so seriously upon the fluids of the body so essential to life and health, and, as a regulator of vital conditions, is con-

sidered, "one of the primordial products of life." "In fact," says Dr. Taylor, "there is scarcely a chronic affection of any kind, where it cannot be successfully applied, in starting up an action to the system, and restoring healthful conditions."

"We cannot," says Dr. Hoffman, "perfect the art of healing, until we learn to apply mechanics and hydraulics to our means of cure."

Exercise is one of the fundamental principles upon which healthy conditions of the body is based, and hence it becomes no less important as a means to be employed in restoring healthful conditions. It is because of, or owing to, the inactivity of the functions of life in diseased conditions, that "mechanical appliances," such as massage, is an important and helpful means in restoring action to the vital organism. For one of the greatest hindrances and drawbacks to the restoration of healthful conditions, lies in the complete inactivity of the functions of life. A person in ill-health, by the very nature of his condition, is in more or less a state of inactivity, and needs an influence outside of himself exerted over him, such as will invigorate



and impart new life, which the massage treatment is especially adapted to do, because it augments or diminishes, as the case may require, the heat, electricity and magnetism of the body. The Masseur expends power and the invalid receives it; he transmits energy and life from his own organism, and it becomes an integral part of the patient's organism.

There are two kinds of massage—internal and external—both essential to a perfect cure, and both are embodied in the highest degree of perfection in the Dreh-ni-gean system of cure. For the action of the water itself, as applied under this cure, becomes a most effectual massage, as it acts directly upon the organs themselves through the stimulation of the heat applied, and when taken, together with its softening influences upon hardened secretions and the outward application of the massage, makes perfect this part of our system of cure. So that while the application of heated water internally, is more or less of a stimulating character, according to its temperature, I have found it to be greatly assisted, in securing the best results, by an application of outward massage, under the

three movements of rubbing, patting and kneading, and is to be applied in the following manner:

After the patient has taken so much of the water as the bowels will comfortably hold, and gets up to pass it off, then the following massage is to be applied: First rubbing gently down the back and over the kidneys and hips. Commencing first at the top of the spine at the neck, and working downward each side of the spine out under each shoulder blade, right and left; then down each side of the spine to the small of the back and out each side, over the kidneys and hips. It is not always necessary to repeat this movement at each sitting, although it may be repeated if desired; or, instead of rubbing, gently patting down the back with the ends of the fingers. It is at this point at the sides, over the kidneys and hips, where so much trouble arises from inflammation and deep seated congestion, and, after rubbing these parts two or three minutes, change the movement, first patting the sides and then place the open hand edgewise on the fleshy part over the hips, with the bottom of the hand inclined slightly inward, and then

press gently but firmly downward and inward. It is wonderful many times the assistance this movement gives in passing off the deep seated pent-up gases that give so much trouble and pain, and, because of the inaction of the system, it may take weeks sometimes before they can be reached and passed off.

In rubbing and kneading the bowels, which, after a little practice, many invalids can do themselves—and it is better they should when they can as the exercise will do them good—commence with the rubbing movement at the lower end of the ascending colon on the right side, proceeding upward, then across the transverse colon and down the descending colon on the left side. Then, gently apply the same massage in a rotary movement—in fact, all massage movements partake more or less of this character—over the whole surface of the bowels, commencing at the top and working downward from left to right toward the secum pouch, at the lower end of the ascending colon. This movement may be followed by gently pressing or kneading the bowels.

The Dreh-ni-gean cure, with this applied massage, is the only absolute and safe cure for

appendicitis, for it is the only safe method of removing those conditions that culminate in this trouble.

Some persons, starting out in a course of treatment of this kind, when they reach a point where pain is produced, have been inclined to believe that the treatment was injuring them. None of us like pain, nor is it always pleasant to bear. But pain produced under the influence of the action of the water, in relieving congested conditions and dislodging pent-up gases, is not an alarming or dangerous symptom. It might show an alarming condition of the system if there was no pain attending the use of this treatment. For, while pain in a sense may be considered, and is, a punishment for violated law, it shows action in the system, which is so essential in restoring normal conditions. Hence it is the organic instinct which largely determines and by which we recognize, the recuperative power of the organism. The recovery of an invalid depends upon restoring lost action to the functions of life. In the process of securing it, more or less pain is produced, so that with no pain attending a course of treatment, it would indicate, in many cases, so

low a state of vitality as to give small hopes of recovery.

#### DIET.

Diet is the third important feature embodied in the Dreh-ni-gean system of cure. We speak of it last in no sense as being the least in importance of the three, or that it is even secondary to water or massage, for, in fact, the water treatment and massage, are in a sense the preparatory step for the introduction of proper dieting, by removing obstructions and placing the body in a more healthful condition to receive proper nourishment; for it stimulates all the nutritive forces of the system, by removing those conditions that unfavorably effect the action of the stomach. If, even when persons first start out in a course of this treatment, they have no appetite or desire for food, and they revolt against the thought of food, as is so often the case, they soon realize the fact that they have an appetite and one that must be properly cared for. So important is this part of our system of cure, that we devote Chapter IV to this subject under the head of "Dieting."

## CHAPTER III.

---

### THE PROVINCE OF FOOD.

---

Our bodies, as the house we live in, the home and dwelling place of each individual man, woman and child, and for the purpose of fitting it up properly for occupancy, requires certain elements in its construction to best serve the purpose for which it is designed. Its whole structural composition, of bone, muscle, fibres and tissues, blood, etc., is composed of certain alimentary matter, obtained from the food we eat. In its growth and development, under the laws of life and health, from infancy to childhood and from childhood to manhood's strength and stature, requires certain peculiar influences, exerted over it and upon it, to secure certain results. What are these influences? In order to understand what they are, let us first consider some of the results or effects produced by them, that are essential to sustain life in the body, and

that makes it the "house beautiful for the man wonderful," who occupies it. It is the province of food to serve this purpose.

In the first place, and first of all perhaps the body needs the influence of the sensation of warmth, to secure which requires a certain degree of temperature, and this requires heat.

We find, too, that the body requires action and motion, and, like a machine, must be properly lubricated to facilitate its movements, to insure the perfect working of all its parts.

Then, again, we find it so peculiarly constructed, in all its parts, as to need constant repair; not because of the imperfection of its construction, but because, under the laws of its development and growth, the process of repair and waste is constant and unceasing. So there must needs be an influence over it that will not only remove the waste, but build it up and enable it to grow and develop, from its first beginnings of embryo life, into its maturity. Food, to accomplish this, must be of like character of the composition of the body itself, and, as such, may be very properly considered and characterized as a constructive element.

So we find that while food is required to sus-

tain life and build up and repair the waste of the body, its province lies principally in the direction of a fuel to supply heat; a lubricant to facilitate action and motion; and a constructive element to repair waste. For, in one sense, food to the body is like coal to an engine; in another sense it is like oil to a machine, and, in still another sense, it is like material that goes into the construction of a house.

First—The body, like an engine, requires fuel to supply heat. The engine requires heat to generate steam, and steam is the power that moves the train. This heat that generates the power that moves the train, is supplied by the burning of coal. The body requires heat, which diffuses a sensation of warmth over the whole organism, and this, in turn, generates that power, by which, light, the air we breathe, and the food we eat, are made to act upon the body and serve the various purposes for which they are required. The power thus generated we call vital action, which puts in motion the whole machinery of the human organism. The heat, that diffuses this sensation of warmth which generates this



power, comes from the food we eat and the air we breathe.

It is said that on the average the heat of the body, in its natural and normal condition, is sufficient to raise five gallons of water from the freezing to the boiling point—about equal to the burning of a pound of coal.

This heat—"the unknowable sensation of warmth," as one has expressed it—comes from the wasting away of the substance of the body, and it is one of the provinces of food to supply this loss, and, in supplying this loss, it supplies the fuel that keeps up this heat. This may seem at first thought a strange freak of nature, for why add fuel to this consuming heat. Certainly, no one, to save a burning building, would think of adding fuel that would tend to make more sure its final destruction. This is true, and it goes to show that in diseased conditions of the body, where the heat of the body is not natural, there must be a temporary cessation of food supply, until regularity in the temperature is restored, and under control. A house afire burns down because the heat is beyond control. When used as a dwelling it required heat to make it comfortable for its in-

mates, and the only difference between this heat, and that which consumed it, is that one is regulated and under control, and the other is not.

It is natural without a supply of fuel that heat should die out and disappear, so this would be the case with the heat of the body. But, before it was finally extinguished, it would have dried up all the liquids and fluids of the body, burned away all of its fibres and tissues, until finally its whole structure, like the burning house, would be destroyed in a consuming fire of dissolution. So that, to sustain life, the body must have a constant supply of fuel, and this comes largely from the food we eat.

The normal heat of the body is determined at 98 degrees. This implies what? That it is the safety valve of the constitution. The necessity of this implies danger, for the heat of the body, not thus regulated and under control, may increase or diminish to a point that would not only endanger life, but ultimately cause death.

Second—As before stated, the body requires an influence, upon and within it, that

will facilitate its movements, and this influence partakes the character of a lubricant. In this sense the body may be likened to a machine, as both need constant lubrication.

A machine needs to be properly oiled, in all its bearings and running gear, to insure its perfect working and prevent friction. If it lacks proper lubrication, or is improperly oiled, its bearings and running gear become gummed up and clogged by an accumulation of waste, and this exhausts power.

So with the human organism, its food supply is its means of proper lubrication. It is a wonderful piece of mechanism, the acme of perfection, in the construction of all its various parts, all of which need to be properly lubricated, by the liquids and fluids that are designed for that purpose, and which are supplied by the food we eat. Improper and undigested food become so much added waste material, to gum up and clog all of the avenues of the circulating system. This results in irritation, congestion and inflammation, the three conditions or states of disease that act upon the organic structure of the body, as a friction upon a machine; they exhaust power.

In mechanics we call this power, force. In the human economy we call this power, *vital-force*, because the process of life, in all its manifestations, are vital processes. We require food, then, because it promotes action and motion in the body, and hence its province, in this direction, is that of a lubricant.

Third—We require food because it is a constructive element.

A house, from its foundation to its roof-covering, is built up out of material of various kinds, which is especially adapted for the different parts of the structure for which they are designed, and to which they are applied. So likewise the body, the house we live in, from its foundation (the feet) to its roof covering (the hair of the head) is built up out of material especially adapted to meet all of the requirements of its perfect construction.

It has its framework of bone, its walls of muscles, and its outer covering, over all, of a soft elastic skin. Its eyes are its windows; and its ears, with which to hold telephone communication with the outer world. The mouth is the door, or entrance, beyond the threshold of which is the passageway leading down to

the stomach, which was originally designed to be used only as a store house for food supply—but too often in these days used for other purposes, such as storing refuse material that breeds and fosters disease.

Through the wonderful and mysterious process of nutrition and assimilation, the food, taken and properly digested, forms bone and muscle, and builds up and strengthens the fibres and tissues. And because these all require food especially adapted to meet their several needs impresses us with the fact that we should use the same care and exercise the same judgment in selecting the proper material as we use in selecting that which goes into the construction of our dwellings. No builders with a reputation for doing first class work would think of constructing a house with unsound or unseasoned lumber. But this seems to be about what seventy-five per cent. of the people are doing to-day. We are our own builders in constructing the houses we live in, and they are what we make them by the material we put into them. Sound lumber means health; unsound, unseasoned lumber, means disease.

As the best constructed house requires the best quality of material, it also requires the right kind. So food as the constructive element of the body must be of the proper kind. The material that goes into the framework of the structure must be of a kind best adapted to solidify the structure; hence there must be a bone element of food. Its walls require a material best suited to give strength and endurance; hence there must be a muscle element of food. Its outer covering over all for protection must be of a peculiarly soft and elastic character; hence there must be a skin element of food. The whole structure must be well cemented and bound together; hence there must be an element or elements in food especially adapted for the fibres and tissues, and for all the ligaments that hold together and in place all of the jointed part of the body. The liquids and fluids and blood all require a material of its kind, as only such will serve the purpose for which in the various parts of the body they are designed.

But because of all these requirements let it not be inferred that in order to meet them fully we are called upon as individuals to

chemically analyze, like the druggist compounding a prescription, every portion of food we eat, to see that it contains a due proportion of the various elements required. This would be as impossible in most cases as it would be impracticable and unnecessary. For, while the All-Wise Maker of our bodies, has made these special provisions and requirements for food, He has also as wisely provided natural foods, some of which contain all, or nearly all, the elements of food required for the body. In fact, all kinds of natural foods in a pure state are presumed to agree equally well with all persons in a healthy condition, except, perhaps, so far as they are influenced by habit and surrounding climatic conditions. For, while all persons require the same elements in food, all persons do not require alike, at all times, the same proportion one as the other. Some require more of one element and some of another, according to conditions, and these are many and varied, even with persons in perfect health. Temperament, climate, light or heavy work, mental or physical strain, all have much influence in this matter. The requirements for food are not the same in a

cold as in a hot climate; one will require more and the other less of heat producing food. So with the same person under the climatic changes of the different seasons of the year. Nature calls for a different diet in winter than in summer, and makes known her requirements in various ways through our sensations of need.

These same conditions apply, to a certain extent, to persons in ill-health. They require no change in the essential elements that enter into the construction of the body, but they differ materially many times in amount required as compared to a person in perfect health, because of the condition of the vital organism.

This brings us to the question of proper dieting, which will be considered in our next chapter.



## CHAPTER IV.

---

### DIETING.

---

While the question of a proper diet is of the greatest importance in a system of hygienic cure, the object of dieting is not to see how little one can eat without starving—the false conception of many—but to meet the changed condition in the nutritive forces, that have become weakened because of inaction, or perverted action, in the force of life. “We must eat to make blood,” says one. True! But the simple act of eating a certain amount of food does not make blood. Before it can make blood it must be digested, and, before it can be digested, it must pass through a certain chemical process under the influence of the juices and fluids of the system; designed especially to prepare food as a nourishment for the body. Food itself, in the condition that it is taken into the mouth, is not a nourishment, and cannot in this condition build up and

strengthen the body. It possesses the elements of nourishment, but they must be first transformed under the process named, before it will assimilate and nourish the body.

Too many fail to realize this fact, and too often make of their stomachs, not storehouses for nourishing food, but a dumping ground for refuse matter, that puzzles Nature herself many times to know what to do with. This is especially the case with persons with weak stomachs and general debility. Most people, no doubt, have some conception of the requirements of food; that it is to nourish and make blood; but they seem to think, or act as if they so thought, that all they have to do is to keep the stomach well filled with anything that is relishable to their palate, and that Nature will do all the rest; that she can make blood out of anything that will pass muster by the sentinel on watch at the entrance. If our sensation of taste will accept food and permit it to pass into the stomach, and its assistant, the sensation of smell, can find no fault with it, then it seems to be pretty good evidence that as a food element it is all right. But is it always? Here are three persons who sit down at a table to-

gether; each will eat a hearty meal. They eat, perhaps, each the same amount of food, and the same kind, and yet it will not affect all alike. It will give strength and muscle to the first, surplus flesh and bloat to the second, and weakness and emaciation to the third. This is because of the difference in the condition of the systems of these three persons, one from the other. Apparently they all three relish their food alike, for it satisfies hunger and appeases appetite. Now, what is this difference in condition, and why does the same amount and kind of food eaten produce these different results? Simply because, in the first case, all the functions of life are in a healthy condition; in the second and third cases the functions of life are in an unnatural, abnormal condition. The difference in results in these two cases, the second and third, is occasioned by the different degrees of strength and power of the nutritive forces, and both are superinduced by over-stimulation.

But, in considering this question of proper dieting, we must bear in mind the fact that the province of food primarily is not to please the palate, or appease one's hunger, but to sustain

life and build up and repair the waste of the system. We do not live to eat, but we eat to live. So that the question of dieting is not as to whether we shall or shall not eat, for the body, in all its conditions of health and ill-health, must be properly nourished. It may be stated, further, that all persons alike, sick or well, require essentially the same elements of food, for the change of the body from normal to abnormal conditions does not change the nature of the food required. Hunger and thirst are the organic instincts by which nature makes known her needs and requirements for nourishment. The supposition is, then, that when we are hungry we should eat, and when we are thirsty we should drink. Hence, if a person is in good health, he is simply fulfilling natural conditions in complying with and heeding these sensations of need. But it is also presumed, that in fulfilling these natural conditions, that unnatural conditions will not follow. But we find that unnatural conditions do sometimes and too often follow. Food eaten that does not digest and assimilate, produces unnatural conditions, such as an uncomfortable, depressed feeling about and within

the stomach, followed by a sense of fullness that is burdensome. So that, when such feelings arise, we may know that the appetite has overstepped the province of its normal activity; slightly at first perhaps; but, if long continued, a perverted or craving condition, is as sure to follow as that an effect will follow a cause.

While it is true that food is the essential material out of which the organic structure is to be built up and strengthened, we must not lose sight of the fact that this presupposes good digestion and the power of assimilating food, and these, again, depend upon a healthy action of all the vital processes. This is the foundation of a healthy body. But if the foundation is weak, then the power of assimilating and digesting food is proportionately lessened, and hence, strange as it may seem, food thus taken becomes poison, under the chemical changes it undergoes, and is an added force to the many influences that undermine the constitution.

Brick and mortar are the essential materials in the construction of a brick house, but the brick house completed presupposes that all the

conditions were favorable to that end. But if the foundation is weak, then there must be a cessation from the usual process of supplying the material until the foundation is strengthened; otherwise the piling up of bricks, one on top of another, while it may have the appearance of a strong, massive structure, instead becomes an accumulation of destructive forces that endanger the safety of the structure, if they do not finally accomplish its downfall and ruin.

So that, while a person in health or ill health, requires the same elements of food, the amount required will vary according to these conditions. For the power of digesting and assimilating food is one thing in health, and another thing in ill-health, and, so much does the health become impaired in many cases, when the system fails to secrete the necessary digestive juices, that "it not only indicates," says one writer on the subject, "that the stomach and blood purifying organs need rest, but that the eliminating the effete and morbid matter from the system, is the more easily accomplished when there is a temporary cessation of the work of blood making food."

Here are two persons. One is healthy, hearty, full of life and energy; the other, poor and thin in flesh, palefaced and weak. Both require food to sustain life, and, from the general appearance of both, one would naturally infer perhaps, that the latter individual was the one in most need of a wholesome, hearty meal. And yet, experience teaches us that the reverse is true, and that the amount of food required to sustain life in the well person, would weaken and, under certain conditions, endanger the life of a person in ill-health. Why this is the case we have already indicated. I recall the case of a man of my acquaintance, who had such a good appetite, that his wife for a time, nearly one year, was obliged to get up at two o'clock every morning and cook him a hearty meal. But under this regime of diet, in addition to his three other daily meals, the man continued to grow poorer and more emaciated. It satisfied the craving appetite, but did not give him strength. Naturally, he coughed incessantly, for over-eating is quite as likely to produce a cough as taking cold. All this goes to show, what? Not that hunger as a sensation of need is not reliable as an organic instinct, but that

its reliability is based upon conformity to the laws of life and health, and this implies integrity in all the functions of nutrition. But we know, from our own experience as individuals, that it is not always of this uniform character, owing to a changed condition from natural to unnatural. For then our appetites may become craving or morbid, vitiated or depraved, through influences acting upon the body such as our habits, mode of living, etc., which do not promote healthful conditions. As before stated, we know of these influences by the effect produced. Not always, and indeed rarely, at first, are we cognizant of the change, that is gradually creeping over us, on account of them. For Nature is long suffering, and for a time at least, will try and adjust herself to these new influences without complaint, or with simply a mild reproof, such as a fulness, or depressed feeling, more or less burdensome, as we continue on in this way of living. But if we do not heed this mild reproof, then Nature's voice grows louder and more imperative, until finally we have reached, perhaps, the deplorable condition of the man referred to. I presume that many readers of this book are more or less of



the invalid class. Some troubled with one complaint and some with another, and among them all, perhaps, is represented a large variety of ailments flesh is heir to. All are anxious to get well. Most of them realize to some extent that a proper course of dieting is necessary if they are to gain strength, and secure a restoration to health, and, naturally, become interested in the question of what they shall eat. But in the midst of the great variety of opinions among doctors and writers on the subject of diet, so widely at variance with each other, it is not very encouraging, to say the least, for any one to attempt to sift out of this mass of confusion, that course of dieting that will best suit one's individual case.

The great trouble with this diet question, as with many others, lies as much, perhaps, in an overdose of prescription, as in any other direction. It is true that many invalids, without a radical change in their habits and mode of living, in diet, etc., could not hope to secure health. Yet, in dealing with the various diseased conditions of persons in ill health, and advising in regard to their dieting, we must have regard to what is possible in practice, as

well as what is true in theory, owing to the various conditions and circumstances that surround them. For the aim, after all, in directing dietetic practice among invalids is not only to cure their present infirmities, but to teach them the "way of life" in relation to eating, as well as in all other voluntary habits.

Two factors enter into this question of proper dieting—the assimilativeness of food and the power of the nutritive forces to receive it. It is because we may not always readily determine the relative strength of the nutritive function, that it is necessary to secure such nutrient as will produce the least friction or irritation, which will draw the least upon the already enfeebled digestive organs. This is why, under hygienic systems of cure, grain foods in some form of preparation are considered the best nutrient in most cases of invalidism, especially in the earlier stages of a course of its treatment. The wheat grain contains all, or nearly all, of the elements of which the body is composed. I have, during my 20 years of practice, made it the principal diet of all my patients, and certainly I have found it the most safe diet to give in securing

the best results, in all the cases I have treated. A great many doctors, when you seek their advice in regard to the use of these prepared grain foods, will tell you, perhaps, with a certain air of disdain, that they are only fit for babes and infants. To my mind this is one of the strongest arguments in favor of their use for invalids generally. In the majority of cases they are simply grown up babes, owing to their weak and feeble condition, in their ability to digest food. By what course of reasoning, then, if infants and babes can be built up and grow strong on this kind of food, are we to infer that like results cannot be obtained to the grown up invalid, whose capacity for receiving nutriment is reduced to that of a child, and many times even to less than that of a healthy babe? But the inference to be drawn is not to be mistaken. The doctor wishes you to understand that in his judgment, such food as grain foods, have not sufficient nutrient properties to sustain, strengthen and build up the body of a grown up invalid in all his conditions of ill health. Is this true? If I am to judge from my own experience, and that of

many of my patients, I should say emphatically, "No!"

Take for example, that preparation of grain food "Universal Food," prepared by The Health Food Co., of New York. What is it? In the first place it is a nutrient entirely free from inert and insoluble particles, composed of the germs of wheat and barley carefully removed from their respective grains, and then cooked for easy and speedy digestion. It is rich in nitrogenous and phosphatic albuminoids, and hence a strong blood-making and waste-repairing food. I invariably prescribe it, and with success, in all cases of much debility and general prostration, and in all irritations of the stomach and bowels. Its special excellence lies in the fact, that it alone is competent to sustain the greatest energy, and is as well a specific, being formed only of those constructive principles which are most active in assimilation, even in the absence of natural support from the digestive fluids. One package of this food is claimed to be nutritively equal to forty quarts of good cow's milk, or sixty eggs, or to ten pounds of beef or mutton. A remarkable feature about it is; Mixed

with three volumes of water or milk in a glass tube, at a temperature of 98 degrees Fahrenheit, it is converted into blood-substance in from 40 to 50 minutes, by the addition of one volume of fresh gastric juice.

The wheat gluten, under its various forms of preparation in bread, mushes, etc., is perhaps the most valuable single article of food known to chemical science. It is doubtless true that we cannot live on bread alone, and yet it is "the staff of life." As a food element it is unequalled by any known element. It has been termed the lean meat of inanimate life, since it contains precisely the same blood-making constituents which are found in the edible muscular fibres of animals.

Gluten is the dark, grayish substance of the wheat grain, and is a pure vegetable nitrogen, containing all the elements demanded for the support of the body, with the exception of the carbonaceous element. It holds in abundance the very food that nourishes the muscles, tissues and bones, and sustains the brain and nervous system. It is especially commended by the medical fraternity generally as

almost the only allowable bread food for diabetes.

These articles of food named, together with granula and wheatena, are sufficient for the specific purpose of meeting all the requirements for nourishment of the body, during a course of treatment under the Dreh-ni-gean cure. Of course I am aware that these foods referred to are not always accessible to all those who may require a course of proper dieting. While it is true that cereal foods of various kinds are to be found in all localities, still, a selection of a proper diet from this promiscuous mass, for most invalids, is not very desirable or satisfactory. And I would suggest, to all who can, to send direct to the Health Food Company, 61 Fifth Avenue, New York—who are the pioneers in this respect—and who prepare these foods for invalids especially, and, as well, for persons in ordinary health.

In thus prescribing this simple, routine diet, it is not that an occasional change from this is not sometimes permissible, but because, generally speaking, persons whose power of digesting and assimilating food has become

greatly weakened, will gain much faster in strength while under treatment, with a well regulated, simple diet as named, always bearing in mind that it is not the amount we eat, but the amount of food that we can digest, that will nourish and strengthen the body.

Many invalids find it difficult often to conform to a restricted diet, owing to their former habits of living. The great change often required in this matter seems to them a process of self-denial, which appears a tribulation rather than a source of benefit to them. Upon this point one dietetic writer presents these interesting facts in regard to those invalids whose condition has been especially produced by particular articles of food, or plan of diet. He says that "such persons will almost invariably be inordinately attached to those articles of food, or that plan of living. Thus gout is often produced by concentrated farinaceous food, and it is very rare to find a gouty subject who has not a strong repugnance to all other kinds of farinaceous food. Those persons, too, whose diseases are attended with an inflammatory diathesis produced by the excessive use of flesh-meats, will almost always

manifest a particular horror toward just what they need—strict vegetable diet. No person is more wedded to or more passionately fond of strong tea or fine tea biscuits, than the female whose stomach is contracted to half its natural size, whose nervous system is completely shattered by their use; and no spoiled child is more crazy after candies and sweet cakes than the one rendered feeble, dull, and gaunt by them.”

In regard to the quantity of food an invalid should eat, that will vary, of course, according to the condition of the patient. Generally speaking, however, eat sufficient to satisfy actual hunger, without causing any uncomfortable or depressed feeling. In other words, do not eat to satiety. Dr. Franklin gave us a good example when he said he always left the table when he could eat more food with a relish.

The Maker of your body, and mine, reader, did not pronounce His work “Good,” until He had wisely provided, within itself, the means of its own preservation, and the power to resist and overcome disease. How else can we conclude, then, than that until the masses are educated up into a position where they can com-



prehend and grasp the idea of taking care of their bodies and preventing wasting disease will the truth that "the greatest study of mankind is man" ever remain an enigma. And to "know thyself" bodily and physically, as well as morally and spiritually, will ever remain to them as at present, a meaningless sounding phrase.



## APPENDIX.

---

The object of this book in explaining the application of the DREH-NI-GEAN method as a remedy universally applicable, and one that will meet the requirements of all curable cases, is, to give such instruction as will enable people generally to use and apply it as a family remedy and a home treatment for all. There may be, however, some of its readers, who are ailing, who would like to consult with the author, upon special features of their trouble, before taking up the Treatment. There are others perhaps, who after continuing it for a certain length of time, will come across a seeming obstacle, or some symptom or condition they do not understand, and would like to have explained. The Author can be consulted in these matters by addressing her in care of the publishers.

In regard to syringes to use, many persons may find it difficult to procure the best and those with thermometer attachments—which are most desirable and important. We furnish a syringe of this kind that is made especially for this method of treatment. Price, complete ready for use, \$2.00.

SANDERS COMPANY, Publishers.

No. 503 Fifth Avenue, New York.



# The Health-Culture Company

Is engaged in work wholly in accord with the teachings of this volume, the promotion of good health without the use of drugs, and has for sale the best books and appliances in the world, including Dr. Forest's Massage Rollers, Muscle Beaters, the Wilhide Exhaler for strengthening the Lungs and Throat, the best Home Exercisers or Gymnastic Apparatus, Turkish and Russian bath cabinets, Bath and Complexion Brushes, pure Sea Salt for Bathing, Gluten Soap, Improved Syringes of all kinds, Hot Water Bags, etc., Suppositories, Health-Culture Skin Food, Health Underwear, including the new Alpha Waist and the Deimel Linen-Mesh Underwear, Water Stills, etc.

---

**Massage.** The author of this work has shown emphatically the value and importance of Massage in the restoration and preservation of health, and as the services of skilled operators are in demand at high prices, not all can employ them, and this is rendered unnecessary by the introduction of Dr. Forest's Massage Rollers. These take the place of the massage operator and in many cases have been found to be better, and their use is a valuable HOME TREATMENT for all functional troubles like Dyspepsia, Constipation, Jaundice, Biliousness, Nerve Exhaustion, Debility, Emaciation, Neuralgia, Rheumatism, etc.,

It is no less important for preserving health than for curing disease, giving tone and elasticity to the system.

---

**FREE.**—To explain more fully of our work, we will send free to any reader of this, a sample copy of HEALTH-CULTURE, the best magazine published, and complete illustrated catalogue. Address,

**The Health-Culture Co.,**  
503 FIFTH AVENUE,  
Corner Forty-Second Street, NEW YORK,

# The Health Food Company's

## UNIVERSAL FOOD

*( In constant use since 1875.)*

Is preferred over all other foods, by those who have prescribed or used it. It has great tissue building power, and for adult invalids, the lean, or those lacking muscle or suffering from brain-weariness or nerve exhaustion, no more desirable food has been devised. For growing babies and children it is invaluable. It is rich in albuminoids and phosphates, amply supplying all waste of brain and nerves, and creating perfect hair, teeth and bones. It is not a sweet food; highly sweetened food is a bad food for infants and children in the formative period. Sugary food makes brittle bones, fragile teeth with imperfect enamel, fat and flabby muscles and bow legs. Children thus fed often look plump, but quickly yield to slight attacks which would scarcely be noticed by one of our "Universal" babies, who are not only rosy and wholesome to look upon, but possess a vigor worthy of Young Giants.

The Health Food Co.'s Wheatena is known to be the best breakfast food, being delicious in flavor, highly nourishing quickly digesting, and made ready in one minute.

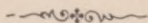
Advice free, as well as pamphlets describing some fifty articles needed in every household.

---

Health Food Company's Offices:

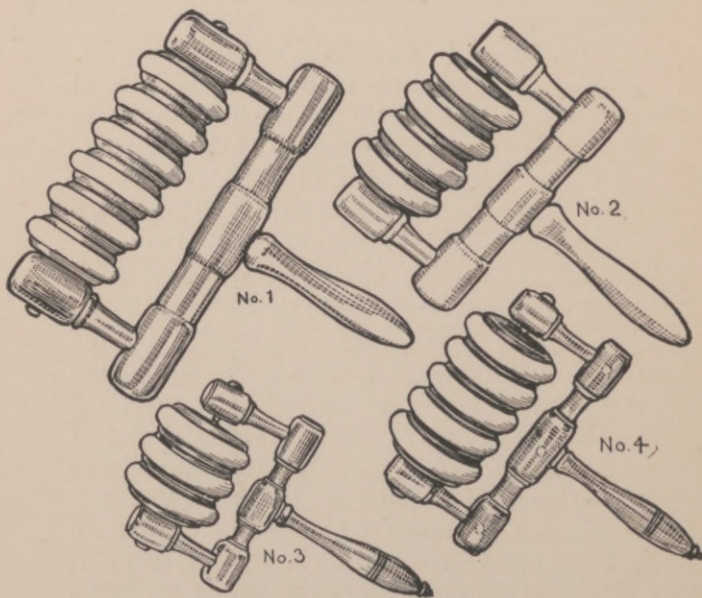
61 Fifth Avenue, cor. 13th St., New York.  
47 North 13th Street, Philadelphia, Pa.  
199 Tremont Street, Boston, Mass.  
1601 Wabash Avenue, Chicago, Ill.

# GLUTEN FOODS.



“Dr. Albert R. Leeds, the eminent Chemist, Professor of Chemistry in Stevens Institute of Technology, and Public Analyst for the State of New Jersey, bears testimony to the superiority of the Gluten Flours of the Health Food Company over all which he has found in Europe and America. These glutes are used as bread and biscuits in many forms of dyspepsia and are constantly prescribed by physicians in diabetes. The Gluten Suppository—now called by the name of “Entona,” to distinguish it from the many bogus ones—originated with this Company and has supplanted cathartics in constipation and hemorrhoids, and is commended by prominent physicians, notably by Prof. Wm. Tod Helmuth and Prof. J. Montfort Schley. The Company’s head office is at No. 61 Fifth Avenue, New York, with branches at 47 North 13th Street, Philadelphia; 199 Tremont Street, Boston; and 1601 Wabash Avenue, Chicago, from all of which instructive pamphlets, describing food remedies for all diseases, are gladly mailed.”

*“Mother’s Journal, New Haven, Conn.”*



(PATENTED.)

**Dr. FOREST'S MASSAGE ROLLERS.**



# Dr. Forest's Massage Rollers.

These rollers, the invention of Dr. W. E. Forest, a New York physician, the author of "THE NEW METHOD in Health and Disease," "Constipation, its Cause and Cure," etc., consist of a series of wheels, about  $1\frac{1}{2}$  in. in diameter, turning separately on a flexible axle; around the center of each is a band or buffer of elastic rubber. Set in a suitable handle convenient for use.

**The Massage Rollers** are made in different sizes and styles adopted to use for various purposes.

**No. 1, Six Wheels.** With wide buffers, the frame of locust. This is very strong and can be used with one or both hands over the hips and abdomen, the stomach and bowels for constipation and indigestion and for torpidity of the liver, and on the limbs, for the reduction of flesh and is the best for general use. **\$2.00.**

**No. 2, Four Wheels.** Frame and handle of white maple, light but strong, well adapted for small women and men who are not strong; many use two of these, one in each hand over the sides and limbs for best result. **\$1.50.**

**THE DEVELOPER ROLLERS** are beautifully made of elegant Central American woods, tulip, ebony, mahogany, etc., all highly polished in natural colors and are an ornament to any lady's toilet table. The wheels are all ebonized and covered with a soft gum buffer so they cannot cause any pain or injury.

**No. 3, Three Wheels, Face Developer.** This is used for the cheeks, to fill out and give color, to remove wrinkles from the face and forehead, increase size of neck, and for head massage to prevent falling of the hair. **\$1.50.**

**No. 4, Five Wheels, Bust Developer.** This is used for the enlargement of the breasts, and may be used for the neck, and if lightly, over the entire body, and by its use any part may be developed and made symmetrical, plump and vigorous. **\$2.50.**

No lady should consider her toilet set complete without one or more of these Rollers.

**No. 5, Twelve Wheels,** with handles at the end, the best for the use of men for reduction of flesh over waist, abdomen and back, its form gives great advantage for a steady and firm pressure and the reduction can be secured rapidly and easily, is also desirable for general use as a means of exercise. **\$4.00.**

Sent prepaid on receipt of price, address,

**THE HEALTH-CULTURE CO.,**

503 Fifth Avenue, (cor. 42d St.,) New York.

# A GYMNASIUM

FOR THE  
LUNGS, THROAT, CHEST AND  
ABDOMINAL MUSCLES.

THE USE OF THE

## Wilhide Exhaler



Will widen and strengthen everyone of the six million air cells in the lungs, whether diminished by tubercle or not, increase their activity and strengthen the elasticity of their tissue, while the fatty tissue in the interstices is removed, making consumption almost impossible. It will increase the breathing capacity and power, prevent and cure Colds, ward off attacks of Pneumonia, La Grippe, Bronchitis, Pleurisy, and all acute troubles and has relieved and cured cases of Consumption when used in the start, and Asthma and Catarrh also yield to it.

It is equal to the very best elocutionary exercise to strengthen the throat and vocal organs, deepen and enrich the voice, and increase its power.

It improves and strengthens the stomach, aids digestion, increases the appetite, and by the effect of the exercise, restores the peristaltic motion of the bowels, hence cures Dyspepsia and Constipation.

It introduces 3 to 6 times more air into the lungs, consuming a larger quantity of oxygen, and so purifies the blood, increases the circulation, relieves congestions and many morbid conditions of the system. Its use on retiring will promote sleep and rest, and has been found a cure for Insomnia,

Full directions with other valuable health hints, worth many times its cost, free with every tube.

Its use will give "staying-power" for the Cycler, Oarsman or Gymnast.

Price by mail, post paid, only \$1. Address,  
The Health-Culture Co. 503 Fifth Avenue, New York.

# "The New Method"

In Health and Disease, by W. E. FOREST, B. S., M. D., Fellow of N. Y. Academy of Medicine; Member of Medical Society of County of N. Y., and N. Y. Medical Union Eleventh Edition, Revised and Enlarged to 270 Pages. Price, \$1.00, by mail, \$1.10.

Written for the public by a well-known practical physician, and embodies the results of many years of study, experiment and observation, just as important in directing one how to preserve health, as to cure disease.

## PARTIAL SYNOPSIS OF CONTENTS:

**DYSPEPSIA**—Causes.—The difference between relieving it and curing it.—Striking at the root of the trouble.—Foul Stomach.—Cleanse it thoroughly.—Fermentation.—What to eat.—Illustrative Cases.

**JAUNDICE AND BILLIOWSNESS**, Treatment.—Getting the Liver "in chancery."

**CONSTIPATION**—Radical cure.—Habit.—Diet.—Abdominal Rolling.—Sir Andrew Clark's Hygienic treatment.

**KIDNEY DISEASE**—Cause.—The Kidneys "the scape goat" of the other organs.—What is to be done?—Remove the burdens.—How to do it.—Diet.

**NERVOUSNESS AND NERVE EXHAUSTION** an American disease.—How to overcome the tendency.—"How to rizzle."—Natures healthful morphine.—Food.—Bathing.—Insanity caused by the absorption of intestinal ferment.—How cured.

**PELVIC TROUBLES IN FEMALES**—The conditions.—Causes.—Chronic starvation.—How to quickly and surely overcome these tendencies.—Marvellous results.—Novel and common-sense Methods.—Typical cases of Cure.

**INCIPIENT CONSUMPTION**—3,000,000 die annually from Consumption in civilized countries.—A preventable disease.—Make the weak parts strong.—Treatment of this trouble.—Don't try to stop a cough.—Try to cure the disease.

**HEADACHE**—By one of its victims.—How to prevent headaches.—How to cut them short when started.

**CHRONIC AND ACUTE RHEUMATISM**—Causes.—Diet.—Plan of treatment

**EMACIATION**—The standard of weight to height.—How to increase the weight safely.—Liquids.—What to eat to get fat.—How Colonel McCaul's attempts to get thin worked backwards.

**CORPULENCE**—It worked both ways.—The function of fat in the animal economy.—The little needed.—How to burn up the excess.—Bismark's results.—What to avoid.—Ebstein's system.

---

SENT BY MAIL ON RECEIPT OF PRICE.

Address **THE HEALTH-CULTURE CO.,**  
503 Fifth Ave., New York.

# HEALTH-CULTURE

A JOURNAL OF PRACTICAL HYGIENE

No subject is more worthy of universal attention than that of maintaining the highest possible degree of vigor of body and of mind—HEALTH.

**HEALTH-CULTURE** is devoted to this, and presents to its readers the teachings of the best authorities on the subject, with the latest discoveries and methods for the restoration and preservation of Health, including the physical culture of children, that they may grow to maturity with strong vigorous bodies. A special feature is made of preventive measures in relation to the various diseases to which the people are subject, and Health-Culture for the Home.

**HEALTH-CULTURE** is not issued in the interest of a medical practice, or as an advertising medium for a special health institution or sanitarium, but is independent and published in the interest of its readers, and is a Peoples Journal. It is issued quarterly as it is thought that this may be as often as the readers will care to receive a special journal of this kind.

**HEALTH-CULTURE** is not a story paper or a woman's journal, but is devoted exclusively to its speciality. The management believing that the journals of the day give enough of miscellaenous reading, and that the public will much prefer to find in a Health Journal that which its name implies.

**HEALTH-CULTURE** is only 50 c. a year or 15 c. a number, placing it surely within the reach of all who desire to maintain health and avoid "Doctor's Bills."

If you have not seen it, send your name for a year's trial. Agents Wanted. Address,

**The HEALTH-CULTURE CO.,**

**NEW YORK**



OCT 13 1899





NATIONAL LIBRARY OF MEDICINE



NLM 00100942 9