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== **FACTS** ==

.... ABOUT

COMMON DISEASES.

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By MORITZ MEYER, St. Louis.

..... HOW TO TREAT

PNEUMONIA OR QUICK CONSUMPTION, LINGERING
CONSUMPTION, INFLAMMATION OF THE
BOWELS, ORDINARY FEVERS, LOCK
JAW, LUMBAGO, SCIATIC
NERVE PAINS, ETC.

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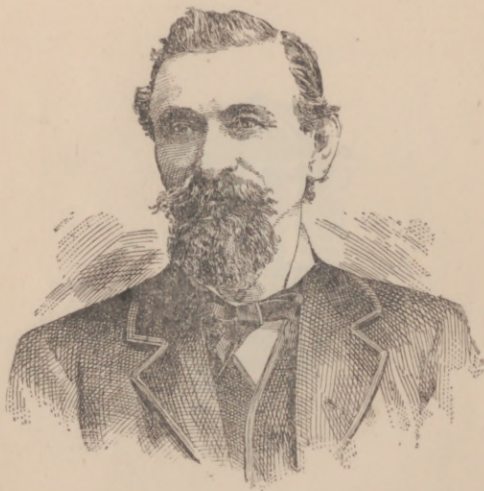
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MORITZ MEYER.

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Annex

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To the People of the World

This work is intended for the people. I do not propose to discuss medical questions in such a way as to involve the minds of the people in a mass of theory and speculation. But to state with clearness the leading causes of certain classes of diseases, and point out the best methods of restoring to health the sick.


The people have had enough of technical pathology and of medical treatise, which none but the classically educated can understand; therefore, when truth addresses the people, it should do so in the language they speak, not in unknown tongues and mysterious phrases that have no meaning.

Therefore, every man's body is his own, and upon his own sense rests the responsibility of protecting it against the perils that surround him, and in order to do this intelligently, he must understand the weak points, and the nature of the dangers to which he is constantly exposed; and therefore but plain and simple English—that he who runs may read, and reading can comprehend what he reads in this work.

MORITZ MEYER,

ST. LOUIS, MO. 

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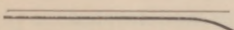
THE 
SECRET OF LONGEVITY.

What is LIFE? WARMTH.

What is the foundation of Disease?
CONGESTION.

What is DEATH? COLD.

What is Disease? DEATH.

BY 


MORITZ MEYER.

I want it positively understood in this work, that I defy scientists or any body of men to go beyond the above facts. All Life is controlled by the Laws of Nature; and one of her inexorable decrees is: that Warmth is Life and Cold is Death. If you will allow me to extract the warmth from your body, what is the result? Death. Why? Because Cold is Death.

We know that warmth is an essential element of Life. Therefore, if you keep yourself in the proper degree of warmth, and study the common-sense advice given in my book,

“Facts About Common Diseases,” and **“How to Treat Them,”**

it will teach you how to live the natural life of man, from one hundred to one hundred and twenty-five years without an ache or pain.

 Saint Louis, Missouri.

THE SECRET OF LONGEVITY.



In interviewing "*Father Time*" we find he is highly indignant over the popular representations of his personality. "Why, do you know," he cried, that is all a lie about me carrying a sythe and killing people.

"I say in the first place, you people are all fools; you are so constituted that almost anyone of you could live to be a hundred, or even two hundred years old; but the trouble is that you keep rushing around neglecting yourselves and catching cold, laying the foundation for any and everything; when a little common sense should teach you that such a perfect machine as man, should be properly cared for and properly nourished.

Death and I are not friends at all, he and I don't even speak; but even he is not such a bad fellow as people seem to think. He does not as popularly supposed, keep stalking around watching for a chance to chop you off with that old sythe; but like me, he just stands and waits, and the fools all run into his arms sooner or later. The sooner you learn to hate the sight of him, and want me to save you, the sooner will I teach you that you yourselves—are the only ones who can be of any service; just turn around and walk the other way (not run), and quit worrying and live decent, practical, helpful, cheerful lives, and I will guarantee that you can stay with me as long as you desire; and when you are tired of my company, you can calmly and peacefully pass on to death, and find he is the easiest enemy you ever had to overcome. And in the strength of a happy life, full of pleasant experiences, you will pass through the struggle victoriously, and into another and a more beautiful life where I am not even permitted to appear."

"You wish to know what my real mission is then?"

"That is the most sensible question that has ever been asked me in all ages; many have asked it in a sort of vague, indefinite way; but you—I see, desire knowledge, and I will answer. Take the letters of my name, and let each one tell its part in the lives of men. TIME: T for the time; I for improvement; M for man, and E for eternity. TIME for IMPROVEMENT to fit MAN for ETERNITY."

The Secret of Longevity.

If we analyze man's longing for perpetual youth, we shall find its explanation in the fact, that in all hearts there is an instinct whispering that immortal youth is possible as a permanent possession. In the large generous sense there is no such thing as old age.

It is given to the soul to feel that the dew of the morning is ever on the grass, that a great rich career is always in front and never behind. There is no such thing as old age for music, love, friendship, hope and aspiration. The rivers have no wrinkles; the sunbeams are not decrepit; the oceans do not decay.

Cheerfulness and will power, go hand in hand with health and happiness. Every crop has its enemy. Cultivation means war. Peace is impossible to any producer, until it has been earned by conflict and victory. The vigor with which this war is prosecuted, determines two things—the value at which the harvest is estimated, and the sincerity of the husbandman.

The sunshine of the soul is largely a matter of cultivation, for there are few so fortunate, as not to have some grief. The selfish sit down and brood over their sorrows. They give themselves up to fits of despondency and moodiness, and are a sort of moral wet blanket on the pleasures of all with whom they come in contact. They tell you their troubles and bedew you with their tears, until it seems that there must be a kind of luxury of woe in which they rejoice. Cheerfulness and will-power are the prime requisites to success, happiness and longevity. The sunny man or woman has everyone for a friend.

If one could enter the average American home and take a peep around, what would he see? First—I would remark that these dwellings as a rule are comfortable, even where their means are small; there are yet signs of culture and refinement. Open the closet and notice the array of medicine bottles on the shelf. Ask how often the doctors visits are made. Observe the wan cheek of some invalid member of the family and how much the conversation bears upon sickness.

The first greeting:—"How do you feel to-day?" implies that "feeling bad" is a common experience. We do not ask, "is your house standing all right?" unless it is common for houses to fall down; and so questions about health implies, that a great many people "enjoy poor health."

Is all of this sickness and death providential?

Do not the millions of inmates of these homes care about their health?

Are they ignorant of how best to preserve it?

Is not a great deal of this suffering preventable?

The Secret of Longevity.

I answer most emphatically this much, that most ordinary sickness is preventable, and it is blasphemy to lay it to providence.

Why not learn to prevent sickness and keep well; to provide the ounce of prevention by not building disease.

Three things are particularly essential to health; pure air and sunshine in our homes, a dry soil for a house site and pure water for drinking. Provide these and half the ordinary maladies will disappear.

G. H. Lewes:—the author of "Physiology of Common Life," and Flourens: the writer of "Human Longevity," both contend that a century is the normal life of man; and a hundred and fifty years, or even two hundred years, are within the range of possibilities under advantageous conditions.

"There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self."

Some people live to be ninety, one hundred and over one hundred years. But they only live to this venerable age by accident, and not by any rule or arrangement, it just so happened; they had no knowledge of any rule by which they could positively, say—I can live to a certain age. With me it is different, I claim to be able to live from one hundred to one hundred and twenty-five years, by a knowledge that I have gained by experimenting upon myself for the last thirty-five years, and I claim that no disease of nature, such as I have herein named can kill me, and when I die I do not have to acquire a disease to die, but calmly and peacefully pass on to death; because my time has come according to the laws of Nature. My muscular and nervous systems have performed their duties, they have run down and relaxed; and when that condition is reached, I will probably lie down some night to sleep and there will be no awakening.

The machinery of the body has run down, and I die without a struggle. Like an eight day clock when neglected and not wound up, will stop for want of motive power.

At the age of sixty-five years old, I am a twenty-five per cent. better man than at any period of my life, say—twenty, thirty or forty years back. I know now that I can live sixty years longer without a doubt—whereas, before I was not certain that I could live a day, week or month, and I had aches and pains, and did not know at what hour I might build a disease that would cause my death.

Though I probably shortened my life ten or fifteen years by experimenting on myself, making some severe tests, which no doubt has very materially affected my constitution, it has given me a great knowledge

The Secret of Longevity.

for placing a cold, and how easy it is to place it; which only goes to prove that you cannot take a disease at once, nor do you take a disease at all, you must build it from cold or contusion which produces congestion; when that condition is obtained, you have built a disease by allowing the congestion to multiply itself into a disease, which is death.

I have experimented on myself, having within the last thirty-five years produced nearly all the diseases named in this book, by placing the cold or contusion in the part or organ I desired to affect, having successfully cured myself of each one.

What is Life?—Warmth.

What is the Foundation of Disease?—Congestion.

What is Death?—Cold.

What is Disease?—Death.

I want it positively understood in this little work, that I defy pathologists or any body of men, to go beyond the above facts. All life is controlled by the laws of Nature, and one of her inexorable decrees is:—that Warmth is Life and Cold is Death. If you will allow me to extract the warmth from your body, what is the result? Death. Why? because Cold is Death. We know that Warmth is an essential element of Life; therefore, if you keep yourself in the proper degree of warmth, and study the common-sense advice given in this book. It will teach you how to live the natural life of man, from one hundred to one hundred and twenty-five years without an ache or pain.

Yours truly,

Moritz Meyer,

1121 E. Whittier St., St. Louis, Mo.

Advice - - To Parents.

An individual in his heridity and environment, may be compared to a field of corn; it may be sweet corn, white or red-eared field corn, that depends upon the corns ancestry; but the kind of a crop raised depends upon the corns environment. Its surroundings must be of the right sort to bring it to the highest state of perfection. There must be the proper amount of sunshine and rain, and a favorable temperature, and the ground must be cultivated in the proper manner. If it be not, originally the best variety of corn,—if there is some defect of heridity,—the best environment may not prove sufficient to produce the highest type of corn; yet it cannot fail to be a better crop than if left alone, or to bad management.

So it is with the human crop. There are different species of humanity, and many varieties of inherited tendencies; but much depends upon childhoods environment. whether the embryo excellencies be made to grow and expand and attain a beautiful maturity, or be early checked in growth and smothered by poisonous weeds of wrong, through mistreatment.

The good that is inherent in a child, like a crop of corn, needs to be rightly cultivated, if the highest worth and usefulness is to be attained; and the sproutings of evil like rank weeds are more easily eradicated in their beginings.

The child should be well born, and the parents should give special thought to heridity, and agree that the very best that God can work through them shall be given to their children; and from the first, they must conform to the laws which God has written, not only in his word but in nature. Make a study of the child you anticipate, while as yet there is nothing of it, and decide after earnest deliberation, what you will produce in your child. If you desire a girl or boy, and whether there is any special talent that you wish it to possess.

The parents should live a careful intelligent and conscientious life; and during pregnancy, the mother owes it to the child to look well to the preservation of her health.

Drink plenty of water daily, between meals. Take regular exercise in the open air every day. Use care in selecting the diet, as good health depends on the condition of the digestive organs. Avoid

Advice To Parents.

tea or coffee drinking as well as stronger stimulants, which affect the nerves. Abstain from dissipation or excesses of any kind. Retire early and rise early, and the daily bath should not be neglected. (See page *General Talk*.) Avoid worryment. Cultivate a cheerful disposition, and reflect the beauty of thought on your countenance. Shun gossip bearers, practice deep breathing constantly. Discard corsets. Wear sensible shoes, round toes and low heel. Wear comfortable, sensible garments, suspended from the shoulders. Refuse to be a slave of fashion. Avoid hasty marriage. The husband should remember that he is largely responsible for the happiness or discontent of the home, and cultivate its atmosphere, rather than that of clubs and outside amusements. He should likewise be strictly temperate in his diet and manner of living, cultivate an even, cheerful, sympathetic and appreciative disposition. Woman is an impulsive creature, and should be gently led by her husband, and if he is at all worthy of her love, she will be too glad not only to do her duty, but sacrifice herself in any way to promote his happiness.

"A little stranger arrived at our house this morning," is the conventional announcement of the birth of a child. Congratulations are expected; but for the child, often condolence would be in order, because he has really come a stranger to a strange land, in which he is destined to a long and perilous search for his real kindred, may be never to find them, certainly not in the house within whose walls he first opened his eyes. He is a stranger to those who gave him being, and sadder still, must so remain to the end, because there is so little in common between him and them.

He was not expected or desired. He is loved after a selfish fashion now that he is here, but he is a stranger.

An old proverb, says: "It is a wise son that knoweth his own father.

I should like to frame a counterpart to this old saying; viz., "It is a foolish father who is not acquainted with his own son."

A knowledge of your child to be complete, must begin with self knowledge; at least, self-knowledge will prevent and avert unpleasant surprises; for the analysis of your own nature is worked out in the development of the child, so that he as well as all the world can read it.

The man who has not been willing to look his own defects squarely in the face, nor to make a study of the means by which they may be overcome, is no more able to take up the advanced lessons which are written in his child's being, than as the student to master

Advice To Parents.

astronomy before he has been willing to apply himself to the rudiments of mathematics.

The father and mother are rudimentary to the child, and should first be mastered as a study. They should be so well acquainted with themselves and each other, and should so intelligently arrange all parental conditions that they can reasonably expect to recognize the child at birth, and be recognized by him as at least as acquaintances, and not strangers.

In due time the child arrives; and from the first it is evident that it did not find life a painful surprise, nor the home into which it had come, a strange land. It was not a stranger but a familiar acquaintance, an intimate friend with the lives from which it had sprung. There was no misunderstanding between the child and the parents; the same thoughts and purposes flowed like the sap of the vine through all alike.

That development which is the truest education, had been going forward in a perfectly natural way, like the growth of a tree. The child is strong, healthy and happy, with a definite purpose in life, a divinely appointed plan to grow engraved on its very bones.

"The little stranger," as a rule, grows up to a cheerless heritage, misunderstood and defeated all his life, as any lonely alien must be in a foreign land. After a while he begins to make a hole in the ground for himself; but sometimes it takes years of snubbing and pushing away, to make the ardent-hearted boy take kindly to it. He would prefer the home nest, the clasp of his mothers hand and the fathers love guidance, to anything in the world. The impulsive, affectionate girl does not all at once take "her secrets" to some other ear; but after awhile the estrangement, which began before birth is accomplished; the unanswered questions, the unsympathetic atmosphere, the unreasoning requirements, the arbitrary rulings, have done all the parental discontentment had left unfinished, and it comes to pass, the child and parent are less to each other, than any acquaintance of a day or the chance chum of a journey.

"LET US WITH OUR CHILDREN LIVE."

From the first moment of that life by which the child is to be, live with him, know him, as the roots of the vine know the farthermost twig of the fiftieth summer.

DO NOT OVERFILL THE BABY'S STOMACH. Young mothers and those who have the care of children, frequently seem to forget, that the capacity of their stomachs, for containing as well as

Advice To Parents.

digesting food is limited. The individual who would go on pouring fluid into a vessel after it was full, would be considered demented by all sane persons; yet, strange as it may seem, that is just the way that many otherwise sensible persons treat an infants stomach.

At birth the stomach is a small pear shaped organ, capable of holding from six to eight teaspoonsful, on the average. Yet the writer has often been consulted by an anxious mother, who feared that her young baby was not eating enough, because it did not empty an ordinary half pint nursing bottle; and utterly oblivious of the fact that the little stomach was spilling over, as evinced by the habitual throwing up after each meal, as soon as the overstretched organ had relieved itself, it was filled up again.

It is often remarked that the abdomen of a bottle-fed baby is larger than that of an infant nursed in the natural way. This diluted condition of the stomach, is the result of the continuous distention of the little organ by more fluid than it can hold. It is also, still further stretched by the formation of gas, from the fermenting of undigested food. To thus continually misuse the stomach, is to destroy the contractility of its muscles, until it becomes so weak and flabby in its walls, that it is like an inert sac, more than a living vital organ.

The stomach of an averaged sized healthy baby gains in capacity for food, holding about half an ounce per meal, for each month of its life; that is, the baby who takes six or eight teaspoonsful at the end of the first week of life, will, at the beginning of the second month, be able to take from ten to twelve teaspoonsful at a meal.

Of course this quantity should not be added all at once, but by a very slight daily increase, to correspond with the daily growth, and increased functional capacity of the digestive organs. The child will not be able to take at a meal the ordinary half-pint nursing bottle full, until it is from eight to ten or eleven months old. When a baby whether nursed or bottle-fed, vomits after eating, its food should be diminished in quantity. If nursing, lengthen the time a few minutes; if bottle-fed, give an ounce or so less food. The baby should be fed regularly, every three hours.

The child should not be allowed to suck and chew on the rubber nipple as it hinders digestion and makes the baby nervous and sleepless.

As children grow older the popular notion seems to be that they should eat whatever they crave, and whenever they please; this is a very mischievous practice, and results in weakening their digestive

Advice To Parents.

organs at a very early age. Candies, nuts, sweet-meats and nick-nacks generally, are exceedingly harmful and should never be allowed children at any age. Their digestive organs are not as strong as those older persons, and will not bear the amount of abuse, which those of their parents endure with impunity. The diet of children should be simple in character. It should consist chiefly of fruits and grains, with plenty of milk. Eggs and meats should be sparingly used. Condiments:—such as pepper, vinegar, pepper-sauce, mustard and other stimulating articles of diet, should be wholly avoided. Do not allow children to form the habit of drinking tea or coffee. Fine flour bread is another article of diet, the general use of which is in the highest degree detrimental to children, by interfering with their normal development. Parts of the grain have been removed, so that it does not contain the bone and muscle-forming material. Such food is fattening, but not strengthening. Graham bread, cracked wheat, oatmeal, and other wholesome preparations are in the highest degree wholesome, and are especially adapted to the wants of a growing child. I quote the following list of foods for children; and it would be well for the parents to observe much the same articles of diet.

SOUPS.

Vegetable Soup,	Puree of Peas,
Corn Soup,	Boullion,
Oyster Soup,	Tomato Soup,
Puree of Beans,	Milk Soup,
Chicken Broth,	Barley Soup,
Celery Soup,	Potato Soup.

CEREALS.

Rolled Oats,	Pearl Wheat,
Grits,	Wheatina,
Rice,	Pettijohn's Breakfast Food,
Hominy,	Farina,
Rolled Avena,	Rolston's Breakfast Food,
Purina,	Corn Meal Mush.

FRESH AND DRIED FRUITS.

Grapes,	Berries,	Peaches,	Apples,	Cherries,
Apricots,	Oranges,	Pine Apples,	Dates,	Bananas,
	Prunes,	Mellons,	Figs,	Pears.

Advice To Parents.

FRUITS COOKED WITH SUGAR.

Baked Apples,	Stewed Prunes,	Stewed Tomatoes,
Baked Pears,	Stewed Raisons,	Stewed Apricots,
Baked Peaches,	Stewed Berries,	Stewed Apples,
Baked Banana.	Stewed Peaches,	Stewed Pears,
Baked Tomatoes.		

If the dried fruits and cereals are steamed in a double boiler for three or four hours, they will be more palatable as well as digestible, than in the ordinary way. The cereals must not be stirred, and can be cooked the day before and warmed for breakfast in the steam boiler, when they will be found excellent. Dried fruits that are allowed to simmer slowly for three or four hours, will be sweeter and more wholesome than those seasoned with sugar, and they are much more healthful.

Fruits cooked with grains. Cracked wheat with steamed apples. Rice with raisons. Rice with Peaches. Farina with fig sauce. Pearl wheat with raisons. Farina with fresh fruit. Poached and soft boiled Eggs. Baked potatoes. Whole wheat bread. Macaroni with tomato sauce. Honey is one of the most wholesome of all forms of sugar and should be used instead of sugar when possible.

Great regularity in meals should be observed from the very beginning of the infant life. After the second year of infancy the child should be strictly confined to three meals a day, and the last meal should not be taken less than three hours before retiring. The child should not be allowed to taste a mouthful between meals.

Children should be carefully instructed respecting the importance of regularly relieving the bowels and bladder at certain times each day. The call of nature should never be resisted or delayed a moment, when such delay can be avoided.

The daily bath.—This is one of the most important means of aiding normal development and preventing disease in children. It is especially useful in preventing colds. Bathing is beneficial for the healthy, but it does not follow that it is healthy for the sickly under all circumstances. Many delicate children are bathed so frequently, that they are maintained in an enfeebled condition. If a child who is delicate—is bathed all over once each day, and has a change of all its clothing at the same time; it will become still more delicate.

The bath should be taken immediately on arising in the morning. The bath and the air in the bath-room should be of such a temperature

Advice To Parents.

as is pleasant to the bather. Immediately after the bath a small quantity of oil or vasaline should be applied to the surface of the body. Children are more susceptible to cold than adults, the skin being more delicate, and hence the temperature of the water should not be more than fifteen or twenty degrees below that of the body at first, until the child becomes accustomed to the temperature. A child ten or twelve years of age, may bathe in water at a temperature of 85 degrees F., but infants or children below six or eight years of age, should not be subjected to a lower temperature than 95 degrees F. The sponge bath should be used; a portion of the body being moistened, then another portion treated in same way, until the whole body is bathed. Children should always be kept in the proper degree of warmth by wearing flannels next to the skin.

Every infant should have its head protected at night during the fall, winter and spring months, and older children would escape many attacks of earache, croup and sore throat by following the same practice. A covering or cap for the head during the hours of sleep, is as essential for comfort and protection as are the bed clothes for the body.

Few ailments are more common among children than earache. The foundation of chronic deafness is often laid in early childhood, by exposing the head, and the mother in her anxiety that her children's ears shall be perfectly clean, she endeavors to remove every particle of ear-wax from the inner portion of the ear, by boring it out with a hair pin or some other sharp instrument, covered with a towel or with the corner of the towel twisted to a point, when really this portion of the ear requires no attention. Nature takes care of it in the most admirable manner. The wax is put there for the purpose of keeping insects, etc., from entering the ear and should not be disturbed. Nothing more irritating than a few drops of olive oil or vasaline warmed to a temperature a little above blood heat, should ever be placed in the ear.

The children should have a large, bright, sunny play room, with all their toys where they can invite their friends and make noise if they choose. See that the room is kept clean, warm and well ventilated. Don't send them off to Mrs. Browns because they annoy you, keep your children under your own roof until you are sure their characters are sufficiently well formed to resist the encroachments of evil. Build up bulwarks against vice, by developing the pure and good in their dispositions, and by repressing evil tendencies.

Advice To Parents.

Happiness makes happiness.—The parents who let their children grow up to be moody and discontented, subject to blues and sulks, are failing in their first duty. They are handicapping them in the race for life. Cheerfulness is one of the prime requisites to success and happiness. The sunshiny man or woman has everyone for a friend; "For this sad old earth must borrow its mirth, it has sorrow enough of its own."

To clad an infant properly is important.—It is the custom with most mothers and nurses, during the early years of infancy to envelope that portion of the body of the infant, in which the genitals are located in many folds of diapers, for the purpose of avoiding the necessity for frequent changes. Sometimes the thick mass of material is still further augmented by a covering of oil silk or rubber. The effect of this practice is to retain the moisture of the excretions, in contact with this delicate portion of the system, which with the heat accumulated from the body, acts like a poultice, stimulating and irritating the nerves of the parts, and thus inducing an abnormally sensitive and excitable condition.

To cure urinary incontinence, "or wetting the bed," in a child, give him a simple non-flesh dietary, avoiding mustard, pepper, candies and all other indigestible food. Let him eat twice a day, and nothing later than four o'clock in the afternoon. If the child is young, he may eat three times a day, but should take nothing later than four or five o'clock. Let him drink water freely in the forenoon, but avoid water-drinking after four P. M. Children suffering from this trouble should be made to empty the bladder frequently, as the nervous condition which results from overdistention, often produces an uneasy state of the genitals, which may not only lead to the formation of the habit, but will present a great obstacle in the way of its permanent cure. Give the child a cool sponge bath with vigorous rubbing every morning. Have him take plenty of out-of-door exercise.

Advice To Parents.

Exercise is a powerful factor in the development of the voice.—It should be taken in the open air. Children, like caged birds lose their song. Exercise is born of the free fields and pastoral hills, a loud shout means a long breath; a rapid race, many deep ones. Thus are the receptacles of the great aerial storehouse open, enabling us to keep on tap that which is the very essence of speech, without which, no sound can be sustained. It is a fact that people reared in the country have clearer and ampler voices than those city bred. The voices of Southern nations possess invariably more music and volume, than those of the Northern tribes. Climate stimulates to an outdoor life and deep breathing, and many vocations that in colder climes are carried on indoors are performed outside.

Much may be done at home and at school, by the intelligent parent and teacher for the cultivation of a soft and melodious voice, which is so noticeably lacking in American voices. Let us have more of the education of speech in our colleges, and less of the meandering glee-clubs. Public schools should have their talking master, then would their public exhibitions prove more pleasing to parental audiences. The prevalence of hoarseness among public school teachers, is proof of their incapacity to control their voice, and their need of knowledge upon this subject.

Gossiping children.—“There, that will do; not a word, I don't want to hear anything about it!” “But, mamma, I only just want to tell you that Jennie's Ma said something disagreeable about Mrs. Smith.” “Well, suppose she did. You should not listen to such things, nor are you to repeat them when you come home. There is nothing so ill-bred and rude as to tell things that you hear when you are visiting with other children.”

This bit of conversation occurred in a well-bred family, and is the key-note to the management of that household.

It was in striking contrast to the methods of the establishment the child had just left. “Jennie's Ma,” is much given to curiosity about the affairs of her neighbors, and rarely fails to elicit from her numerous family even the most minute details of conversations that are indulged in, in their presence. She knows almost every article in the houses where her children visit, what they have for dinner, how they serve it, and the personal habits of each member of the family. Her little ones have been trained from their cradles to repeat to her everything that happens wherever they may be. They have already become the dread of the neighborhood; and, if anything unusual occurs in a family in their vicinity, the strictest vigilance is required to keep them

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out of the midst of it. They have respect neither for bolts, bars nor prohibition, and are growing up scandal-mongers of the most dangerous sort. If they cannot find out the rights of things, they jump at conclusions so as to make out a good story to tell Ma when they get home. "If they have been in any mischief whatever, a well constructed recital of something that has happened, or that they can imagine may have happened among their numerous acquaintances, means freedom from punishment, and possibly the getting off with nothing more than a mild reproof.

The world would be a great deal happier and better, if children could be taught to curb their curiosity and mind their own business; but this they never can or will do, as long as their families catechize and quiz them as to everything that happens when they go out.

No one can approach the subject of child-training without realizing that it is in parental training, that we are to find the solution of the problem.

"To train the child, begin with the parents," may well be adopted as our motto.

An evil heredity is a great misfortune, but a far greater misfortune is to be "brought up" by those who are ignorant of, or so out of harmony with natural law, that they cannot represent it in their living, nor furnish a channel through the love that is behind it, and which speaks through it, can operate on the growing child.

To be trained in dainty, neat and pure personal habits is the right of every child, lacking which he will be less able to make effective the greatest use of mind and spirit. It is a mistake ever to suppose that God can as well use a boor, as a gentleman in his work. As between a consecrated, truthful, teachable boor and a cultured gentlemanly egotist, he would necessarily choose the boor; but as between the two, both consecrated and ready to his hand, for his own will, it is evident that he would find a broader field for the man and woman of cultured and gentle manners, and gentle manners are of slow development, requiring that from earliest childhood they may come to perfect flower in manhood.

The object of training is to make Men and Women, who will be capable of happy employment in this world. Character is to be the product; it is a great mistake to be always trying to force a child to do things your way. First of all, let him follow his own natural bent. Study his way correctly when necessary, but so unobtrusively that he

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will not lose the sense of individuality, which means so much to all. Parents should remember that a constant nagging is a most deplorable habit, and produces ill effects on both parent and child.

There are few measures employed in the training of children, so universally relied upon, yet put into practice with so little thought and consideration as punishment for wrong-doing.

The end sought by the parent in the punishment of the child, should be the development of self-government in the child's character. But first the parent should not fail to see that his own temper is well governed, and his anger does not run away with his reason. The punishment that fails in this respect is of little value. I do not believe in corporal or arbitrary punishment. Never pull a child's ears or strike it about the head, as you may injure it for life, this mode of punishment will be found entirely unnecessary in the well brought up child.

To a child sufficiently matured to understand the object and necessity of punishment should be explained. He may be told that he needs to be punished when he has done wrong, to make him remember not to repeat the offence. Show the child that you feel sorry to be compelled to punish him, but that it would be a terrible thing to allow wrong-doing to go on unpunished, until it came to be so nearly second nature, that he could not stop doing wrong. Tell him that parents have sometimes failed to punish their children, and that they have grown up wicked and lawless in consequence.

Let the child thus see that punishment is a remedial measure for his own good; get him to feel the necessity and importance of it, and you have planted the seeds of self-government. If he learns, as he may very early in life, from his mother and tone of her voice, that love and not irritation, is the motive which actuates her in the administration of punishment; if he feels that she is in close sympathy with him, that she too suffers because of his wrong doing; then, although the discipline may seem hard, he will feel the justness of it, and be willing to accept and profit by it.

Parents must seek to be just in all their dealings with their children, putting themselves in full sympathy with them, if they will foster in them that moral courage, that will deliver them from the temptation of untruthfulness when accidents happen, as they often will, as when a child breaks a dish, or injures some valuable possession, let not the matter be treated as if a grievous sin had been committed. If correction seems merited, let it be some natural outcome of the deed, and make it clear to him, that it is not because the injury done

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was in itself a sin, but to teach him to be more careful. Many children are forced into the habits of untruthfulness by want of judiciousness on the part of the parent.

Many unintentional mistatements made by children, are adjudged untruths by their elders, who measure the child's veracity by a 'grown up' standard. We must unravel the child's motive, if we are to judge correctly concerning the results.

The change from virtue to vice is never a sudden one. A long preparatory process goes on in the heart, before the individual commits open sin. How clearly with this thought do we face the great special need of parenthood; that of learning to know their children, of studying to understand their real inward life; their tastes and tendencies; their aspirations and weaknesses,—just as they seek to know their bodily necessities, that they may recognize the leadings towards vice and check them at the outset. Only by keeping the closest intimacy with their children by being in full sympathy with them, in other words, "living with them," is this possible. The wise parent who establishes an intimate fellowship with his children, finds in it a wall of adamant against the influence of vice. Such a relation, however, requires much painstaking effort and self-sacrifice on the part of the parent to perpetuate, for it must be a continuous not a spasmodic relation; and just here lies the secret of so many shattered homes, so many parental failures, in the unwillingness of the parents to sacrifice the love of personal taste and enjoyment, to set aside the so-called demands of society, the engrossments of business, or other of their own selfish ends for the children.

It is so much easier to turn the little ones out of doors to hunt up their own amusement, than to take the time to direct and instruct them; so much easier to allow them to select their own companions, than to accord them one's own companionship.

Many parents are glad to have their children out of the way, and do not trouble themselves to find out where they are, so long as they are well, and come home for their meals at the proper time and are in season to go to bed at night. One shudders to think of the risk such mothers and fathers are taking, and the opportunities they are losing when it is remembered that before the child is ten years old, the parents have done half they ever will be able to do toward the formation of his character. Let the early years slip silently by unimproved and the whole after period of the child's life must need be spent in endeavors to uproot the tares and weeds, the enemy will not fail to sow while the parents are asleep to duty. It is far easier to prevent evil than to correct it.

▷ TESTIMONIALS ◁

From a Few of St. Louis Representative Men.

"A prophet is never without honor save in his own home," but Moritz Meyer is a notable exception to this rule. He has many letters from all parts of the world; but will only give a few testimonials from his own home, from such men—as the Honorable ex-Congressmen, Mr. F. G. Niedringhaus; Mr. Christian Peper; Mr. John W. Morrison; Gottlieb Eyerman and M. D. Greengard, who are well known throughout the United States, whose veracity is above reproach, and social and business standing are the highest.

Hon. F. G. Niedringhaus: As a man of the people, but also a thoughtful and conservative official, fully conscious of the responsibility of his high position and of his recommendations. Says: "I was suffering with inflammation of the bowels. Moritz Meyer's Treatment cured me in an incredibly short time, and I hope all suffering humanity will get one of his books, "Facts About Common Diseases," and "How to Treat Them," and learn how to live."

*Men like Mr. John W. Morrison—*do not speak hastily of things unless they are convinced that they are all that is claimed for them. Says: "The decided benefit I have derived from Moritz Meyer's Remedies, enables me to recommend them. I think his book should be studied by the well to prevent sickness, and studied by the sick to learn how to keep well. Having experienced its benefit I gladly commend it to all."

*The estimable Mr. Christian Peper—*who is one of St. Louis representative men, says: "Moritz Meyer is one of the honorable old citizens of this city, and has spent much of his life trying to benefit humanity. Many of my friends who have used his remedies are unanimous in their praise of his treatment."

Every family should have Moritz Meyer's Book, "Facts About Common Diseases," and "How to Treat Them," as they must carry more than ordinary weight to every house where there is need of simple and common sense remedies that are beyond any doubt reliable.

~ TESTIMONIALS. ~

St. Louis, April 16, 1898.

*Mr. Gottlieb Eyerman, Jr.,
2906 Iowa Avenue,*

Says: "Your book has been received and is highly appreciated by myself and family. When I was taken with Pneumonia, the timely use of your valuable remedies relieved the congestion, and I was a well man again in a few hours. It is invaluable in any home and I shall try to extend its usefulness to others."

St. Louis, April 3, 1898.

*Mr. M. D. Greengard,
3411 Bell Avenue.*

Writes as follows:—"When I first read your little book I thought you were the biggest fool in town. I gave it to my wife however, and she was greatly interested in it. Soon after she caught cold, and was attacked with congestion of the lungs. She immediately used your remedies, and was so quickly and effectually cured that she keeps your book under lock and key, and says the advice given therein is priceless. I want to add that I know now it was myself that was the biggest fool in town.

Having gained by a practical experiment the knowledge and common sense which enables me to appreciate so valuable a work. I only hope that all people will follow my example and likewise become enlightened."

845 E. 135th St., New York, April 11th, 1898.

Mr. Moritz Meyer, St. Louis, Mo.

Dear Sir:

I duly received the copy of your valuable and interesting little work "Facts About Common Diseases," which you forwarded. I have looked it over as well as the pressure on my time would permit, and find it replete with common sense; something which does not always enter into the treatment of patients by practitioners of the old school or of the new school for that matter either.

Wishing you health and long life.

I remain, yours sincerely,

HENRY LIDDELL, M. D.

*Letter No. 105;842, says:—Enclosed please find Money Order for (\$1.00) for a copy of your book, "Facts About Common Diseases." Please send it immediately, we tried one of the Poultices you spoke of in the *Post Dispatch*, for our little girl Olga, she had Inflammation of the Bowels. It acted like a wonder, relieving her of all pain in a few hours, and she is now sound and well. I cannot praise your treatment enough, it saved my child's life. I consider your treatment priceless to all parents with growing children.*

TESTIMONIALS

From a Few of the Leading Newspapers.

The New York World, Jan. 9th, 1898.

The man who will read Moritz Meyer's book, "Facts About Common Diseases," and "How to Treat Them," and follow its teachings, need not die until he has lived the natural life of man, from 100 to 125 years, and then need not acquire a disease to die. The book is written in plain simple English, that he who runs may read and reading can comprehend what he reads in this little work.

San Francisco Bulletin, Jan. 22, 1898.

Moritz Meyer, has written one of the most extraordinary books of the age. "Facts About Common Diseases," and "How to Treat Them," which goes to show that all disease is merely the result of ignorance, and consequently the great majority of people die long before their time. This book was written for the people, and should be read by them.

St. Louis Post-Dispatch, Dec. 19, 1897.

Moritz Meyer, is 65 years old. He lives at 1121 East Whittier Street, St. Louis. He is 6 feet tall and weighs 170 pounds. He possess enormous physical strength and endurance. He does not need spectacles and has plenty of hair. He has pursued his studies and experiments in a highly original fashion, and they show that he is a most remarkable man. Most people anxious to find out about the effects of diseases, experiment upon other people and upon animals. Moritz Meyer did nothing of the sort. He experimented upon himself and the treatment was heroic. He is earnest and sincere, and I believe all thinking people should read his book, "Facts About Common Diseases," and "How to Treat Them."

Anzeiger des Westens, Feb. 8, 1898.

Moritz Meyer was born in Germany; he was brought to this country when he was two years old, and has lived in St. Louis ever since, as an old and much respected citizen. He has written a book, "Facts About Common Diseases," and "How to Treat Them." The main principle of his theory is very simple: viz.—Warmth is Life, and Cold is Death. No German house frau should be without one of these books.

Over thirty years ago, when I began to discover the wonderful curative properties contained in an old simple fashioned remedy, when properly prepared and applied; little did I realize how universal its use would become. I was absolutely certain of one thing, however, and that was that I had discovered a remedy for the troubles and ailments which are so universal to the people, that is so positive in its action, that if the world could only be made acquainted with its virtues; its use would become so general that not a nation but that would appreciate my poultice, which draws off all congestion before a disease is built; as the only way to build a disease is by cold or contusion which causes congestion. Therefore, if taken in time my Poultice and other remedies will cure any disease by not building it.

In the first place, the remedies do and have always done exactly what I claimed for them. Proven first—after a long series of experiments on myself and family; I know this treatment brings the desired relief.

Early in the History of my discovery I invited suffering humanity to communicate with me as to the peculiar development of their individual cases, and to each case I gave the care necessary to return an honest answer as to its special needs. Certain it is the number of people who have appealed to me for help, has steadily increased from year to year, until the last twelve months, more than twenty thousand letters were received and answered.

You will very quickly see, that the knowledge and experience gained through a critical examination of hundreds of cases, covering a long series of years, must be very extensive and exact. We want the trained and experienced mind and hand, and when the offer is made to you that you may consult and ask my advice without money and without price, knowing that you will receive it honestly, and based on these indispensable conditions, knowledge and experience, can you hesitate a moment if you need help?

Under these Conditions, offering the most practical assistance it is no wonder that the people avail themselves of the opportunity; and, because of the good that has been accomplished the offer is still made that every man, woman and child, needing help as to any physical troubles, is freely invited to write, telling me plainly and honestly their condition, and they will receive a reply equally honest, and to be hoped a helpful one.

PNEUMONIA.

I attribute Pneumonia principally to one thing—carelessness. A sudden warm spell which prompts the average person to remove their underwear, or going out in the night air without being properly clad. If the lungs are anywise weak, or they may be strong and the system run down, the disease will always fasten itself with more or less serious consequences.

I know that with proper care any healthy individual can make Pneumonia almost impossible. A cold can only be controlled during the first twenty-four hours of existence, and always attacks the weakest part of the body, and if neglected, it will lay the foundation for a disease; which if taken in time and properly treated, will usually be followed by no serious results.

When one feels a cold coming on, put on heavy woolen underwear, covering the head and throat, and take immediately a good cathartic, two of Meyer's Fever Pills, followed by a hot lemonade and a hot mustard foot bath, or a full bath for thirty minutes. Jump into bed and cover up warmly taking a good sweat, allowing the patient to cool very gradually.

Pneumonia or Inflammation of the substance of the Lungs is caused by a cold, contusion or a chill after being overheated. This disease is divided into three distinct stages, corresponding to different degrees or periods of inflammatory action. The first stage is that of Congestion; it is more common on the right side of the body than on the left, the right lower lobe of the Lung being the most frequent point of attack. In the first and second stages, this disease is tolerably amenable to treatment. When the Lung has reached the third stage, whether it is still susceptible of repair, we cannot tell; because we have no certain sign of the commencement of this third stage during life.

If you take Pneumonia it positively gives you warning, that is when the cold settles on the Lungs, you feel sharp pricking pains in your chest, that warns you that congestion has set in. This is the first stage, and immediate action is necessary to relieve the Lung and restore it to its normal condition; draw off the congestion at once, for therein lies the danger. If you allow the congestion to change into inflammation, which it will do in about twelve hours, and then form into corruption in about twelve hours more, you will have reached the third stage of Pneumonia which is always fatal.

Pneumonia.

Pneumonia is easily cured in the first stage if taken in time; take one fourth English mustard, and three-fourths ground flaxseed meal, mix thoroughly, then add boiling water and stir to the consistency of thin cake dough that will drop slowly from the spoon; make the poultice about half an inch thick, and large enough to cover the entire chest, side and back; for remember the Lungs lie as much on the sides and back as they do on the chest. Put this poultice in a piece of cheese cloth and apply very hot, cover the poultice with two or three thicknesses of heavy flannel, and a piece of oil silk may be fastened outside again, so as to keep the body air-tight and warm.

You will notice that after the poultice has been on for an hour or two, that with every pulsation the misery leaves your Lungs, which is very satisfactory to you. The poultice must not be allowed to become cold, it must be watched and changed when necessary, if properly made and applied it should not be changed oftener than night and morning. While changing poultice the patient must not be exposed to any draughts or cold air, and the patient should wear a woolen night dress.

The poultice must be kept on, it will draw and burn a little at times, but let it draw and burn a little, as it must do its work, which cannot be done in a minute. So you see it is important to leave it on, (even for an ordinary cold in the chest,) for four or five hours or longer. It must be drawn out through the pores of the skin from one and a half to three inches deep, the congestion of the smaller veins and cells of the Lungs, so they can perform their duties and all is well; but if the congestion is allowed to remain in the veins and cells of the Lungs, you will reach the third stage in about seventy-two hours, when there is little or no hope for you, no matter how you dose the bowels and stomach.

The poultice must be kept on until the pain and soreness is entirely relieved. After the poultice is removed great care should be exercised to prevent the patient catching fresh cold, rub the parts with oil or vaseline and cover with soft old linen, you may also fasten a piece of flannel over the linen and wear until the patient is well. In severe cases where a number of poultices have been used and the skin has become tender or blistered, open and let out the fluid and use Borated Talcum instead of Vaseline. This will cure the worst case of Pneumonia, if taken in the first stage; but you must cure yourself at once, you must not wait until corruption sets in, medicine won't reach it. If the case has progressed so far that the patient has fever, give two of Meyer's Fever Pills when first taken, and two hours

Pneumonia.

later one more pill, on a fasting stomach, and the following day take one pill on a fasting stomach; continue as long as necessary. The bowels should be kept well open with some good vegetable cathartic, Meyer's Regulator is the best. The patient must have nourishing food, such as broth made of beef, mutton, or chicken with a little rice or barley, beef tea, milk or fresh raw eggs. These foods must all be taken with discretion, a glass of milk once in two hours, or a small cup of broth once in three hours. Unfermented wine or grape juice is very strengthening, small wine-glassful four times a day, while the patient is convalescing; a good tonic is always beneficial. Meyer's Blood Tonic can always be relied upon.

If you have had a case of Pneumonia don't put yourself in a condition to take a relapse, which can only be done by neglecting yourself and catching a fresh cold; therefore, you must keep yourself in the proper degree of warmth, by wearing good heavy underwear, the best of woolen; you can then live the entire life of man (barring accidents), from one hundred to one hundred and twenty-five years.

BRONCHITIS.

Bronchitis often exists without Pneumonia, but Pneumonia seldom occurs without Bronchitis. Hence, the importance of checking this disease in the first stage cannot be emphasized too strongly.

Bronchitis or Inflammation of the lining membrane of the bronchial tubes, is a disease of very common occurrence, and one of the greatest importance; for if neglected, it not only destroys life, but if carelessly treated may lead to premature and miserable old age.

The first symptoms are generally those which distinguish a common cold—namely: shivering, headache and sense of weariness with an occasional cough; but the cough continues and recurs in paroxysms; there is a feeling of oppression on the chest, and the person wheezes when he breathes. During the first paroxysms of cough, this mucous is spit up. If the inflammation extend no further it is in the first stage, and is seldom fatal in the first attack; but, as may be expected if neglected, the foundation for a disease is laid which may prove fatal. Spitting of blood sometimes occurs and in severe cases persons actually die of suffocation from the immense quantity of mucous obstructing the tubes and causing collapse. Counter-irritation, however must be immediately applied in all cases. If taken in the first stage Moritz Meyer's Poultice will draw off the congestion and inflammation, and with proper diet and clothing, (see *General Talk*,) and the bowels kept well open, this will be found all that is necessary to effect a cure. Where the cough is troublesome give four or five drops of Oil of Eucalyptus on a cube of sugar, three or four times daily, and this will generally loosen and ease the cough. Another simple and very excellent remedy in Catarrh, Asthma or Bronchitis, is to get a box of pine tar, open the box and put two tablespoonsful of turpentine on the tar; set this in a larger vessel and let it burn for a few seconds, then extinguish the flame and let the patient inhale the fumes night and morning or oftener if necessary.

In very acute cases, after a brisk purge with Meyer's Constipation Regulator, give an emetic which will remove the accumulations of mucous; then if the cough still proves tight and troublesome, Meyer's Expectorant will be found an invaluable remedy for relieving the tightness and healing the soreness and irritation of the bronchial tubes after the inflammation has been drawn off.

CONSUMPTION.

Consumption is a disease of great frequency and severity, which in the civilized nations of the world, produces from one-sixth to one-tenth of the total mortality in ordinary times. The disease often escapes attention in its early stages, yet not so much from the absolute difficulty of its detection, as from the insidiousness of its invasion.

The Disease called Consumption should be more properly called, Lingering Consumption.

Because it takes a long time to build. You would have to build it just as you would a house on a lot; you put in your foundation and then lay brick on brick until it is completed; thus, you have to build a case of Consumption. If you take a cold on a small portion of the Lung and allow it to remain, it forms itself into congestion and then into inflammation, and then into pus or matter; when this condition is reached you have laid the foundation for a case of the Lingering Consumption. Hence, Consumption is built by letting the matter eat away the walls between the cells of the Lungs. Say, one cell is destroyed every twenty-four hours, until it eats away all the walls between the cells, and in the course of three months time you have built yourself a case of the Lingering Consumption. In three months more you have an incurable case of Consumption; and, in another three months after all the cells have been destroyed, death will ensue.

You can now understand how you build a case of Consumption from the foundation up, just as you would build a house on a lot. Why do you build a case of Consumption which takes so long to develop? If you wish to get well why don't you cure yourself at once; say, from the time you go to bed at night until you arise in the morning, take your breakfast and follow your daily pursuits as usual. You cannot do it by dosing your stomach and bowels out of order; because these are not the organs you wish to reach. If you have Consumption of the Lungs you must use the remedy that will reach the Lungs. How are you to reach them? Simply as I have said in Pneumonia, all is caused by cold; and the same remedy that prevents building one, will also prevent building the other.

Consumption.

If the cold is allowed to remain on the Lungs, generally speaking the progress of the disease is marked by the following symptoms: whenever a person appears to lose flesh and strength without known cause; when the color changes much from day to day; when shiverings are complained of alternated by flushing and oppressive warmth or too copious perspiration, when with these symptoms there is a cough, however slight, or pains between the shoulders or about the shoulder-blades or below the collar bones; when there is an occasional tendency to spit up small quantities of blood from the chest, or when the patient is subject to repeated attacks of Catarrh, or when the bowels are habitually loose or very irregular, or when with any one of these symptoms. In the female there is diminution or suppression of the usual discharges. It is not too soon to apprehend the serious results to which these symptoms may lead, in some the alarm may appear groundless, as health will rapidly return under appropriate treatment. Remove the cause by drawing off the congestion and not allowing the disease to build. With Meyer's Poultrice (see page *General Talk*) renew the tissues and strengthen the general system with his Blood Purifying Tonic and prevent Consumption by not building it.

It is however, now well ascertained that the greater part of the cure consists in hygienic measures, the regulation of the mode of living, the occupation, the diet, the clothing, the food, the hours of repose, etc., of the consumptive; and all treatment by drugs is usually regarded as subordinate to that just mentioned. (See page *General Talk*.)

A life in the open air to a considerable extent, and in a climate which is dry and salubrious with rarefied air found at an altitude of five thousand feet, and admits of the enjoyment of outdoor life even in winter, is very beneficial in most cases, yet too much may be sacrificed to the desire of obtaining these advantages, if a genial climate is sought at the expense of the comforts of a home, or with the effect of producing anxiety of mind. A varied and wholesome diet, including abundant dairy produce; flannel covering next to the skin, and clothing which is warm but not oppressive; a well-ventilated sleeping apartment, take only sponge baths with alcohol and salt, and wear a woollen night dress and protect the head and throat while sleeping. Avoid draughts of cold air, and sitting in damp clothes or with wet feet.

When the patient has fever, give one of Meyer's Fever Pills early in the morning on a fasting stomach, another two hours later; continue to give one every morning on a fasting stomach two hours before eating, until the fever is broken.

Consumption.

The consumptive patient requires a good deal of rest, as Nature stores up her energy in the nerve cells which are easily exhausted in this disease, and at least twelve hours rest out of twenty-four is required to restore them to their normal condition. Deep respiration is highly essential to good health, especially in pulmonary ailments, and any tendency to Consumption the practice should be regularly adhered to. Practice deep breathing by standing erect with both hands placed on the hips, the fingers pointing forward; lift the chest as high as possible by the process of inhaling slowly through the nostrils until the Lungs have been well filled, hold the breath as long as possible, tap gently on the chest and in the region of the Lungs, expel the air slowly by gently forcing it through the lips with the mouth formed as though whistling. It is advised that this exercise be taken in the open air, and that caution be used so as not to overtax the Lungs at any time. It is important to keep the mouth closed and breathe through the nose, this organ besides being an important ornament to the face, in addition to its olfactory services, and its aid in giving tone to the speech, is of great use as an apparatus for warming, moistening and filtering the air before it reaches the Lungs.

Use the poultice in all stages of this disease whenever the patient contracts a fresh cold, or when there is a pain or tightness in the chest, as it will always relieve the patient

CATARRH.

Catarrh may be called a National Calamity, as it is more frequently met with to-day than any disease. It is an irritation of the mucous membrane which lines the nose, throat, etc. It is simply a cold in the head caused by neglect, by not keeping the head in the proper degree of warmth; therefore, if you allow the cold to remain in the head, you build yourself a case of Catarrh, which when once settled is very difficult to get rid of. When the cold affects the lining of the head and nose, which is the most frequent point of attack, it inflames the membrane and it becomes sore, and when this stage of the disease is reached, you have built yourself a confirmed or chronic case of Catarrh, which produces a secretion or mucous, which is thrown off during the day by expectoration, or by use of the handkerchief. During the night the mucous secretes just as it does during the day, but as you are in bed the flow is not expelled from the mouth or nose, being in a recumbent position it flows down your throat and into the stomach, which causes disorder of the stomach by the poisonous mucous from the head, nose or throat as the case may be.

As this disease is located in the lining membrane of the head or nose, and in the first stage is simply a cold, it may be easily broken up by keeping the head and neck in the proper degree of warmth, both day and night, as the protection of the head is equally essential during all the twenty-four hours. Hence, you should keep the head and throat well protected with a warm cap and woollen neck cloth during the day; and a woollen cap at night, also neck cloth, so that you do not make too great a change at once, say from sixty-five or seventy degrees in the day time to zero at night. Let your night-cap cover the neck and ears. It is cold that is the foundation of all ailments whatever part of the body it may affect. Some Catarrhal patients feel the necessity of wearing one or two suits, consisting of heavy flannel; this class of patients and all whose nasal passages are affected with Catarrhal Inflammation require a large amount of clothing, and they bear it with great comfort. I should advise all patients suffering with Catarrh, Asthma, Consumption, or any nervous trouble to sleep between blankets, and never go to bed with cold feet; use a hot-water bag or any mode desired to keep the feet warm.

Catarrh.

If one suffers habitually with cold feet it is best to put them in hot water for eight or ten minutes, rub them dry and go to bed.

Patients should wear woolen stockings and heavy shoes, and never go out in the dampness without overshoes. Half the people do not clothe themselves warmly enough; we could have no colds without some defect in the covering of the body; we could not have Chronic Nasal Catarrh without a frequent repetition of colds; therefore, the maintenance of the whole body in a warm equable temperature is of the greatest importance; do not keep the body in a state of perspiration and avoid becoming overheated, the happy medium is always best in everything. It is a great mistake for Catarrhal patients to have the hair cut short at any season of the year, and too much shampooing is very injurious; the hair can be kept perfectly clean by using what is called a dry shampoo, viz.: loosen the hair, then every inch of the scalp should be gently rubbed until all the dust and dandruff is loosened. The hair should be divided on different parts of the head and brushed with a stiff little brush until the scalp is clean and the hair also. Then it should be rubbed with alcohol or some other good hair tonic. Meyer's Hair Cleanser will promote the growth of the hair and make it luxuriant and glossy, stops the hair from falling out and prevents the patient catching cold, it will also remove dandruff from the scalp.

Catarrhal patients are always extremely irritable and for this reason should avoid all stimulants, tobacco in any form being one of the worst, and particularly smoking as it is very irritating to the mucous membrane. A good nourishing diet is essential. Unfermented Grape juice is excellent in most cases as a superior drink, a small wine-glass full in water, and generally a tonic is also found beneficial.

Manual training and physical exercises are valuable aids in the development of the weak-minded and those who suffer from mental troubles; it is a well known fact that Chronic Catarrh changes the disposition entirely, and a long continued inflammation situated under the anterior portion of the brain, produces a change in the functions of that organ. The patient can readily understand the importance of controlling his temper, lest the indulgence of a continued irritability will engender a condition of mind so resembling insanity, that people will really believe he is becoming insane.

Plenty of sunlight and fresh air in the sleeping apartment is most essential, and too many baths in the tub are not advised, but as the pores of the skin act as sewers for the body carrying away all refuse matter from the system, the body should be kept clean and this is best done by taking a sponge bath of alcohol and sea salt.

Catarrh.

Every morning the patient should take a glass of (Hot Water) immediately on arising, and should the bowels be constipated, add from one-fourth to one teaspoonful of Phosphate of Soda, and sip slowly, this will be found an excellent and efficient remedy. Drink plenty of fresh water or milk, or both, between meals during the day, and as little as possible with your meals, as it weakens the gastric juice and thus retards digestion.

During the night a quantity of mucous often collects in the back of the head and hardens there, causing the patient to clear the throat frequently to get rid of same; instead of hocking as most people do which is liable in some cases to injure the ear, the nasal cavities should be thoroughly cleansed by taking a little borax and warm water, and snuffing it up out of the hand into the nose, back into the throat, several times until the mucous becomes loosened and can easily be removed; then snuff up as much vaseline as possible into the head, this will give the patient great relief as it is cleansing, soothing and healing. It is essential to use vaseline at night as it will prevent the mucous hardening. In case of sore throat a half teaspoonful taken internally, and the throat well rubbed on the outside will be found very beneficial.

I have an Ointment and Wash, which if used in time will prevent building this disease, and general cures it in the first stage, and many chronic cases have yielded to its curative powers.

ASTHMA.

Asthma generally appears at first after some inflammatory affection of the respiratory mucous membrane; it is produced by a morbid contraction of bronchial muscles. It is most common in persons possessing a nervous temperament; and the care that should be taken by patients afflicted with this complaint, differs but little from that of those afflicted with Catarrh. The patient is often wakened between three or four o'clock in the morning with great tightness and constriction of the chest. An asthmatic should always be very careful in the selection of his food as digestion will almost invariably bring on a spasm, you should learn what agrees with you and restrict yourself to that diet. Light suppers are most essential if one desires a good nights rest. Avoid the dust, dampness and night air as much as possible, very few asthmatics can bathe frequently even in warm weather. See page for alcohol bath, (*General Talk.*) A healthy practice and one that will promote a healthy action of the skin, is to dip a coarse towel in a strong brine of salt and water, let it dry and rub the body every day; care should be taken only to expose one part of the body at a time, and never take any kind of a bath in a cold room.

I cannot emphasize too strongly the benefit of wearing a woolen covering or cap to protect the head during the hours of sleep; also protect the throat, and wear two suits of woolen underwear, and change gradually to lighter all wool suits as the weather grows warmer, about the first of June, or wear all summer if necessary.

A spasm is usually preceded by premonitory symptoms, when these appear, immediately plunge the hands and feet into hot mustard water, apply poultice. See page (*General Talk.*) Make it sufficiently large to cover the throat and chest, leave it on for four or five hours, or until all the danger of spasm is past; and sip slowly one or two glasses of hot water, inhale the fumes of Pine Tar and Turpentine. See *treatment for Bronchitis.*

ORDINARY FEVERS AND MALARIA.

Fever is a disease or rather a whole group of diseases, one general though not universal symptom of which is increased heat of the skin; besides which the pulse is frequent and various functions are disturbed. Fever is caused by cold going to the blood which gives you warning by headache, eyes ache, bones ache. You may take fever without a chill or you may take it after a chill; however it is only a fever after all, the best and quickest way to cure a fever is to check it at once with Meyer's Fever Pills. If you have a fever don't begin to dose yourself haphazard, but take time to think and study your case. If your fever comes on every day, don't take any pills the day you have the fever, wait until the next day when the fever is off; then early in the morning on a fasting stomach take one pill, two hours later take one more pill, and after waiting two hours longer you may eat your breakfast, anything that is light and nutritious. Early next morning on a fasting stomach take one pill, but no more that day. For the following eight or ten days take one pill every morning. Take these pills just as directed, the two pills taken in the morning will break the fever and cleanse the blood, and the one pill taken continuously every morning for eight or ten days, keeps the blood free from malaria. If the fever comes on every day usually it comes up at certain hours, it lasts for a time and decreases and goes off. Now while the fever is abated, is the time to take your two pills on a fasting stomach, and three hours later take one more pill and that is all for that day; continue however to take one pill early every morning for eight or ten days on a fasting stomach. This will cure your fever every time unless you become careless and take a fresh cold, which if it goes to the blood will give you a relapse, and you will simply have to go over the same ground again; should the cold affect the stomach and bowels, causing vomiting and diarrhoea, even though severe, the above will correct all at the same time.

Ordinary Fevers and Malaria.

Most fevers are easily controlled in the first stage, but if allowed to run on they build many other diseases. Fever is also very generally prevalent after surgical operations and injuries, of which it constitutes one of the leading dangers. In cases of long continued fever where the patient has become debilitated a change of climate is often the best remedy, a high dry climate is usually preferable, and a good tonic is also necessary. Meyer's Blood Tonic and Purifier will be found most beneficial in all such cases. The bowels should be kept well open with Meyer's Regulator, and the patient should be well nourished but not overfeed, as over eating is conducive to fever.

The sick room should be properly ventilated, avoiding all draughts. In cases where the fever begins with a chill give the patient a hot mustard foot-bath, keep the feet in the water for half an hour as hot as can be borne, cover the patient tub and all except the head with a large blanket, no rubbing is necessary, just let the patient steam, don't expose the patient, but add a little boiling water often as necessary to keep the bath hot. When the bath is over slip on a pair of warm woolen stockings, wrap in a hot blanket, put to bed and cool off very gradually. You may also give the patient a glass of hot lemonade. The mustard bath will be found beneficial in the first stage of any fever. Should you feel a little ill or indisposed with Malaria or slight head ache, take one of Meyer's Fever Pills on a fasting stomach for three or four mornings, and all will be well.

In fevers fruit, especially in the form of fruit juices, are a most convenient and certainly the most appropriate of all foods. The fruit juices may be added to the drinking water as a beverage in fevers. Thus used, they increase the quantity of water which the patient is enabled to drink, by giving it a distinct and agreeable flavor and are slightly diuretic.

The diet during acute stages should consist of well-boiled carefully strained gruels, fruit soups, thoroughly dried bread or zwieback. If the fruit is not agreeable, fresh milk (sipped slowly) and raw or soft boiled eggs. Rice or any of the cereals that has been steamed for three or four hours.

A fruit diet is of immense value in the treatment of biliousness, nervous headache, sick headache, fevers and the stomach and intestinal disorders of both children and adults. It is necessary of course, to adopt the particular kind of fruit eaten and the form in which it is presented to the digestive organs of each individual case.

Ordinary Fevers and Malaria.

It is also necessary to note that fruits are not compatible with all other kinds of food. For example.—fruits and vegetables constitute a poor combination for persons suffering from slow digestion. Acid fruits and cereals are not a good combination in cases of indigestion; because of the excessive acidity of the stomach, whereby the digestion of starch is seriously interfered with.

Fruits are so generally regarded as a luxury, that their dietetic value as food seems to have been largely overlooked. Fruits without doubt formed a leading constituent; perhaps the chief element in the original bill of fare of the human race, just as they now do in that of the gorilla, the chimpanzee and the orang-outang, the classes of lower animals which come next to man in the scale of being, and the majority of savage tribes, whose habits have not been modified by contact with civilized man. The many popular errors concerning the indigestion of fruits are perhaps responsible for their sparing use. Lack of knowledge respecting their great value in a variety of diseased conditions must also be held responsible to certain degree, for the fact that they occupy so small a place in the usual bill of fare of civilized nations.

CONSTIPATION.

We are rapidly emerging from the Dark Ages of the dosing system and our common-sense method of treatment will eventually be the only one.

It advocates unlimited fresh air, sunlight and pure water, and the day is not far distant, when the people will ask, not "What shall I take to cure myself," but "What shall I do to get well?" A great many people attribute Constipation to a Torpid Liver, which is a mistake as the liver is seldom torpid, but frequently much overworked. The conditions which are generally attributed to a Torpid Liver, are really due to indigestion, and dosing with calomel and other strong drugs is a pernicious practice, which should be discontinued.

Disease is simply an effort on the part of Nature to get rid of impurities in the system, and to restore perfect equilibrium of the vital functions. Assist Nature to restore normal conditions, instead of thwarting her in her efforts to do so. It is best to prevent disease by not building it, but if you have neglected yourself and allowed a disease to build, cure the disease by treating the cause.

Habitual Constipation soon attains the dignity of a disease, and requires much care and patience on the part of the patient to overcome it. One who suffers from habitual constipation should endeavor to establish a regular hour for the evacuation of the bowels. Regular habits in this respect are most efficient for overcoming obstinate Constipation and Piles, and the success of any plan of treatment will depend largely upon the perseverance of the individual. There is no single article of diet of such great value in the treatment of intestinal inactivity or constipation as fruits. For this purpose fruits must be eaten freely, being taken as a rule in cases of this sort, at the beginning of the meal or little while before it. Fruit is most effective when taken by itself in this manner. Raw apples, steamed apples, steamed figs, peaches, prunes and oranges, are of the greatest value for this purpose. One should not however, expect to be cured in a few days or a few weeks, but should adopt the free use of fruit as a regular practice. Every morning immediately on rising drink a large glassful of hot water, adding from one-fourth to one teaspoonful of Phosphate of Soda, as the case may require. Cultivate the habit of drinking plenty of pure fresh water between meals, or any of the natural mineral waters, those containing sulphur of soda are particularly beneficial.

Constipation.

Sedentary habit predispose to constipation, as also does the use of animal food in too great a relative amount. The use of brown bread or of lentils, oatmeal porridge, and of green vegetables, together with active exercise in the open air, tend to prevent this disease. While I do not advise too many baths in the tub for delicate persons, the body must be kept clean to promote a healthy action of the skin and a good circulation of the blood. This can be done by the alcohol or friction bath. See page (*General Talk.*)

With some, good results are obtained by using the abdominal compress; take a strip of heavy flannel two yards long, and sufficiently wide to cover all parts of the abdomen and stomach, reaching around the entire body; wring this out of one quart of cold or tepid water, to which has been added one tablespoonful of ordinary table salt, and three tablespoonful of alcohol, wind this around the body as described above, and outside of this wrap a heavy strip of flannel, sufficiently large to protect the bed clothes from becoming wet, a piece of oil silk or mackintosh cloth may be fastened outside of this again, so as to keep the body air-tight and warm. This must be applied each night until a cure is effected. In chronic cases of long standing, I have had good results by flushing the colon, which is simply washing out the ailmentary canal of all fecal obstructions. Boil the water and let it become comfortably cool or blood heat 98 to 100 degrees; add one tablespoonful of sweet oil to each pint of water, and a little borax or Meyer's Antiseptic Wash, No. 2, would be best. Begin with a pint and gradually increase the amount to two quarts, completely filling the colon with water, thus thoroughly cleansing it. Use a fountain syringe and lie on the back retaining the water in the bowels as long as possible, will power usually succeeds; at first it will be found difficult, but by persevering you will soon be able to hold the water in the colon all night. This treatment is most desirable in cases of Piles and Rectal Inflammation, together with Meyer's Ointment for the cure of Piles. This must be practiced every night until the patient becomes master of the situation. But to many persons even children affected with constipation, and unable from circumstances to follow out the plan of life here indicated; and to many others in whom the disease does not yield to these means, the use of laxatives or mild cathartics is necessary, and it is satisfactory to know that Moritz Meyer's Constipation Regulator may be taken without any of the bad effects usually ascribed to drugs as it is purely vegetable, and so simple it can be given to a child.

We give several invaluable remedies, the patient must use his judgement and select and use the one best suited to his case. No hard and fast rules can be devised. Every man is a personal equation by himself, what is good for one may not be good for another.

PERITONITIS AND INFLAMMATION OF THE BOWELS.

Peritonitis and Inflammation of the Bowels is generally caused by a cold, but frequently results from an injury, it produces great mortality among women after childberth, giving rise to puerperal peritonitis; one of the most dangerous accompaniments of the disease known as puerperal fever. The progress of this disease is rapid, and the treatment must be extremely active and early to be of any avail

An acute attack of Peritonitis usually presents well-marked symptoms. It sometimes commences with a chill, but severe pain in the abdomen is usually the first symptoms. The pain is at first sometimes confined to particular spots, (generally in the lower part of the abdomen,) but it soon extends over the whole abdominal region. The patient may complain of a sensation of fullness and tension of the belly although its size is not visibly increased, and the Bowels are usually more or less out of order.

As other vital organs are attacked as well as the bowels, it will be useless to try to correct simply the bowels, for the seat of the trouble might be in the membrane of the bowels, or the nerves, muscles and ligaments, parts affected by the congestion; consequently it is necessary to use a remedy that will correct all the parts affected by the congestion at once, and make one general cure of bowels, membrane, nerves, muscles and ligaments; then and only then have you found a positive cure.

Inflammation of the Bowels positively gives you warning, if you are taken with acute attack you are liable to become paralyzed from the waist down and become perfectly helpless.

Peritonitis and Inflammation of the Bowels.

The first thing to be done is to put on two suits of heavy woolen underwear, because a profuse perspiration is absolutely necessary to counteract the cold, open the pores and release the nervous and muscular system; make a poultice sufficiently large to cover the entire abdomen. (See page *General Talk*.) Wrap a long strip of flannel around the poultice to hold it in place. Now make ready a hot mustard foot bath, take one half cup of English mustard and mix to a smooth paste in a little water, and pour it into the foot bath full of hot water. plunge both feet into this and keep adding hot water during the bath, keeping it as hot as can be borne. Keep this temperature for half an hour and allow the foot to remain for some length of time.

Don't dry the feet just have a pair of woolen stockings ready to slip on, and put the patient to bed between blankets allowing him to cool very gradually. During the bath the patient should sit on the bed, and a blanket should envelop the body, and be allowed to fall around the bath tub. This enables the patient to get under the bed clothes without the loss of warmed air enclosed around the limbs and body by the blanket.

If taken in the first stage and the above directions are carried out, the most acute attack will positively be cured in from twenty-four to forty-eight hours. A gentle laxative is most necessary, but no purging, as the bowels need as much rest as possible. Give copious doses of pure olive oil and if this does not have the desired effect, Meyer's Constipation Regulator will be found gentle, soothing and effective. A mild nourishing but unstimulating fluid diet is essential.

Solid food should absolutely be avoided until the patient has entirely recovered, then keep the patient in the proper degree of warmth with woolen underwear to avoid fresh colds, and there will be no relapse.

APPENDICITIS.

The modern disease known as Appendicitis has become so common that everyone should know something about the treatment of this much dreaded malady, which is often operated upon, but seldom if ever cured by the knife. Appendicitis, as its name indicates, is simply an inflammation of the vermiform appendix; which is a little portion of the intestine resembling somewhat in size and shape of the little finger. It is situated on the right side of the belly above the groin. Its inflammation is called Appendicitis. While with proper care this trouble usually heals by itself, there are other cases where an abscess forms. Then arises the danger of this abscess bursting and pus and contents of the bowels escaping into the belly, thereby causing a general inflammation of the lining of the abdominal cavity—peritonitis.

Appendicitis is popularly supposed to be most frequently due to the swallowing of the seeds of grapes, raisins, cherries and other small fruits. This supposition is not, however borne out by the observations made by surgeons who have had an extensive experience in the removal of the affected organ, since foreign bodies are seldom if ever found in the appendix.

Catarrh of the large intestines which extends by contiguity into the appendix is sometimes the cause of Appendicitis. Another cause of irritation and inflammation of the appendix is to be found in the free use of calomel. This drug which is insoluble in the intestinal fluids, often finds its way when freely used into the cecum, settling in the pouch like end of this organ, the appendix vermiform, giving rise to an exceedingly irritating and corrosive chemical compound, viz.: bichloride of mercury.

Those allowing themselves to suffer with chronic constipation, should bear in mind that among their number we chiefly meet with appendicitis cases.

The theory adhered to by many that the appendix is a useless and dangerous appendage, and in man represents only a biological vestige, is wholly an error. The real function is to secrete a lubricating mucous, which pours into the colon near the junction of the small intestine, greatly facilitating the movement of the food residue along the alimentary canal. Hence its removal should not be undertaken without abundant reason to believe that such an operation is imperatively necessary.

Appendicitis.

A very large proportion of the cases of Appendicitis are cured by proper treatment, and the return of the trouble prevented by removing the cause. The pain and tenderness may be removed if taken in the first stage by the application of Moritz Meyer's Poultice, which must be kept on until all the inflammation is drawn out, and if applied according to directions, will remove the cause and cure the patient every time in twenty-four hours. The Poultice must be made sufficiently large to cover the entire abdomen. See page (*General Talk*) for poultice.

After the poultices have been removed should any tenderness still remain, make a hot water poultice, which should consist of large thick flannels, wrung out of hot water as hot as can be borne without burning the hands, cover well with dry flannel and change often enough to keep hot. Take large hot enemas two or three times per day, and let the enema consist of one-fourth of pure Olive Oil and Glycerine, and use Meyer's Antiseptic Wash, No. 2. according to directions. Also give the patient copious doses of Olive Oil internally, followed by hot water, and a mild cathartic should be given the patient until the system is thoroughly cleansed.

The diet should be simple, bland and unstimulating; simple fluid foods are most serviceable, such as warm sweet milk (not boiled,) butter-milk or malted milk; fruit soups made by boiling sometime, one part of dried fruit of some sort with four or five parts of water. The soup or decoction thus prepared should be carefully strained, so as to remove the skins and all other extraneous matters. Fruits and milk should not be taken together. Imperial granum and granola taken in the form of mush are good.

After the patient has recovered a large flannel bandage should be worn over the bowels for some time to prevent catching fresh cold, for awhile the patient should avoid meat and other coarse vegetables, condiments of all sorts and indigestible foods such as pickles, olives, etc.

An acute attack of Appendicitis is usually accompanied by a chill, a rise of temperature and severe pain at the point designated, (on the right side of the belly above the groin;) other symptoms are present, as vomiting and indications of serious intestinal disturbance; the symptoms often closely resembling those of Peritonitis, which often accompanies this disease. The inflammation beginning with the appendix and extending to the surrounding structures.

DYSPEPSIA OR INDIGESTION.

Is a term somewhat vaguely applied to various forms of disease of the stomach or of the small intestines, in which the natural process of digestion and assimilating the food is deranged. The symptoms of indigestion are by no means constant in all cases. There is often want of appetite, but occasionally the appetite is excessive and even ravenous. Nausea not unfrequently comes on soon after a meal; while in other cases there is no nausea, but after the lapse of a couple of hours the food is vomited, the vomited matter being very acid and often bitter, from the admixture of bile. Heartburn, water-brash, spasm or cramp, and belching of gas from the stomach.

The number of people afflicted with this peculiar and uncomfortable sensation after eating is by no means small. It means simply either because the person is fatigued, or because the food is indigestible, or because the nervous system which controls the digestive processes is out of order, or because of cold causing more or less congestion and inflammation. The act of digestion is either wholly arrested or is very improperly carried on. People troubled in this way can observe two or three plain rules, which will entirely prevent the difficulty and will be of great benefit to their general health.

First, draw off the congestion and inflammation, and eat nothing until there is positive appetite for food. It will be far better to skip ones dinner entirely, and far less injurious to the general health, than to eat when weary, excited, nervous or when the appetite is not present. If great hunger comes on in the middle of the afternoon some fruit or a piece of bread and butter will be relished, and will prevent the faintness which might arise before the regular hour for a nourishing supper.

Dyspepsia or Indigestion.

“He who does not masticate well is an enemy to his own life.”

Second—Eat something which requires considerable chewing, especially at the beginning of the meal. This involves the use of dry foods, but it does not mean the entire absence of liquids from the meal. The reason it is necessary to chew your food well, is because in the process of mastication, a large amount of saliva is secreted, and this is an important factor in digestion. If liquid is desired at meal time, it will not do great harm, if it is not too cold, provided it is not swallowed at the same time the dry food is put into the mouth. The person washes down each mouthful of food with a mouthful of liquid, has no saliva mixed with his food; whereas, if he thoroughly masticates his mouthful of dry food, swallows it and then takes his liquid, he will interfere far less with the proper processes of digestion.

Third :—Eat digestible food only. Digestible food is a variable term, and is determined by the individual. Articles which are perfectly harmless for one individual, are very serious hindrances to the physical well-being of another. Experience is the chief guide, and when articles of food cause distress and seem to hurt you, the part of wisdom is to let them alone.

Eating heartily when very tired, late dinners, insufficient mastication, or too much animal food, especially in the spring or during the hot weather are frequent causes of Indigestion, causing headaches by reflex action.

The treatment of Indigestion is more dietetic than medicinal. The quantity of food which can be dissolved by the gastric juice, and intestinal fluid being limited, care should be taken that this quantity is not exceeded; moreover, the meals should not succeed each other too rapidly. Mutton, fowls and game which are broiled or roasted, are the most digestible kinds of animal food; pork and all cured meats should be avoided. Raw vegetables, such as salads, cucumbers, etc., must not be eaten. Avoid all stimulating drinks; well regulated diet; the withdrawal of the mind from personal cares; and a change of scene—a six weeks tour among the mountains, where one can be in the open air most of the time, will be found highly beneficial.

The idea that Pepsin is an aid to Digestion, is somewhat of a delusion. There is hardly one case in a hundred in which the trouble arises from a deficiency in Pepsin. If anything is lacking, it is almost always gastric juice. If Pepsin is habitually kept in the stomach, the stomach will not take the trouble to make it and may lose its power to do so.

Dyspepsia or Indigestion.

Where there is good digestion, a beautiful complexion is likely to follow; plenty of fresh fruit is recommended.

The Liver is often overworked and occasional fasting is hygienic. It gives the stomach a chance to catch up with its work. To eat nothing but fruit one day in the week is a great help against headache, nervousness, taking cold and loss of sleep. Vegetables and fruits are not easily digested together by persons whose digestion is slow. The juice of the Pine Apple contains a digestive principle similar to Pepsin. Fresh Peaches and stewed fruits are always wholesome and digestible.

In some cases fruit does not agree with Dyspeptic, don't eat it. Whole wheat bread (not too fresh) and meat balls made in the following manner: select a piece of meat from the rump of the beef, and have the butcher put it through the grinding machine, so that you can take out all the gristle. Now make it into small patties and broil medium done, turning constantly to keep the juices all in the meat. One patty and one slice of whole wheat bread is enough for a meal for a dyspeptic. If the dyspeptic will take a glass of hot water, natural mineral water preferred, that which contains soda is best, I can highly recommend Manitou Soda Water, it will greatly aid digestion. It should be taken one hour before eating, and if the natural mineral water is not obtainable, ordinary water (boiled) will answer very well by adding one-fourth of a teaspoonful of Phosphate of Soda. If the bowels are constipated you may add as much as a teaspoonful of Phosphate of Soda, and it will act as a gentle laxative. If on the other hand the bowels are loose I should advise a little salt put into the water. It would be well to avoid tea and coffee, take cocoa, and don't eat anything fried; whenever a drink is desired take hot water or warm milk not boiled and sipped slowly. Avoid pastry and ice cream, light farinaceous bread or rice puddings are seldom objectionable. Oysters raw (without vinegar) or stewed (not boiled) are good. Rice and other cereals steamed for three or four hours in a double boiler are excellent foods.

After all the seat of all disease is congestion producing an inflammation, and the only remedy that can be relied on to draw this inflammation away from the affected parts is Moritz Mever's Poulitice. (See *General Talk*.) It draws away the foundation of all disease and with the aid of the common-sense advice given above, to help Nature regain the lost vitality, no one need suffer from Dyspepsia. Of course the patient must keep himself in the proper degree of warmth by wearing woolen underwear suitable to the season of the year. A daily

Dyspepsia or Indigestion.

alcohol and salt bath, rubbing well the spine and stomach, [see page *General Talk*.] or if this is not obtainable a friction rub with a dry salt towel, previously mentioned in Asthma page. is very beneficial. Exercise in the open air and sunlight, walk to and from your business, chronic laziness is a disease not to be cultivated. Do not sit in the house and worry over you pains and aches, have some duty to perform and do it cheerfully, go in pleasant company and cultivate agreeable manners and speech yourself, do not growl and find fault with every one and everything, because you are Dyspeptic; remember the power of mind over matter, and exert your will power with the firm intention of being generally agreeable and getting well, you will be surprised to see the improvement you will make in a short time.

Where there is loss of appetite and a persistent nausea and vomiting of the food, flatulence, etc., Meyer's Dyspeptic cure will be found invaluable.

KIDNEY AND BLADDER DISEASE OF BOTH SEX.

“Common sense armed with experience will do more to make people well than rivers of medicine and mountains of pills.”

Many diseases may affect the Kidneys, cold or an injury causing Congestion and Inflammation, which is the foundation of all diseases; aggravated by nervousness, impure blood, constipation and especially by indulgence in alcoholic drinks, and similar errors of diet bring on Bright's Disease, Diabetes, etc. These are the causes that make Kidney Trouble so alarmingly prevalent. The dead effete matter, which should pass out of the body through the bowels, is forced through the Kidneys, overtaxing, clogging and wearing them out; your back aches, there is indigestion, headache, a constant call to make water, which is lessened in quantity and with an abundant sediment.

In Bright's disease the patient presents a flabby bloodless appearance, is drowsy and easily fatigued. This disease may succeed any eruptive fevers, and is frequently associated with enlargement of the heart. The causes of this terrible malady are any that cause Congestion of the Kidneys. The proper treatment is to remove the cause by drawing off the Congestion, and endeavor to increase the number of red blood globules, by correct diet and the administration of a tonic.

Make a poultice large enough to reach from hip to hip, one that will cover the lower part of the back, and if you have had a pain in the small of the back, whether of long or short duration, if corruption has not formed you will speedily be cured.

Fruit juices are highly beneficial in Bright's disease, and other forms of Kidney disease, in which it is desirable to increase and maintain the flow of urine. The juice of oranges, grapes, raspberries, blackberries, huckleberries, currants and cranberries, may be added to the drinking water. Thus used, they aid the elimination of poisons, with which the system is struggling, by a slight diuretic action.

In Bright's disease the patient may eat raw oysters, fresh fish, (not fried) gluten bread, hominy, wheaten grits, oatmeal, toast and gruels. Green vegetables generally—lettuce, celery, spinach, turnip tops, water-cresses. Rice and milk puddings, all laxative fruits and nuts, unless there is a digestive disturbance. Water abundantly, hot

Kidney and Bladder Disease.

water, Lithia is the best, butter-milk, kumyss. In some instances experience will indicate a radical change, when a milk or vegetable diet would answer best.

In diabetes the patient may eat milk or oyster soup, gluten biscuit, celery, asparagus, cottage cheese, lettuce, string beans and onions, custards without sugar, eggs and cheese, butter, unsweetened jellies. Pure water, kumyss, butter-milk, acid fruits, lemons and currents.

Experience has shown most conclusively that the liberal use of meat in cases of diabetes is dangerous, as it gives rise to a diabetic coma.

The cure consists in removing from the diet as far as possible, consistently with comfort and due nourishment, everything that easily turns to the formation of animal sugar in the system.

There is no specific, and the unguarded use of strong medicine is to be condemned. Flannels should be worn next to the skin, and the languid function of the skin should be stimulated by the aid of the warm bath.

Like all cavities lined by mucous membrane, the bladder is subject to catarrhal inflammations, which are accompanied by an increased secretion of mucous rendering the urine turbid, frequent and painful desire to discharge water, and very great constitutional disturbance. The symptoms may be acute, and must be relieved by drawing off the inflammation with Meyer's Poultice. For Inflammation of the Bladder poultice the abdomen; also the abundant use of Lithia water taken hot, and sometimes a tonic is necessary.

The persistent drinking of water in connection with my treatment will be found beneficial in all Kidney and Bladder complaints. First:—If taken in proper quantities it will remove the impure liquids or solids from the body. Second:—It will remove excess of fluid, met with in cases of unhealthy tissues. Third:—It will hasten the removal of injurious waste products and poisonous substances from the blood. Fourth:—It will dilute the urine and reduce the acids or alkaloid substances.

The irritable bladder resembles the former disease, but is produced by various causes unaccompanied by inflammation. Some persons from mere nervousness are frequently troubled with a desire to pass water, and strange as it may seem, many in this condition never effectually empty their bladders, always leaving a portion which keeps up the irritation. The trouble is usually caused by cold and general debility. Same treatment as above should be used.

NERVOUS DEBILITY, NEURASTHENIA, OR NERVOUS PROSTRATION.

The world is rushing on at such a rapid rate that what society needs most of all just now is to be made to stop and think. What men and women most need is self-examination. A little introspection now and then is wise and profitable, for the best of men, and certainly nothing is of greater service to us than to look facts squarely in the face.

The nerve-cells found in the brain and spinal cord show that there is an actual necessity for rest. Nerve-cells when in a state of health, contain a large number of granules, and are full and plump in appearance; but when the muscles are in a state of fatigue, these cells appear pale and shrunken. Nature stores up her energy in these cells and as the cells are exhausted by work, these are gradually consumed, and thus the store of energy diminishes. After a severe effort, a rest of twelve hours is required to enable the cell to return to its normal condition, and often even twenty-four hours is scarcely sufficient for this purpose. It matters not whether you are man or woman, young or old, rich or poor, you cannot escape the incessant strain that the rush and roar, the haste and waste of the present age has upon your nerves. One can readily understand that a periodical rest-day, in which the worn-out cells may be able to recover their store of energy is a necessity.

Fear and worry must be looked upon as a disease to be overcome by cultivating confidence and courage. Perhaps through lack of knowledge you have allowed yourself to grow into the habit of nervous worry and are thereby subject to weakness, unaccountable pains, headaches, confusion of mind, sleeplessness, lack of ambition and hope. Is it any wonder we hear so much of the nerves giving way. To mention all the symptoms to be met with in Nervous Debility would fill many pages.

Nervous Prostration.

Wherever there is a nerve there is liable to be a symptom. You can set to work and as successfully rid yourself of this disease, as you can of any other. The first step to be taken is to build up the body with a simple harmless tonic. Nature's own hand provides Meyer's Nerve Builder, which should be taken three times daily. Like nothing else, it is a scientific Vegetable Nerve Strengthening Tonic. There is nothing that equals it. Use hot and cold fomentations daily to the spine. (*General Talk.*)

Make a daily habit of denying admittance to every thought of fear, anxiety or worry, in regard to the future, and remember that this rule applies to such small things as washing the dishes, or speaking calmly to the children, with your mind fully on the work in hand. Hurried absent-minded work is not quick work, and implies that the mind is fastened on something else just ahead, toward which we are rushing with fear of losing something.

By building up the depleted system with Meyer's Nerve Builder, and keeping in the strong hopeful frame of mind, you will be surprised to see the outward circumstances changing, and the awful bridges ahead mysteriously disappearing as you approach them. Nervousness is simply an expression of a sensation.

When a person is in perfect health, all his organs are in a normal state, and he has no consciousness of their existence. It is only when the nervous sensibility is enormously increased and heightened by disease that we realize their existence. The much abused stomach is largely responsible for numerous cases of nervous prostration. In cases of this kind coarse and simple food is best, eat only those articles of diet that are readily digested. Take friction bath with a coarse dry towel, by rubbing the entire body, previously dipped in salt brine, each day. Keep the room light and cheerful and get plenty of sunlight. If the person is strong enough, take a sponge bath every day, (many cannot stand this practice.) Beginning with tepid water and gradually using it colder, you will find it has a wonderful restorative power to shattered nerves. The salt and alcohol bath is always recommended and can be taken without danger by the most delicate person.

To keep the body in the proper degree of warmth by wearing woolen underwear, and the benefit to be derived from a change of climate should always receive due consideration, and to take daily exercise in the open air, is essential in all troubles from whatever cause. A hot mustard foot bath is usually conducive to sleep.

I can highly recommend massage in all nervous affections when properly administered.

Nervous Prostration.

All stimulating drinks should be avoided, grape juice (unfermented) can be substituted for tea or coffee with the meals, a small quantity added to the water makes a very palatable drink, especially in warm weather. Plenty of fresh milk (not iced) and raw or soft boiled eggs are excellent.

Neurasthenia is a term that perfectly expresses the condition of thousands. It comes from two Greek words, and means a weakness of the nerves. Like its symptoms, its causes are almost innumerable. The people of to-day are poor creatures—mere bundles of nerves, hypochondriacal, hysterical, and the wretched victims of ever increasing Neurasthenia.

“Neurasthenia,” is a disease peculiar to the educated classes, originating in the over-exertion of the brain. Over-burdening the mind begins at school. Youth enjoys too easily the excitement of a society life. Poetry has deteriorated into gross materialism, music has become too loud, even painting shows us the ugly instead of the artistic side of things; and the consequence is that the race of men is slowly but surely degenerating toward the condition of hysterical women.

It is our modern custom to overwork the brains of the young, to surround their bodies with over-much luxury, giving no chance to the development of endurance; and it is our fate to live in an age when railways, telegraphs, and no end of other inventions have added immeasurably to the wear and tear of the individual, and separate units of society. But to this much of truth, there has surely been added a vast deal of exaggeration. We are more nervous perhaps but not less strong, less valiant or less long-lived than our forefathers.

The complaint is a very old one. No doubt the old stagers at the siege of Troy shook their heads gravely over the degenerate fighting qualities of their grandsons.

SOFTENING OF THE BRAIN.

Certainly of all the ills to which human beings are subject, none have been so little understood as those affecting the Brain.

Softening of the Brain is a frequent result of colds, causing chronic Inflammation of the Brain. The patient has been for sometime in a low state of health, troubled with headaches, loss of appetite, depression of spirits, and a general loss of memory, with a too acute perception of things in general. These symptoms are usually brought on by not keeping the body in the proper degree of warmth, especially the head. In old people on account of the loss of hair; and in young people the practice of having their hair cut too short.

The cold attacks the Brain, which is formed by the continuity of the nerves of the spine that extend up into the head. It first produces Congestion of the Brain, and as it is the vital part of life, in twelve hours it changes into Inflammation, and in twelve hours more into corruption; then you have built yourself a disease, which when built nine times out of ten will kill you.

So you old men and young ones who do not want to die just yet, had better keep your heads in the proper degree of warmth, and you will not contract Softening of the Brain.

If anyone should be unfortunate enough to get Congestion of the Brain, either by cold or contusion, the surest and quickest way to relieve the Brain of Congestion, is to draw it off with Meyer's poultice. The poultice must cover the entire head, reaching to the forehead and extend down over the back of the neck so as to cover all parts of the Brain, if the hair is long and interferes with the poultice, the mustard and flaxseed can be rubbed into the hair. The fallacious idea of drawing out the Inflammation through the skull will probably be brought forward, but don't let this deter you in the least, try it and decide for yourself.

Softening of the Brain.

The same old night cap on your head, and woolen cloth around your neck, will prevent the change of temperature affecting your head during the night, and you will not catch cold. You must remember that your head is the most important part of your body, because from the head all your senses emanate. Sense of sight, taste, smell, feeling, thoughts, aches and pains. Therefore, it is of the utmost importance to look after your head, if you wish to retain all your senses unimpaired, especially in your old age. I assure you it is of more importance than feet, although one should also keep their feet warm.

I want to repeat and condense that the two principle causes of all disease—is cold and contusion; because they produce one and the same result—Congestion, and as Congestion breeds disease, draw off the Congestion and you cure the disease by not building it.

To illustrate how Congestion produces disease, leave it remain in your system twelve hours, and it will create an Inflammation, in twelve hours more it will change into corruption, then you have built a disease which you can rarely get rid of; because that part of your body is dead, and as soon as the corruption eats away the organ of life you are dead. You must do one of two things, draw off the Congestion, by not building a disease and live, or let a disease build and form corruption and germs in your system, when you are compelled to have an operation performed which will kill you. Corruption is a foreign matter and the disease that kills. There is not a remedy known in the civilized world to-day that will cure a disease when thoroughly built. Corruption being foreign matter, must come out of the system externally by some process or it will kill you. Therefore, if you create it by cold, contusion or a sliver of wood, it will have to be taken out. Because it breeds foreign matter, microbes, germs, etc. Don't build any disease and you will not create germs, microbes, and you can live the entire life of man, without an ache or pain, or one per cent. of any disease.

Oxygen is the most powerful of all stimulants and quickens all the vital activities. A person takes into his lungs seven times as much Oxygen when exercising as when quiet; therefore, exercise in the open air is the most important of all the means of vital regulation in the body. Especially a days excursion or longer if possible by the open sea, or in the country, in a place of wide horizons of green fields, where the arms of great wind-mills of Nature are always going.

The diet should be plain, nourishing, the bowels kept well open and sometimes a good tonic is advisable.

Softening of the Brain.

A Warning.

You should be very careful in the selection of your hair-brush, being sure that the bristles are not fastened into the back of the brush with either a brass or copper wire, as washing the brush or moisture from the hair in warm weather is liable to cause this wire to corrode, producing a poison called verdigris, which will work down the bristles and poison the scalp.

I had a personal experience from which I suffered from Congestion of the Brain, caused by using a hair-brush of this kind. The English solid back brush is the one I can highly recommend. It is more expensive, but also much more durable than other makes. All metal combs that will produce verdigris should be avoided, they are poisonous to the head.



INSOMNIA OR SLEEPLESSNESS.

For all the different forms of Insomnia, weakened nerves and disordered stomachs can be held largely responsible. A weak stomach weakens every part of the body, if the stomach is out of order, the brain and even the bones are affected.

Another and perhaps the most frequent cause of "bad sleep" is sorrow, the mind and body need more care during the season of grief. The attempt to act as if nothing had happened, after the advent of some misfortune, and to conduct life exactly as before, is one of the greatest possible mistakes. It is an outrage on Nature, which she resents sharply in the end. Pay-day comes sooner or later, and the overthrow caused by blinding catastrophe arrives, even if deferred.

The nervous system requires complete rest, after blows caused by sorrow. The physical results of depressing emotions are similar to those caused by bodily accidents, fatigue, chill, partial starvation and loss of blood. Birds, moles and dogs, which apparently die in consequence of capture, and from conditions that correspond in human beings to acute nostalgia and "broken heart," were examined after death as to the condition of their internal organs. Nutrition of the tissues had been interfered with and the substance proper of various vital organs had undergone the same kind of degeneration as that brought about by an infectious disease. The poison of grief is more than a name, and to urge work, study, travel, in vain search for amusement, is both useless and dangerous. For a time the whole organism is overthrown, and temporary seclusion is imperative for proper re-adjustment.

Insomnia or Sleeplessness.

After some bereavement, the custom of wearing mourning has a distinct moral value. But its period of use must be brief, a few weeks or months, perhaps a year, otherwise dense black draperies become a burden, an aesthetic blunder, and a source of depression in themselves. For a time they have a place, securing consideration from strangers, and silence from mere acquaintance, since sorrow is one of the "touches of Nature that makes the whole world kin."

When there is nearness of relationship to Nature, rambles in the open air, days alone by the sea, alone in the forest, console as nothing else can. Quiet, silent drives, or even short journeys by rail, will reveal a new heaven and a new earth to one fatigued or worn by sorrow. Music, when it can be borne, has a soothing power beyond words. Books too have their place, those gentle companions without speech whose calm society helps annihilate time and space, and who always receives with the same kindness. The familiar faces of newspapers and journals bring a stray comfort that even the tenderest heart is powerless to bestow. The care and companionship of children is another source of strength. A child is always the best comforter, uttering no word of sympathy, yet rousing interest in life because its nature is sweetness and light.

Grief cannot be ignored, neither can it be cheered up. It must be accepted and allow itself to wear away. Re-adjustment comes slowly. Sorrow, grief and all great misfortunes, should be regarded as conditions similar to acute infectious diseases, which they resemble in result; and later, as convalescence from such diseases. Seclusion, rest, sleep, appropriate food, fresh air, sunshine, interests that tax neither mind nor body, these are requirements in this class of illness. The care of the condition following depressing emotion calls for the same treatment in greater or less degree, as Nervous Debility, Neurasthenia or Nervous Prostration.

Never take opium, chloral or bromides, to induce sleep, the result will neither be restful nor restorative, and the end will be death to body and mind. I have made a most wonderful discovery, and one which has never failed to produce sleep, even when Insomnia has become a chronic disorder, this remedy will always sooth the nerves and induce sleep. Put two handfuls in a couple of quarts of boiling water into a bucket, and sit on the bucket with a blanket around you, and take a vapor bath for fifteen or twenty minutes, being careful to cool off gradually, and you will have a quiet, restful and refreshing sleep. Hot fomentations applied to the spine will also be found invaluable. See page *General Talk*.

PARALYSIS OR PALSY.

Much could be written on the relation existing between the obedience to the natural law, health and happiness.

Sickness is shown to be the result of wrong habits of life, such as errors of diet, of dress, and the habit of yielding to the emotions. The real happiness of man is not to be obtained by seeking but by doing.

Paralysis is a nervous disease usually caused by cold or nervous debility. It is always much easier to prevent a disease than to cure it. This is especially true of Paralysis. Pay careful attention to the symptoms of that which will bind you hand and foot, give you a dead body to hold the living mind. Overwork, anxiety, sorrow, excessive alcoholic or sexual indulgences are some of the causes that bring on this malady.

First comes unusual irritability, you become angry without apparent cause. The memory will grow poor, you forget names of persons and things. Headaches and dizziness will bother you; your lips and facial muscles quiver in a peculiar manner; it is difficult to talk, and often there is a stuttering.

Now is the time to cure yourself, this is the first stage and may last for several months. Dress warmly, in order to avoid acute attacks thus building a chronic case. Eat good wholesome food and a Nerve Tonic is imperative. Meyer's Nerve Builder is the best, it will stop the insidious approach of this terrible malady.

In all nervous troubles patients need recreation and diversion. Take short trips into the country, change of climate, crossing the ocean is strongly recommended, and I believe massage will be found very beneficial. Friction and alcohol baths should be taken daily. See page *General Talk*.

Should an acute attack be brought on by cold, immediately apply Meyer's Poultice over the affected part.

RHEUMATISM.

Is a blood disease, the ordinary cause of an acute attack of Rheumatism is caused by exposure to cold, and especially to cold combined with moisture, and hence the prevalence amongst the poor and ill-clad, which is the result of not keeping themselves in the proper degree of warmth or the wearing of wet clothes, and sitting in a cold damp room, especially if the person was previously warm from exercise or in a draught, no matter what the cause may be, if you take a cold and are attacked with Rheumatism, by immediately putting on heavy woolen underwear, and applying Moritz Meyer's Poultice to the affected parts, whatever joint, muscle or nerve it may attack, it will draw off the Congestion and Inflammation, and the patient will be cured in from twenty-four to forty-eight hours.

Our bodies are made of what we eat, and if the stomach fails to receive and prepare the proper amount of nutrition, our bodies grow weak in consequence. More than this, the dyspeptic stomach allows decay of the food taken into it, and these products ferment and make poisons that are absorbed into the blood, producing an excess of acid contaminating every cell in the body. If this acid is allowed to remain in the blood, you soon build a case of chronic Rheumatism. You must get rid of this acid and protect yourself against taking a cold, it will be difficult to draw it out, especially if it is a case of long standing. You must not take off your underwear at night and put on light muslin wear; you make a change, and that change may give you a cold, that will produce disease, pains and aches. It is this change that you must guard against:—no change, no effect; no effect, no congestion; no congestion, no disease; no disease, no death.

If you want a disease just produce Congestion in some vital part of the body, and in twenty-four hours you will have it. Then I would not give much for your life under the common practice.

Rheumatism.

If you will notice how the two woolen suits protect you from the germs and diseases; is that they won't allow any change in your system—that is to say if the first garments don't catch the germs the second one will, and hold them between two garments until they die or be boiled to death at the next washing. You see you don't have to catch them on the fly, they catch themselves; also by wearing the two garments, you make no change in degree of warmth; because wool affords the best clothing as it does not allow the heat of the body to pass rapidly away. Heat always passes from the body to the air, when the air is colder than the body, before the cold air can reach the body it must filter through the woolen underwear, and before it comes in contact with the body it is in the proper degree of warmth. No change, no result, neither from germs or cold, therefore no disease.

Make no change in the degree of warmth, because the heat always passes from the body to the air when the air is colder than the body.

Fruits are certainly of great value in many forms of disease, because of the acids which they contain. These acids, when taken into the blood break up some of the compounds of waste substances which have been formed, and thus give rise to an increased excretion of these substances through the kidneys. In this way fruits are a great advantage in the treatment of Rheumatism, Gout, Gravel, and all the different morbid conditions which accompany the so-called uric-acid diseases.

Mud baths, also soda and sulphur baths are generally beneficial, but if these are not obtainable, you take a bath in your own tub, which is very good. viz:—Have the tub moderately filled with hot water, into which throw two good handfuls of common soda, the soda that is used for household purposes. Sit in the bath, throwing water freely all over the body with a sponge. When you have done this thoroughly, dry quickly with a coarse towel, and then use either a flesh brush or a new harsh towel, rubbing the body rapidly to give it a glow. The best time to take it is on going to bed, as the soda opens the pores, and great care is necessary to avoid taking a chill.

Diet is important in this disease, and the bowels should be kept well open, all kinds of fish, raw oysters or clams, eggs, farinaceous foods, vegetables, fruits, in fact any article of food may be eaten except, meats, sugar and alcoholic beverages must be abstained from entirely. Sometimes an absolute milk diet is necessary and curative.

By following the above directions and taking Moritz Meyer's Rheumatic cure no one need suffer with Rheumatism.

LUMBAGO.

Lumbago is a rheumatic affection of the muscles, generally attacking the small of the back. It is often first recognized by the occurrence of a sharp stabbing pain in the loins upon attempting to rise from a recumbent or sitting position. It is sometimes so severe as to confine the patient to bed and in one position, from which he cannot move without intense suffering; but in milder cases the patient can walk stiffly and with pain, and usually with the body bent more or less forward.

Lumbago is caused from cold and violent straining will sometimes induce it.

Immediately apply Meyer's Poultice to the back or wherever the congestion or pain is detected. (See page *General Talk*.)

One application of the poultice will usually draw out the congestion and cure an acute attack of Lumbago over night. However should the first poultice not entirely relieve the patient; the second application will certainly do so.

It is also important to keep the bowels well open, and wear woolen underwear next the skin.

NEURALGIA AND SICK HEADACHE.

Neuralgia is the "cry of a hungry nerve for better blood." It is a very common disease, and is the outcome of conditions affecting the nerves through impoverished blood, containing poisonous matter, absorbed from badly digested food. So-called Liver torpidity and the Catarrhal affections and colds, due to our changeable climate, also aid in effecting its spread. Nervous exhaustion plays an important part in its causation. Nervous strain, especially of the eyes, and inflamed tissues about the internal bones of the nose are special causes. Nervous irritation, which is poorly understood by the general reader, is a prolific cause of so-called nervous Headache or Neuralgia. I know of no more dangerous practice than to treat Headache pain blindly with drugs. Outdoor exercise and if possible change of climate is the best thing for a permanent cure.

It is very easy to relieve most forms of Headache by means of the Coal Tar derivatives, of which so many are in the drug market. These form the basis of the many Headache cures found on the druggists shelves. Their use is not entirely without danger, for they are powerful heart depressents, if taken in doses of any considerable size. Sometimes a sponge dipped in very hot water and pressed repeatedly over the back between the ears will be found exceedingly refreshing, especially if the face and temples are afterwards subjected to the same treatment; cover the head with a woolen cloth to keep the head and face in the proper degree of warmth, and lie down in a quiet darkened room. Neuralgia is caused not only by cold, but by acidity of the stomach, starved nerves, imperfect teeth, or by indolence, combined with too generous diet. Heat is the best and quickest cure for this distressing pain. Apply the poultice as hot as can be borne with very little mustard, if for the face so as not to redden the skin too much; but if it is in some other part of the body, apply the poultice as directed. (See page *General Talk*.)

Meyer's Pills are often valuable in cases of this kind. they subdue the pain and are not depressing, but tonic in their effects, they are **not** a Coal Tar preparation.

Neuralgia and Sick-Headache.

Nothing is better for the purpose than bags of heated salt, flour or sand, which retain warmth for a long time. When caused by acidity a glass of hot water with one-fourth teaspoonful Bi-Carbonate or Phosphate of Soda added will usually act as a corrective.

Death rarely results from this affection, but the pain may by its severity and persistence gradually undermine the constitution. Neuralgia is liable to attack any part of the body where there are nerves. In these cases a good tonic is very essential, Meyer's Nerve Builder will restore the depleted nervous system by feeding the starved nerves and helping them to regain their normal condition.

Sick headache is accompanied by bilious symptoms, and attacks usually come on when the person is over-tired, or below par physically. This is a disease of the first half of life and often stops of its own accord after middle age. A careful diet is imperative in every case, sweetmeats and pastry being especially pernicious.

Eating heartily when very tired, eating irregularly, insufficient mastication or too much animal food, especially in the spring and during the hot weather, are frequent causes of indigestion, causing sick headaches by reflex action.

When this complaint is accompanied with vomiting, apply poultice and let it remain until relieved. Where there is belching hot peppermint water sweetened to the taste will usually correct this symptom. The bowels should be kept well open, one-fourth teaspoonful of peppermint to half a glass of hot water, with Meyer's Constipation Regulator and a Nerve Tonic is often beneficial.

DISEASES OF THE EYE

AND 

Hard and Soft Cataract Removed without the Knife.

Diseases of the Eye are very numerous. Nearly all of its parts are liable to inflammation and its consequences.

If any one is troubled with an inflammation of the lids, or a disease commonly known as Granulated Lids, sore eyes of every description, of long or short duration, even if they have been doctored to blindness, and there is a scum over the entire eye; whether it was the fault of the early indiscretion of the father, or brought on by cold, or neglect; I have a Salve that will cure most cases in from one to two weeks, and sometimes in a few applications. It is a simple and harmless remedy, and can be used without the least apprehension.

Cataract is painless and unaccompanied by inflammation. It occasions blindness, simply by obstructing the passage of light. Cataract alone does not produce so complete blindness, but that the patient can tell light from darkness. There are two kinds of Cataract hard and soft. Hard Cataract is most common among old people. Soft may occur at any age, but is most frequently found among children, who may even be born with it.

I am not in favor of surgical operations, burning fluids or costics as they seldom prove successful; often causing total blindness, or the loss of the eye. My Salve will obviate all necessity for the use of the knife, in cases of hard or soft Cataract, or any affliction of the eye.

SCIATIC NERVE PAINS.

Exposure to cold and wet which so often produces Rheumatism, is its most common cause. It is one of the most obstinate forms of Neuralgia, and follows the course of the great Sciatic Nerve, generally in only one limb. The treatment is usually the same as that of Neuralgia.

Apply the poultice (see page *General Talk*) to the back and across the hip joint, so that you catch the nerve that connects the back and the hip joint, draw off the congestion and you perfect a cure.

Do not waste any time if you want a quick cure, but apply the poultice at once as directed. If the pains occupy only isolated parts as the knee-joint, the calf of the leg, or the sole of the foot, poultice them also.

SPINAL MENINGITIS.

"We cure disease by drugs only by producing new diseases." Spinal Meningitis is caused by cold affecting the muscles, sinews and nerves of the neck and back, which inflames the parts named and causes Congestion and Inflammation of the middle and innermost of the membranes investing (the brain.) If this Congestion and Inflammation be allowed to remain and is not drawn off, it will affect the brain, and as it will become more serious, will cause death.

The premonitory symptoms are usually well marked; headache, gradually getting worse, heaviness, giddiness, irritability, and frequently sickness and vomiting, sometimes by a convulsion fit. Meyer's Poultice should immediately be applied to the spine, from the base of the head down the neck and entire back, leaving it on five or six hours, or longer, if necessary. (See page *General Talk*.) Renew with hot water applications a number of times after the poultice has been removed, if the patient still feels any soreness. This will draw off the Congestion and Inflammation, which is the foundation of the disease, and by not allowing Spinal Meningitis to build, you will not have a disease to cure.

After using the poultices, great care should be taken for some time not to catch fresh cold by keeping the head, neck and entire body in the proper degree of warmth warding off a relapse.

To simply cover up the symptom by the addition of a toxicant of any sort, is only to put the warning sentinel to sleep, and while the patient sleeps the disease is building. I cannot emphasize too strongly the importance of immediate action as this is a disease of very rapid development.

When it can be given, a hot mustard foot bath is recommended for the feet and hands. (See page *General Talk*.) The bowels must be kept open with Meyer's Regulator, and the patient should be kept on a low diet, and all mental excitement must be carefully avoided.

CHOLERA.

Makes its attacks in various forms. Whether in the milder or severer form, Cholera is usually ushered in by a period of premonitory symptoms, when the more distinctive characters of the disease are not established the case resembles one of common Diarrhœa or looseness of the bowels.

It also sometimes strikes suddenly with cramps and vomiting, at this stage it is very apt to be neglected, and unfortunately in the severe forms of the disease, this is the only stage much under control.

Whenever; therefore there is a reasonable suspicion that you are threatened with Cholera, every one attacked with Diarrhœa, should immediately go to bed and put a large hot poultice over the stomach and bowels. Do not put it on your wrists and ankles; because the trouble is not in your extremities but in your stomach and bowels, therefore these are the parts that should be poulticed.

Some have said to me that this is a "cure all, it cures everything from a broken leg to a broken neck". It does nothing of the sort. But it does cure one trouble and that is Congestion; it will positively draw off Congestion and Inflammation whatever may have caused it, whether cold, contusion, indigestion or neglect. But this is all it will cure, and as congestion is the foundation of all the diseases I have herein named, it will cure these diseases by not building them.

Medicine is entirely powerless against Cholera except in the early stages, in which the treatment usually pursued in Diarrhœa has sometimes been found useful.

After each action four or five drops of camphor on a cube of sugar will be found beneficial, but Meyer's Cholera Cure will stop vomiting and cramps like magic, and should always be kept in the house during the summer months, when these complaints are most liable to occur, and is due for the most part to deleterious food or drink taken into the body, exciting the purging, vomiting and cramps which characterize the complaint.

The true medicine for Cholera is not to build it, by eating plain wholesome digestible food, as Indigestion and Diarrhœa favor an attack of Cholera. Two classes among our American people are especially menaced: First—those whose food has for a lengthened time been of a poor quality and insufficient in amount, and whose poverty compels them to live amidst unhealthy and unsanitary surroundings: Second—our wealthiest class, who indulge in liquors and foods valued for their flavor or daintiness rather than for the more wholesome blood-making qualities. A long continued habit of indulgence in this confectionery and pastry with stimulants, is a first rate preparation for the coming, though by no means welcome guest—the Cholera.

DIPHTHERIA.

As far back as the seventeenth century; Hauptmann, suggested that epidemic diseases might be caused by the presence in the air of invisible germs, and since then many more or less plausible efforts have been made to explain the phenomena of Contagion.

Diphtheria is in the first place only a cold settled in the child's throat, because the child was not properly clad. Therefore germs or no germs, when the weather is changeable or diphtheritic nature, the child takes a cold that settles in the throat, it generally begins with a slight inflammation, and if not immediately drawn off, in twenty-four hours it will run into a neglected sore throat which scientists call Diphtheria, but really it has only reached the state of corruption, which when built can rarely be cured.

When the mother noticed that the child had a sore throat, had she immediately applied the proper remedy by drawing off the congestion and keeping the child in the proper degree of warmth, the child would not have had Diphtheria, simply a sore throat. Why? Because you have drawn off the foundation, and that was the end of the disease. A properly prepared mustard poultice will draw the congestion from the inner parts of the throat, it must cover the entire throat, well up behind the ears, as there is usually a glandular swelling in the neck behind the angle of the jaw in this kind of sore throat. Should a false membrane be forming as is generally the case, it will loosen and detach it.

If you mothers will keep your children warmly clad, and protect their heads and necks, Diphtheria will not single them out as its victim although the weather is changeable or that condition. It is the weather that makes the change that disturbs the germs, as evolution takes place. There is a great difference between the germs of life and the germs after death.

Diphtheria.

Your death is the life of the germs and not until death, or such parts of you as the doctors allow to die, and show to you the germs of death and try to make you think they are the germs of life, when they are nothing of the sort. What I mean by the germs of life and the germs of death, is this:—the germ of life is dormant or dead as it were, because it is not in its world of life—and therefore does not multiply. The germ of death that does so much kicking and multiplies by the millions in a minute, is the germ of death, and that is the germ they show you. I will tell you how this is done, as they allow corruption to form in any vital organ of life, that is what I call death, and would be the life of the germ or the world for them to live in. Do not allow any corruption to build in the vital organs of life, and the germs of life will not kill you. You want all you can get of them.

Give small doses of quinine, paint the throat with iron, and keep the bowels open, and a simple nutritious diet. In severe cases, put a teaspoonful of powdered sulphur into a wine glass of water, and stir with the finger instead of a spoon, as sulphur does not readily amalgamate with water, and on the sulphur becoming well mixed, gargle thoroughly. Instead of spitting out the gargle swallow it, in extreme cases where the patient cannot gargle, blow the sulphur through a quill into the throat, and after the false membrane has shrunk to allow of it, then the gargling; also take a live coal, put it on a shovel and sprinkle a spoonful or two of sulphur at a time upon it, let the sufferer inhale the fumes, holding the head over it. A good tonic should be taken for sometime after an attack of this kind, as it is very debilitating. Meyer's Blood Purifying Tonic is excellent in such cases.

LOCK JAW OR TETANUS.

An incurable disease as far as ordinary mortals are concerned, I have cured three cases of Lock Jaw in succession, and I believe that I can cure any case of Tetanus if I can get it in time; that is to say, I do not want it if the subject is seventy-five per cent. dead and only twenty-five per cent. alive, for I do not think a dead man was ever brought back to life, or ever will be in the past, present or time to come; therefore, to cure a man of an attack of Lock Jaw he must have the proper treatment at the very earliest moment possible, and that is when it is seen that he has an attack of this dreadful disease.

I do not believe there is one person in a thousand who can tell a case of this kind, until it is too far advanced to be cured. One should be very careful, if by accident they should prick their foot by stepping on an old rusty nail or otherwise injure the Lock Jaw nerve.

This disease is liable to follow any kind of an injury, from a trifling cut or scratch to a compound fracture; and rarely by a sudden change from great heat to exposure of cold and damp. It is well to take preventative measures, even in slight injuries, as they often lead to serious results.

By submerging any injured member of the body in a strong solution of Bi-Carbonate of Soda for an hour or more, very hot, or cotton wet with the solution bound on with a flannel to prevent catching cold, will draw off the congestion.

Lock Jaw or Tetanus.

If the wound as been caused by anything rusty or glass, after using the soda solution, it would be safest to poultice the part for a few hours. Remember this is when the injury is first received, as an ounce of prevention is worth a pound of cure.

The interval between the reception of the injury, and the first Tetanic symptoms, commonly varies from the fourth to the fourteenth day, and rarely exceeds twenty-two days, sometime in the second week being the most common period.

In the way of treatment, almost every known medicine has been prescribed, and whatever plan be adopted, a vast majority of the cases terminate fatally. To cure this disease there is really no use in dosing the stomach and bowels, because the trouble is not in these parts of the system. It is the Lock Jaw nerve, and that nerve has carried the trouble all along the nervous system, and has affected the whole body; if this is allowed to progress until the fever sets in, there is no hope for the patient. The proper cure for Lock Jaw is to attack the parts affected, the spinal column where all the nerves, muscles, etc., are located, and draw off the congestion, caused by injury to the nervous system.

There is usually a certain degree of order in which the different sets of muscles are affected. If the hand or elbow has been injured, the muscles of the neck, Jaws and throat are almost always the first to give evidence of this disease. The patient will feel a difficulty and uneasiness in bending or turning his head, and supposes that he has got what is called a stiff neck. This will work down the spine affecting every nerve and muscle in the body, producing violent contractions and excruciating agony. On the other hand, if the foot, toe or knee is injured, the stiffness and soreness will first be felt in the leg and lower part of the body, and rapidly works up the spine.

The early symptoms are; loss of appetite, th nervous system is affected, and also the muscles. The limbs will become rigid, stiff, and the eyes may roll in their sockets; and if you don't know, you might at times think the patient was blind. Immediate action is necessary, for when the fever sets in and the jaws become set, it is too late.

Lock Jaw or Tetanus.

A full dose of purgative medicine must at once be given; apply Meyer's poultice as hot as can be borne, from the base of the head down the entire spine, and also poultice the throat and jaws; leave it on twenty-four hours, so it can draw through the pores of the skin, releasing the nerves, muscles and sinews from the congestion. This poultice must be put on the moment the disease is detected, or it will be a failure, as it does not draw dead men back to life. Keep the patient in a generous perspiration, and guard carefully against the cold air, preserving as much as possible a uniform temperature until all signs of nervous contractions have abated.

The patient should be constantly watched by day and night, and an unflinching perseverance on the part of the sufferer is absolutely necessary in a disease of this kind, besides the avoidance of all causes of excitement.



WOUNDS AND CONTUSIONS.

Of punctured wounds, the most serious are those which are made with blunt pointed instruments, such as nails, pitch-forks, iron spikes, etc., for by these the injured parts are not so divided, but that they may retract, they are pressed aside with much bruising, and can close again as soon as the instrument is withdrawn; for in this lies the chief danger of these wounds, because blood or other fluids are likely to congeal in them, and cannot readily escape. These fluids by decomposition or by mere pressure may excite inflammation and thus cause deep and confirmed supuration, (corruption) causing great destruction of tissue, which will produce death.

Put the injured part in hot soda water for an hour, then poultice with flax-seed meal to draw out poison.

In these as well as gun-shot or knife wounds the position of the patient is of the greatest importance. When comfort has as far as possible been secured, the next object should be that the wounded part should be relaxed, so that the edges of the wound may come near or together; that no part and especially no muscle, should be on the stretch, and that the direction of the wound may be such as will allow fluids or seepage to flow away from it. Deep wounds whose depth far exceed their length, inflame readily, because the fluid that is secreted by the lacerated walls of the wound, will if allowed to flow inwardly, follow the wound, and form at the extreme end of the wound internally a pocket of seepage, which will produce fever causing the formation of corruption which is a foreign matter and must come out. If allowed to remain an operation would be necessary, when death generally ensues from the shock. If the nurse will insist that the patient lie with the mouth of the wound down at least two-thirds of the time, alternately every two or three hours, and allow the seepage or serum as it forms from the lacerated walls of the wound, nerves and other tissues, to pass out of the body by the mouth of the wound, this danger will be obviated.

That which produces death has passed away, leaving the wound in a healthy condition, and it will begin to heal internally, gradually toward the surface.

Wounds and Contusions.

Special attention must be paid to the careful cleansing of wounds, the removal of clots of blood, and their warm covering with some soft material, as cotton-wool or lint thoroughly soaked in Olive Oil or Vasaline, and laid over the part. Dry cotton-wool or oil silk may be applied over this to keep it in the natural temperature.

The cleansing of the wound is best effected by allowing a gentle stream of water to flow over the parts. Soft sponges are sometimes useful for this purpose; but they must be used lightly and the greatest attention must be paid to their cleanliness.

In a contusion or bruise where the skin is not broken, and the seepage cannot escape, a properly prepared mustard poultice should immediately be applied (very hot) and kept on until all the serum or seepage is drawn out. See page *General Talk*.

All wounds should be thoroughly cleansed with warm water and a little Bi-Carbonate of Soda, or Meyer's Antiseptic Wash, which is soothing, cooling and healing.

GUNSHOT WOUNDS.

In most instances when a gunshot wound has been received the man soon begins to tremble as if in an ague-fit, complains of cold, his face becomes pale, his pulse is scarcely perceptible, and he appears as if about to die. This is the condition termed shock; and though death sometimes does ensue during this state of prostration, it is not so serious as it may appear, and the patient will probably pass out of it in a few hours with the help of stimulants and rest.

Although excessive bleeding is not so common after gunshot as other kind of wounds, it may occur immediately to a fatal extent, if assistance be not afforded. This assistance anyone can give.

Wounds and Contusions.

If an artery is cut or there is much bleeding, the flow of blood must be stopped the first thing. Remove the clothing from the entire limb, and fold a handkerchief so as to form a hard pad. This must be placed above the main artery. Fold another handkerchief, tie it loosely around the limb over the pad, insert a stick under the handkerchief and twist it until the circulation of the blood is stopped. The wound can then be cleansed and dressed.

SPRAINS.

In the treatment of Sprains which are sometimes fully as painful and disabling as fractures, the laity should learn to avoid arnica, turpentine and other abominations, in favor of immediate immersion in hot water, to which has been added a small quantity of common soda. The foot should be kept in the water for a considerable period, then it should be poulticed, followed by an elevation of the limb and gentle retention of the parts by a bandage, the material for which may well consist of elastic flannel.

If a man should break his leg or arm, or drive an ax into his foot, in the country he may have to wait many hours, while some one hitches up a team and drives to the nearest village for a surgeon, or he may be placed in a springless vehicle and driven miles over a rough road suffering excruciating tortures, most of which could be avoided, if some one present knew enough to straighten out the limb, and put on a couple of rough splints.

The advantages to be gained by such knowledge, are two-fold: it reduces the pain and makes the patient more comfortable, and also renders the surgeons work much easier. It is very difficult and painful to reduce a fracture, after the limb has swollen, and in cases where twenty-four or more hours elapse, after the limb has been broken, before the surgical aid can be had, the patient may be crippled for life, by being tossed and jolted about in a wagon on the road to town without proper support for the injured limb.

Wounds and Contusions.

Should a leg or arm be broken, a couple of splints and three large handkerchiefs are the first things required. The limb should then be placed as near as possible in its natural position, one splint on each side of it, and securely fastened with the handkerchiefs, which have been folded on the bias for that purpose. The patient can then be moved without further danger to the fractured limb.

If an arm be broken only two handkerchiefs are required to bind the splints on, and the third is used as a sling to support the injured member. For splints pieces of rough board or anything that will retain the limb in the proper position may be used. If the Jaw is fractured, fold a handkerchief, and placing the widest part under the Jaw, tie securely on top of the head.

A person in a faint should be laid flat on his back, and in no case should the head be raised. If the patient is a female, the corset and other tight clothing should be loosened and restoratives administered.

A solution of one part of Picric Acid to seventy-five parts of water will surely and speedily cure the worst burns and scalds, and I would recommend that barrels of the solution be kept in foundries, etc., in which workman could be immersed in case of accident. The pain is instantly removed, sores and blisters prevented, and a cure completed in four or five days.

Should the clothing of a person take fire, throw them on the floor and roll a rug or blanket around them. This will smother the flames quicker and better, than throwing water on them, and on no account should the victim rush out of the doors, as the air will only cause the flames to burn more fiercely. Burns or scalds should be well wrapt in bandages, soaked in Olive Oil or Vasaline to exclude the air.

In all cases of poisoning by acids, common baking powder should be given to neutralize the acid, after which give a teaspoonful of mustard, in a cup of warm water to cause vomiting. In arsenical poisoning give the mustard first, and after vomiting has ceased, copious draughts of milk or strong black coffee should be given.

WOMAN AND HER DISEASES.

It is safe to say that more than half the revenue of the world, is derived from the treatment of females, seldom is the diagnosis correct; and not one in fifty is treated successfully.

Female weakness has become so common that the medical profession are at their wits ends to know in the majority of cases just how to treat them, as the average suffering woman can testify from her own experience. The diversity of opinion expressed by the different physicians consulted, proves conclusively that some of them must be groping hopelessly in the dark.

The reason for the failure to discover the proper remedies is easily found, we are drifting farther and farther from Nature's laws. Be assured that everything has been provided for the maintenance of the physical body. It is a perfect machine, and for intelligent use is perfectly regulated. When you have misused it, take it back to Nature and have the parts re-adjusted, and replaced from her abundance, and get rid of the idea that there was a certain amount of material set aside for your structure, and that with use it must wear out.

It is on this principle that all Meyer's Remedies were discovered.

Nature, the original builder, is the one consulted, and no artificial and temporary makeshifts are employed in the treatment.

It is not necessary to enumerate the many complaints to which woman is heir. Every woman who reads this book, will know at once whether she is suffering from any of the troublesome complaints peculiar to womanhood.

Possibly you have daughters just standing on the portals of womanhood. A wonderful transformation is at hand, and frequently Nature requires some little aid to perfect this great change. Many a young life is blighted, or at least subjected to sickness and inconvenience, through some unknown obstruction, which could easily have been relieved or regulated by a little attention.

Woman and Her Diseases.

Young girls feel a delicacy in speaking of these matters, even to their mothers, and because they do not feel very badly, pass over the matter in silence, until it assumes serious proportions.

It is possible that the menstrual flow may not become established with your daughter, until sometime after the normal age.

This may be due to lack of development, impoverished state of the blood, sudden fright, grief, anxiety, overwork or catching cold at this period, may cause retention or Amenorrhea, (suppression of the Menses.)

Amenorrhea, is the absence of the menstrual flow. This may either be so that the flow had begun and suddenly stopped, which is called suppression of menses, or so that it does not come at all.

Keep the body in the proper degree of warmth, by wearing flannels next to the skin; be careful about exposure during the time or the period prior to menstruation, by which the feet or skin become wet or cold. Overshoes must be worn during wet or damp weather.

Let the food be simple and substantial. Arouse bodily vigor by plenty of exercise, and purify the blood, by the use of Meyer's Best Tonic, to strengthen the generative organs, and with this assistance Nature will soon perform her regular duties.

In some cases it is also necessary to give a hot mustard foot bath, and repeat this treatment every night. Immediately after taking the feet out of the bath, apply clear alcohol or vasaline to prevent catching cold. If there is any pain apparent, apply poultice or hot water compresses may be used instead, while lying in bed. See page *General Talk*. The compresses must be kept hot and changed as often as necessary, until the pain is relieved. Clear alcohol or vasaline should be applied as soon as the hot applications have been removed, and a dry piece of flannel wrapped around the body. The bowels should not be allowed to become constipated.

The menses having once been established, should recur in a healthy woman every twenty-eight days, except in the case of pregnant woman or nursing mothers, when they are nearly always suppressed.

The above treatment will render just the necessary assistance at this critical period, removing every irregularity, and causing a healthy change.

Woman and Her Diseases.

Comparatively few women pass through life without pain at the monthly periods at some time. Occasionally you may find a woman who never suffers at this time, but she is the exception and not the rule. The causes generally arise from trouble with the uterus.

Remain in bed if possible, take hot drinks, put a hot poultice or a hot water bag may be used, if the pain is not very severe. over the abdomen. take hot foot baths, and if the bowels are not well open take a warm enema. This is important as sometimes cramps are due to constipation alone.

The word 'Leucorrhœa' means a white flow, but is used to designate any discharge, other than blood coming from the genitals; popularly the disorder is called "the Whites."

There are few women living who do not know about this almost universal and annoying ailment, and are, or have not been absolutely free from it.

Perhaps married women are the most constant sufferers, yet from one cause or another, it affects the unmarried quite as well, and is apt to be very uncomfortable immediately preceding or following the monthly flow.

It may appear without any order, and again from other causes, will present one that is intensely disagreeable. Also caused by inflammation of the vagina of womb. Chronic constipation is a prolific cause.

Meyer's Best Tonic is particularly helpful to one in this condition, for its powers to act on the nerves and tissues of these organs are truly marvelous, restoring them to their proper functions.

This is the most important part of the treatment and must be faithfully followed. Take a strip of flannel two yards long, and sufficiently wide to reach from the lower part of the abdomen and pelvis to the bust, covering all parts of the abdomen and stomach, reaching around the entire body; wring this out of one quart of cold or tepid water, to which has been added one tablespoonful of ordinary table salt, and three tablespoonsful of alcohol; wind this around the body as described above, and outside of this wrap another strip of Turkish toweling or flannel, to protect the bed clothes from becoming wet; fasten a piece of oil silk outside of this again to keep the body air-tight and warm. This must be applied each night until a cure is affected.

Woman and Her Diseases.

Twice a day, morning and night, a hot vaginal douche should be taken, using for this purpose Meyer's Antiseptic Wash. If constipated remember there is nothing better than the Constipated Regulator.

Exercise as much as possible by walking in the open air and sunlight. The diet must be substantial and nutritious; drink plenty of fresh milk and unfermented grape juice is excellent.

Ovarian diseases are a most distressing affliction and invariably attended with excruciating agony.

Among the causes is the sudden suppression of the monthly flow, self abuse, excessive excitement, cold water and astringent injections, inflammation of the womb. One would note the inflammation by pain upon pressure in the ovarian region, and pains extending to the sides and back, the left side being more frequently affected than the right.

If irritation of the bladder, there will be constant desire to urinate, and the actual passing of the water will be difficult. All the symptoms will be aggravated by the menstrual flow, and this period will always bring pain. It is of the greatest importance that the bowels be kept open and active. Take hot vaginal douches three times daily adding Antiseptic Wash, which is soothing and will allay inflammation.

Poultice the entire abdomen, covering the ovarian region which extends to the sides and back. (See page *General Talk*.) Rest in bed during the flow, this is of great importance. Care should be taken not to wet the feet, the clothing should be loosely worn, and do not indulge in long walks. A good tonic is sometimes necessary.

The uterus is subject to inflammation, ulceration owing to the cold which is the foundation of all diseases, wetting the feet and cold water vaginal injections, are extremely liable to check and bring about an inflammation of the womb both painful and dangerous, an injury to the organ itself, which may be brought about by a variety of causes, will almost surely produce inflammation. The signs of the trouble will show themselves by backache, bearing-down pains, irritation of the bladder, constipation and Leucorrhœa. There will be pain across the abdomen and the menstruation will be painful and irregular.

There are but few symptoms where the ulceration is slight, but where the mucous membrane of the womb is affected by congestion and inflammation, the discharge is profuse; then the back and loins suffer severe pain, with a bearing-down feeling, and walking becomes difficult.

Woman and Her Diseases.

The strength becomes reduced by the discharge, which impoverishes the blood and is very weakening. The discharge is pus or matter; may be thick or thin, of a yellow or lighter color.

Hot douches for ulceration and inflammation, and in all cases of female weakness, where the genital organs are affected, it is advised that hot vaginal douches be freely used. To each quart of hot water add one teaspoonful of Meyer's Antiseptic Wash. When the inflammation is acute, and much pain experienced, take a douche every three hours. Use none but a fountain syringe, and have the water as hot as can be borne.

The best and most practical way to take a douche is to have the carpenter make a frame work that will fit over the bath tub, about six feet long and two feet wide, have an oval hole in one end about 9 x 10 inches. This frame work can also be made in sections to fold up for convenience when not in use. Place it over the bath tub, or a common wash tub can be used, when a bath tub is not convenient. Lie down at full length with a pillow under the head, and the knees drawn up, and the douche will be easily and most advantageously taken in this way. An old door with a hole 9 x 10 inches has sometimes been used for this purpose.

Rest in bed and if the pain is severe use poultice; if not, use hot water bag, salt bag, or hot water compresses, wholesome food is essential, plenty of exercise in the open air and sunlight. Once a week the body should be bathed in tepid water, and a good pure soap. The imported castile is preferable, use freely with a bath brush; then sponge off quickly with cold water to prevent catching cold, and dry quickly and briskly with a crash towel. A daily bath, either alcohol or friction, (See page *General Talk*.) will be found very beneficial. The bowels must be regular and active, and a tonic is imperative, Meyer's Best Tonic is a positive cure for all female complaints.

Prolapsus (falling of the womb) is a displacement of the uterus in which it sinks down to a lower position than normal. Sometimes prolapsus is acute—that is to say, it may occur suddenly in an otherwise healthy person, even in the virgin while making muscular effort, but this is rare. Commonly it is chronic—that is to say, it usually develops slowly and gradually.

Corset wearing is the prime cause for falling of the womb, there are other causes as well, but comparatively few.

Take one teaspoonful of powdered borax and one of alum, to every two quarts of hot water, or Meyer's Antiseptic Wash is best, use morning and night; and immediately after the douche, the following exercise should be taken daily.

Woman and Her Diseases.

With the knees drawn up, let the patient lie on her chest, and then endeavor to lift the upper part of her body to an upright position without the aid of her hands or arms. This will be found an impossibility, but her effort to do so has the desired action upon the relaxed ligaments, drawing them back to their natural position.

Gentle massage, rubbing the abdomen upward will strengthen the muscles. After the exercise apply hot fomentations; use the fomentations faithfully and the womb will soon return to its normal position. See page *General Talk*.

I am not at all in favor of surgical operations, in the treatment of female diseases, and consider them in most cases entirely unnecessary.

Hysteria, is one of the nervous troubles, which is to be found most frequently perhaps in early womanhood, often times manifesting itself at the age of puberty.

It is liable to arise from overwork, menstrual disorders, chlorosis (green sickness) lack of tone in the system due to improper nourishment, or a general run down condition, due to many causes. The manifestations of Hysteria are often with laughter and crying in turn, will be suspicious and unreasonable; uncomfortable with herself and to those about her, not infrequently she will be called "cranky."

Distressing as is the child or woman suffering from this malady, she is apt to get but scant sympathy. She will describe her aches and pains in extravagant terms, and while in certain ways she may experience some pain, yet her imagination will tend to enlarge the actual suffering. Nevertheless, she should be gotten out of this condition, much of the care depends upon herself. First she must exercise and cultivate self-control; her bodily health should generally be improved, and long periods of rest are absolutely essential, and change of scenery and pleasant surroundings are beneficial. No better assistant can be found than Meyer's Best Tonic, it soothes the nerves, while it stimulates the body.

The Menopause, or Change of Life, is the end of the fruitful part of woman's existence. Like puberty, its approach should be anticipated with caution, and measures taken to offset the ill effects arising from its varying condition, as many forms of ailments frequently make their appearance at this period.

Its average appearance is about forty-five years of age, and the disturbance and irregularities are of the menstrual flow, from this time until its cessation, will be from two to five years. It should not be a sudden or violent change.

Woman and Her Diseases.

Frequently the woman will become very fleshy at this period of her life, and tumors and cancers are not infrequent. The nervous system shows signs of a profound shock, and the patient often complains of back-ache and neuralgia; sometimes a tremor occurs in her limbs; she suffers from palpitations; congestion in the head, causing a red face, headache, indistinct vision, a buzzing sound in the ears, vertigo, restless sleep and bleeding from the nose; Leucorrhœa is very frequent, and the skin is often the seat of flashing heat and profuse perspiration.

Although the change of life is a physiological process, normally occurring in every woman's life, the dangers with which it threatens are so serious, and normal condition passes so easily and frequently over into the domain of disease, that special attention to one's condition at this time is most essential.

It is at this period that Meyer's Best Tonic, clearly defines its mission, by supplying the generative organs with all the necessary strength and vigor, of resistance, by aiding Nature to tide over this critical period.

The principal thing is to keep the bowels open and their action regular. It is advised that Meyer's Constipation Regulator be taken until a natural action takes place. It regulates the bowels, by strengthening the nerves and muscles weakened by neglect.

Enemas may also be taken as follows:—to one quart of water, (temperature blood heat,) one-fourth teaspoonful of Meyer's Anticeptic, No. 2, and one-fourth of a cupful of Glycerine or Olive Oil, inject into the rectum while lying down on the left side, hold it in the bowels at least twenty minutes, and if possible all night; a little will power usually succeeds. Take one every night on retiring.

If it agrees with you, bathe the entire body in warm water, followed by a cold spray every morning, drying briskly with a crash towel; but if this does not agree with you, take the alcohol or friction bath daily. (See page *General Talk*.) It is necessary at this time of life to promote a strong even circulation of the blood. Eat sparingly in the morning, and let the food consist of fruit and farinaceous cereals. Tea and coffee should be omitted from the diet list, if partaken of at all, very sparingly, as they have a bad effect on the digestion and nervous system, and are not good for the health in general.

Daily walks ranging in distance according to the strength should be practiced. From one to five miles will do wonders for health and beauty, and must be regarded as part of my system of treatment. Take the best of food, and rest is necessary. Change of climate and scene, pleasant society and a cheerful state of mind is most important at this period of life.

GENERAL TALK.

Manual Training an Aid To Mental Balance.

“Manual Training” appealing to the eye and hand, establishes a co-ordination between the sensory and the motor parts of the brain, which is the most important step in the organization of the brain. This proper knitting together of different centers, this opening of paths of association between the sensory and central portions of the brain, on the one hand, and the executive portions on the other, is most vital to its health and efficiency. It makes for perfect sanity and mental health, for well-balance, adjustment of life to environment, for good judgement, for self-control, and for firmness and poise of character. Much of our present school work, divorces knowing from doing, and often exaggerates the relative value of the former, as compared with that of the later. Examinations test knowing more than doing, and even university degrees are conferred on the basis of attainment in knowing rather than doing. This may be to a large extent unavoidable, but it is nevertheless unfortunate. The legitimate end of knowing is doing. Right thought to remain healthy, must ultimately issue in right deed. Day by day the idea is gaining ground that mere brain education is not the true foundation of a symmetrical and thoroughly developed mind.

Walking. A certain amount of exercise should be taken daily and just as regularly as our meals. Walking is one of the best kinds for the average person, as every organ of the body gets the benefit from this exercise, without overtaxing any one part. Correct walking is a wonderful art, which regulates the entire personality, and is the only method by which good deportment and a graceful carriage can be obtained. It should be carefully practised by everyone who has the desire to become graceful and healthy. In walking the limbs should swing freely from the hip, touch the ground lightly with the ball of the foot, the heel of the forward foot should strike the ground first, and the leg be straight when the weight falls upon it. The weight should lie forward on the balls of the feet, with the body slightly inclined, the chest erect and leading, and the head well poised.

GENERAL TALK.

The trunk should aid in its own progression, instead of being "toted" along as dead weight by the long-suffering legs. The arms should swing easily, and the trunk move without any swaying or rocking motion. The leg should operate from the hip and not the knee, and the toes should not pierce the air as if skyward bent.

People who have any tendency to embonpoint or (corpulency,) should hold the upper part of the body erect, the head thrown back, the chin in, the shoulders down and backward, and the chest elevated forward.

If these instructions are carefully practised, it will be observed that the diaphragm and abdomen will retain their firm position, and in a short time all embonpoint will entirely disappear.

Exercise and Water.

Another thing of importance to know is, that the skin will soon lose its elasticity, shrivel and wrinkle, unless plenty of exercise is taken in the open air, and a liberal amount of water indulged in daily. Seventy-five per cent. of our flesh consists of water, and the tissues depend on a new supply constantly, otherwise they become parched and dry up, which is one of the reasons for muddy complexions and shriveled up skin. The health of the liver and kidneys is dependent on plenty of water, consequently the purity of the blood is preserved on the same principle.

A large trunk, a good chest, a generous framework to hold the heart, lungs and digestive organs, greatly promote longevity and are usually accompanied by a clear, rosy skin, plenty of blood in the body and a good supply of vital force. No one neglects bodily exercise to any degree without paving the way for future trouble. A proper scheme for healthy living, would involve the training of all the members of the body.

Muscles unused become smaller in size, flabby and weak; use hardens, strengthens and makes them more responsive to the will. Ready obedience of muscles to the will is a very important thing. The value of a bodily organ depends upon its use. The oftener it is disintegrated by action, and rebuilt by the proper putting together of the food stuffs from the digestive organs, the more times it is remade, the better it is. The use of the muscles exerts a notable influence upon circulation.

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Harmonious development of all muscles is highly essential. The time for training the body is not limited to youth, as long as we inhabit our bodies, so long should we keep them in the best condition, in order to feel our best and do our best.

The bicycle offers a practical, gentle means of exercise to almost every one. Home gymnastics, public gymnasia and the different games are to be recommended.

The Real Athlete.

Eugene Sandow, condemns the modern system of athletic training, and advocates simple rules for normal development. He declares the word athlete is misused and abused; that the real athlete is not the man who is the skilled oarsman, a fleet sprinter, or a clever boxer, but "the man who by constant and persistent exercise, has raised his entire bodily strength and health to such a state of unity, that he is fit to perform any feat requiring muscle and activity, providing he receives a little special tuition in that particular feat. He is, in short, a man who has all his muscles and organs working in perfect harmony."

Not one trained athlete in a thousand, presents a symmetrical muscular development. There is a lump of muscles here, with a notable lack there. The result of this irregular development is, that the whole fabric is weak; for, as the well known aphorism runs, "a chain is no stronger than its weakest link." The well-developed man, is the strongest man, and he is equally developed in all his muscles.

Delsarte is the best of all systems of movements for harmonious development for grace and beauty, smooth and slow movements far better than quick jerky ones. Repose of manner sadly lacking in America, should be cultivated by all.

Breathing.

Deep respiration is highly essential to good health and the proper development of the body, as well as a graceful deportment. Practise deep breathing by standing erect with both hands on the hips, the fingers pointing forward; lift the chest as high as possible by the process of inhaling slowly through the nostrils until the lungs have been well filled, hold the breath as long as possible, tap gently on the chest and on the back in the region of

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the lungs, expel the air slowly by gently forcing it through the lips, with the mouth formed as though whistling. It is advised that this exercise be taken in the open air, and that caution be used so as not to overtax the lungs at any time, nor raise the shoulders and collar bone when taking this exercise.

Faulty Use of the Voice.

Is largely due to improper breathing, and much of that "dire discord that stalks on earth" is due to the unnecessary lack of control of the organs of speech. In this the Americans are perhaps the worlds most notable offenders. "They do not open their mouths wide enough to grace a southern tongue, being observed by all nations to speak exceedingly close and inward." In America the harshness and lack of resonance in the voice is not confined to any particular section of the country, it is universal. Most likely it was upon retiring from a drawing-room, that Dr. Holmes, wrote: "Silence like a poultice comes to heal the blows of sound."

Singing has a distinct value as a hygienic measure as well as a source of pleasure. "Singers have the soundest lungs because they exercise them more than other people.

Nature is the one jewel of consistency, she never voluntarily undoes her work, but in spite of her endeavors to produce the best, supplemented by parental assistance, certain cases seem prone to make unnaturalness natural, these should be placed under a competent master of elocution, and kept with him until their bad habit is eradicated.

The time spent in many schools on so-called singing, at most a mere travesty, could be properly and profitably passed in elocutionary exercises. It is through speech that man asserts his divinity, it is by speech that he is distinguished from the rest of the animals; the one faculty they have not in common. So long as the world is peopled, speech will be potent for-pleasure; let us not seem to draw our breath in pain to tell our story.

Cleanliness next to Godliness.

The application of cold water is a gymnastic exercise for the skin, just as pulling weights or swinging clubs is an exercise for the muscles.

A shower bath in the morning before breakfast is a good appetizer. It stimulates the skin, promotes the production of gastric juice, and creates a demand for food. The contact of cold water with the skin,

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rouses the nerve centers in a most remarkable manner. The impression made by the contact of cold with the skin is conducted to the nerves, which control the centers of sensation, and these in turn stimulate the nerves which control the muscles, the stomach, the liver, the intestines, the bladder, the lungs, the heart, the brain, and every other internal organ.

The power of cold applied in this manner, to arouse the nerve centers is so great, that it is the most effective of all means, of restoring the equilibrium of an intoxicated person. It is a custom with sailors sometimes to throw a drunken comrade over-board, the contact with the cold water bringing him quickly to his senses. It is often employed as a means of sobering up the unfortunate victims of drink, and it rarely ever fails to accomplish the desired results, and in a very prompt and efficient manner.

A cold shower is equally efficient in reviving a person under the influence of opium or any other narcotic drug. The above facts are mentioned simply to illustrate the powerful tonic effects of the cold bath. The cold bath is, in fact a natural stimulant. It naturally increases the power of the muscles to contract, and the activity of the heart, which thus sends the blood through the arteries and veins. In consequence, the activity of every internal organ is quickened.

The bath acts directly upon the brain, rendering the brain action more vigorous, thus enabling the individual to think with greater ease and clearness. The liver makes more bile, the gastric juice is not only secreted in greater quantity by the stomach, but its quality is improved, the bowels are stimulated to greater activity, the activity of the kidneys is also increased, and thus the blood is purified.

The practise of taking a cold bath every morning is highly conducive to health and longevity.

The temperature of the water and the length of the bath must be carefully adapted to the individual, and to his physical condition.

The following rules and suggestions may be helpful. This treatment must be governed by common sense. If you have been accustomed to warm baths, arrive at a cold treatment by degrees. The water a few degrees colder each day, until gradually you are able to bear really cold water without injury to the nervous system. A cold bath must be taken quickly. All the preliminary scrubbing and washing must be done before being immersed in the water. Then jump in and out again very quickly. Never take a cold bath unless you are thoroughly warm in every part of your body. To take a cold

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bath when you are shivering is a fatal mistake. Have the bath room warm and go into it without a feeling of chill, and in this way the cold water treatment will have the proper effect.

One who has been accustomed to the cold bath should wait until summer to begin. Where the shower bath is employed, one should begin with the water at a moderate temperature; say, 70 degrees F.; and the application should not be longer than from five to ten seconds. By degrees the skin will acquire ability to react, and then the application may be prolonged or the temperature may be lowered. But the bath should never last for more than ten or fifteen seconds.

Headache following the bath, weakness or prolonged chilliness, is an evidence of poor reaction. In persons who do not react well, especially those who have not been accustomed to the contact of cold air or cold water with the skin, reaction may be encouraged by exercise before or after bath, by a hot full bath, just before the application of a cold bath, or by a vigorous rubbing after the bath, by wrapping in warm garments, or by drinking hot water.

A good reaction is indicated by a feeling of warmth and glow over the whole body. Cold feet or cold hands, stiffness in the limbs, as well as headache, chilliness and languor, are indications of poor reaction. Under any of the following conditions, a cold bath should never be taken without previously taking a hot bath; viz.—exhaustion from muscular or mental work, or loss of sleep, great feebleness from disease, hemorrhage, or shock. Aged persons, young children, and delicate persons of all ages, must avoid too severe cold applications, and should always have a hot bath of some kind before the application of the cold.

Delicate persons who cannot take a cold bath, should take an alcohol or friction bath, viz.: put two quarts of boiling water in a deep vessel or bowl and place the alcohol which has previously been poured into a quart cup add two tablespoonsful of sea salt water, that is sea salt that has been previously dissolved by boiling in water, and put aside for this purpose. Being careful not to let the alcohol come in contact with a flame of any sort, as it is highly inflammable. Dip a flannel cloth in the warmed alcohol, and gently rub the spine and stomach and chest to a glow, then rub each member of the body in succession, not exposing the whole body at once.

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When not convenient to take the alcohol bath, the dry friction bath will be found an excellent substitute. Wet a coarse towel in a strong salt brine, the night before and hang up to dry. Next morning on arising rub the whole body thoroughly. This will be found very invigorating.

The Foot Bath. After undressing, sit upon the side of the bed, with the feet immersed in a sufficient quantity of water to well cover the feet and legs. At the same time a blanket should envelope the body, and be allowed to fall around the bath tub.

Take one half of English dry mustard, mix until a smooth batter is formed, and pour this into a foot-tub half full of hot water, plunge both feet into this, and keep adding hot water, until the heat is as great as can be borne. Keep this temperature for half an hour, and allow the feet to remain in it for this length of time. Immediately after the bath envelop the feet in woolen stockings, put to bed and cool off very gradually.

Flaxseed and Mustard Poultice. Strange as this may appear, it is nevertheless true, that few persons, know how to make a simple old fashioned mustard and flaxseed poultice; which is when properly made and applied, the best means known to draw off congestion or inflammation, thus preventing the building of disease.

Take one-fourth English mustard and three-fourths flaxseed meal, mix thoroughly together; then pour on boiling water enough to make it the consistency of cake dough that will drop slowly from the spoon. Have a piece of cheese cloth or other thin material in which to put the poultice, being very careful to apply as hot as the person can bear it. Cover the poultice with two or three thicknesses of heavy flannel, a piece of oil silk may be fastened outside of this again, to keep the body air-tight and warm. Leave on four or five hours or as long as necessary to draw off all the congestion. The poultice must not be allowed to become cold, and while changing the poultice, the patient should not be exposed to any draughts or cold air, and a flannel night dress should be worn.

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The poultice must be kept on until all pain and soreness is entirely relieved. After the poultice is removed great care must be exercised to prevent the patient catching fresh cold. Rub the parts with oil or vasaline, and cover with soft old linen, you may also fasten a piece of flannel over the linen, and wear until the patient is well.

In severe cases where a number of poultices have been used, and the skin has become very tender or blisters have formed, let out the fluid and use Borated Talcum instead of Vasaline.

Good judgment must be used in making these poultices. The quantity of mustard used must vary according to the delicacy of the skin of the patient. A child would not require as strong a poultice as an adult.

Hot Fomentations. In all nervous troubles Hot Fomentations to the spine will be found very beneficial, and in connection with massage give excellent results.

The patient should remove all their clothes, slipping on a woolen gown, reversing the front to the back for the sake of convenience, and lie on the stomach. Take two pieces of woolen about a yard square, old blanket would be best, cover the entire length of the spine with one dry piece, and dip the other piece into a bucket of boiling water. The proper way to wring out the cloth without scalding the hands is to take both ends of the blanket in your hands, dipping all but the small part held in the hands into the water very quickly, wring and pull at the same time, and place immediately on the dry piece which is already on the spine. This must be covered with another dry blanket, and let steam for about three or four minutes, by that time it will be sufficiently cool to dip in the hot water again, which must be done without exposing the patient. This treatment should not last for more than fifteen minutes, then remove the blanket and quickly rub the spine with cold water, after which it should be rubbed with oil or vasaline to prevent the patient catching cold.

This treatment should be given at night, but can be taken at any time if the patient remains indoors for a couple of hours, avoiding all draughts.

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The Reason I Advocate Woolen Underwear; Is based upon Nature's own principles, viz.: That Electricity or Warmth is Life, and the human body must be kept in the proper degree of warmth, to maintain an equable temperature throughout the different seasons of the year, therefore Nature's electricity is best; and this woolen next to the skin creates the warmth or electricity, which is necessary for perfect health. For example: In the Autumn Nature guards against the changes in the weather, by providing the feathered tribe with a heavy down next to the skin, which prevents them feeling the effects of the change and keeps out all cold and dampness, because their bodies are kept in a uniform degree of warmth; nor is this down thrown off at all because there happens to be a warm day in midwinter; they wear their down or underwear until the surrounding atmosphere has become hot enough to produce sufficient warmth or electricity without it, when Nature again steps in and relieves them of their heavy covering, by substituting another and lighter one suitable for summer. All animal creation is governed by these principles, so why should man be exempt; his higher intelligence should teach him the proper care of his own body, which Nature intended when she created him. Wool affords the best covering, because it does not allow the heat of the body to pass rapidly away. Heat always passes from the body to the air when the air is colder than the body; but woolen underwear interferes, being a non-conductor of heat. Wool is hygroscopic, taking up the water rapidly and parting with it with great reluctance. When perspiration rapidly evaporates from our body we cool off rapidly and chill, thereby catching cold which is the foundation of all disease—which is prevented by using woolen underwear. By wearing two suits of woolen underwear, before the cold air can force out the warmer air from your body it must filter through the underwear, and by the time it reaches the body it has attained the same degree of warmth as the air already surrounding your body which it forces out, and therefore when this reaches the body it is in the proper degree of warmth and it produces no change. No change, no effect; no effect, no congestion; no congestion, no disease; no disease, no death.

Diet. Every good mother feels the necessity of exercising care in the food given her infant. She will not think of allowing the child to eat anything within its reach or what it happens to fancy. Common sense would tell her that the result might prove fatal, the child's life may pay the penalty of her carelessness. And yet few people consider the necessity of guarding their own health upon this

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common-sense principle. It is difficult to advise just what to eat, but certain things should be avoided on general principles, and everyone should know best what agrees with them, and the things to omit from their diet list.

“No person can be persuaded to pay due attention to his digestive organs until death stares him in the face.”

The human body can very properly be compared to a machine, subject to care and intelligent treatment, and every one should make it their duty to regulate their own bodies and preserve their health in a state of physical perfection. I am sorry to note how much more time and study are given to the proper care of animals than to the human race. Take the thoroughbred horse for instance, and observe how necessary it is to see that he is well groomed and properly exercised, in order to preserve his value and enhance his beauty. Should the animal be neglected for a week only, a change would be visible, and one short month, sufficient to cause great alarm on the part of the owner; therefore, is it not consistent to treat humanity as intelligently as the dumb brute? and is not the subject as worthy and the necessity as imperative; for what can ever repay a man or woman for the neglect of their bodies, until ill-health and lost charms, force them to a state of realization.

Care in the Diet, fresh air and unrestricted motion from the force of exercise, are all necessary faculties nothing else can ever substitute or replace, for firm flesh, pliancy of the limbs and grace of motion all depend on exercise of the right kind.

When you give up your daily exercise, you may soon expect to see the traces of age make their appearance. You have a contract with Nature and unless you keep up your part, it will be considered null and void.

Baldness. When the roots of the hair are destroyed to such a degree that the scalp is smooth and shiny, there is little help for baldness. If there are a few hairs or a thin down upon the head, the case is curable. In order to cure it, it is only necessary to improve the nutrition of the scalp. This is best done by massage.

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To a bowl of cold water add one tablespoonful of salt. Dip the tips of the fingers into the water, and gently and thoroughly rub the scalp of the head, and then by applying Meyer's Hair Cleanser, the roots will soon recover their vitality, and you will have a luxuriant head of hair. A shiny scalp should be rubbed until it recovers its natural softness.

I have had but few cases that could not be successfully treated, as the follicle merely needs nourishment and toning up, which can be very quickly accomplished by the use of my Hair Cleanser. By clipping the ends of the hair every three months, where the hair splits singing is best, and applying the Hair Tonic every day, the hair will grow as fast as is a physical possibility. It will also thicken it by multiplying the hairs in number, bringing in a new growth.

It is a great mistake for delicate persons to have their hair cut too short at any season of the year, and too much shampooing is very injurious, the hair can be kept perfectly clean, by using what is called a dry shampoo,—viz.: Loosen the hair, then every inch of the scalp should be gently rubbed, until all the dust or dandruff is loosened. The hair should be divided on different parts of the head, and brushed with a little stiff brush, until the scalp and hair are quite clean. Then rub the scalp gently with my Hair Cleanser, which will promote the growth of the hair, making it luxuriant and glossy, stops the hair from falling out, and prevents the person catching cold; it will also remove all dandruff from the scalp.

Comb and Brush. You should be very careful in the selection of your Hair Brush, being sure that the bristles are not fastened into the back of the brush with either a brass or copper wire, as washing the brush or moisture from the hair in warm weather will often cause this wire to corrode, producing a poison called (verdigris,) which will work down on the bristles of the brush and poison the scalp.

I had a personal experience from which I suffered from congestion of the brain, caused by using a hair brush of this kind. The English solid back brush is one I can highly recommend. It is more expensive, but is also much more durable than most other makers.

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Metal combs should also be avoided.

We are commanded "to Laugh and Grow Fat," a very easy method, indeed, but then it is supposed that we are to actually enjoy our laughter, and to feel good natured in order to do so. While it does not follow that all thin people are ill natured, nevertheless, it is a well known fact, that most fat people are good natured. If the health is at fault, a consultation with Nature will make known to you the enemy to attack.

After the health has been regulated, lean persons may increase their flesh by eating plenty of farinaceous food; such as vegetables, sweets and starchy relishes.

Gentle exercise, massage, not too many baths in the tub, sponge baths are recommended, copious doses of Olive Oil, and plenty of rest.

In order to reduce flesh, observe just the reverse treatment of how to gain it. Farinaceous foods should be avoided, as well as all greasy substances. No liquid should be taken at the meals. From three to five mile walks should be practised daily, hot salt baths, taken at night, and cold salt bath in the morning. If the hips and abdomen are too stout, rub them down with clear alcohol after the bath, and wear a cold water salt compress every night around the body, sufficiently large to cover the stomach and abdomen. This must be applied each night until a cure is effected. Sweedish movements are of special value, also gymnastic exercises. Hill climbing can be relied upon to reduce obesity. It can also be successfully treated by a fruit diet, consisting almost conclusively of grapes or apples, are the best, allowing only a small bit of thoroughly dried bread or zweiback, in connection with the fruit.

Good Health is a Basis of Physical Courage, which springs from three sources—Nature, Education and Conviction. It is useless to say to a man, "you must be courageous." Every day we see that example of parents, education, admonitions, do not suffice to implant virtue in children. There is a vital element in education, which must be prepared long before, like the soil and the seed before the harvest; parents must bequeath to their children, the inheritance of a sound constitution. What is most difficult in education is persistence; what is most efficacious is example; severity is worse than useless.

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The paramount object of education, should be to increase the strength of man, and to foster in him, everything that conduces to life. We sometimes imagine that the most important branch of culture is that which we retain through mental study; that the progress of humanity, is wholly represented by science, literature, works of art, which are handed down from one generation to another; but in ourselves, our blood, there is a no less important factor.

Civilization has remolded our nerve-centers; there is a culture which heredity transmits to the brain of our children; the supremacy of present generations, depends upon the greater power of thinking, the greater skill in acting. The future and power of a nation do not lie solely in its commerce, or the science of its army, but in the hearts of its citizens, the wombs of its mothers, the courage or cowardice of its sons.

Tobacco a Deadly Poison. The plant belongs to a class known as the Solanaceae, which includes the most poisonous of all species of plants. Nicotine is one of the deadliest poisons known. It is so virulent that there is no remedy that will counteract it. When a person takes an overdose of Opium he may be relieved by evacuation of the stomach and the use of stimulants internally and externally; for an overdose of Arsenic, there is Hydrate of Iron; but for an overdose of Nicotine there is no remedy.

I will give a few extracts to illustrate the poisonous nature of this drug.

“The daughter of a tobacco merchant, from simply sleeping in a room where a large quantity of the weed had been rasped, died soon after in convulsions.”

During slavery time, the negroes being much addicted to the use of tobacco, would steal large leaves of it and wrap it around their bodies as a means of hiding it from the overseer. They often dropped dead from the effects of Nicotine absorbed into the body.

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"A Frenchman living near Paris, having cleaned his pipe with a knife, but neglected to wipe it, subsequently happened to cut one of his fingers. The wound was so slight that he thought nothing of it. A few hours later the finger grew painful and swollen, the inflammation spreading rapidly through the arm. Doctors were summoned, but the case remained a mystery, till in answer to inquiries the enigma was explained. All remedies proved ineffectual, and the man's condition grew so alarming, he was taken to the hospital, where the arm was amputated as the only chance of saving his life."

Soldiers sometimes purposely disable themselves for service by applying these leaves to the pit of the arms, thus inducing alarming symptoms.

These incidents show very clearly the exceedingly poisonous nature of Nicotine, and the danger lurking in tobacco. Were the poison in one cigar taken in concentrated form, it would be sufficient to kill two men. When such is the character of this drug is it surprising to know that the use of tobacco seriously injures all the vital organs and functions of the body, and we cannot wonder that it is pronounced perilous for a delicate person to sleep in the chamber of an habitual smoker.

"Tobacco destroys the body, attacks the intellect, and besots the nations.

The Evil Effects of Alcohol. "Alcohol, the essential constituent of all fermented and intoxicating liquors is an ancient foe of the human race. From the time Noah fell into shame and disgrace through the intoxicating effects of wine, alcohol has never ceased to be an enemy of mankind. Like the arch deceiver himself, alcohol is one of the devil's most efficient agents for destroying the happiness of man, for the present and hereafter, gains the confidence of its victims by making great promises, which it never fulfills.

Alcohol is colorless when pure and very inflammable, burning with pale blue flame. It is closely allied to such chemical compounds as naphtha, turpentine, benzine, fusel oil, kerosene, and burning fluid.

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It is seldom found pure, usually containing from two to fifty per cent. of water, besides various impurities, chief among which is fusel oil; another variety of alcohol. The active chemical properties possessed by alcohol renders it not only unfit for introduction into the body, but actually dangerous when in a pure state.

Water is the only Drink. That is the only liquid capable of supplying the demand of the system for fluid. The various beverages in common use are of value only to the extent that they contain water, the universal solvent. Alcohol then, is neither food nor drink. It satisfies the craving for food, but does not replenish the tissues. Although a liquid, instead of supplying the needs of the system for liquid food, it creates a demand and a necessity for more.

The degeneration of the muscles, heart, brain, nerves, liver, kidneys, and in fact all the organs of the body is induced by the habitual use of alcohol. The condition of a man under the influence of liquor is precisely that of an insane man as regards his mind. When getting drunk is frequently repeated, the condition of the mind induced by drink may become permanent, making the individual a fit subject for the insane asylum. Intemperance, more than any other cause, fills our lunatic and idiot asylums. According to the statistics of insanity in France, thirty-four per cent. of all cases of lunacy are due to intemperance. One half the idiots in England are of drunken parentage and the same is true of all European countries. In the state of Massachusetts more than one half the cases of idiocy is attributed to intemperance. In one family there were seven idiots, both parents were drunkards.

Stomach of a Moderate Drinker. The effect of alcohol, as well as condiments, is to produce a state of excitement and irritation in the stomach, the result of which, when frequently repeated, is permanent congestion, and numerous forms of dyspepsia. But alcohol does more than simply irritate the stomach, it prevents the digestion of the food, and by its chemical properties it destroys the activity of the gastric juice, and so does triple mischief.

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Stomach of a Hard Drinker. In the stomach of a hard drinker the blood vessels are dilated, as in the case of a moderate drinker, and in addition small ulcers are seen scattered over the diseased surface. The stomach of an old toper may be in an ulcerated condition without his being conscious of the fact, as the nerves of the stomach are so paralyzed by alcohol that their normal sensibility is quite lost.

The Stomach in Delirium Tremens,

In a person who is suffering with Delirium Tremens, the mucous lining of the stomach is in a state of intense inflammation, so that its functions are wholly suspended. Person who have died of Delirium Tremens usually disclose the stomach black with mortification.

Alcohol vs. Strength. The laborer, the traveler and the soldier use alcohol under the delusion that it produces strength. When fatigued the laborer takes a glass of grog and feels better, or thinks he does. He imagines himself stronger. His strength however, is wholly a matter of imagination. The sensation of warmth produced by taking a glass of wine or brandy is delusive. The circulation is unbalanced, and for a few moments there is a seeming increase of heat, but the thermometer shows that the temperature is really lessened.

Alcohol on the Dinner Table. It is the cyclones and tornadoes and hurricanes in connection with the dinner table that form a bad climate for the stomach. I have heard people who have no regard for their stomach complain of the bilious climate of the South, and that they could not live there on account of the biliousness of the climate. In most of these cases the biliousness is in the man and not in the climate.

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Grandmothers Wanted. Are there no grandmothers nowadays, with their simple old fashioned love of home and family and good common sense. Have the grandmothers of to-day, who must be called auntie, with dyed hair, tight stays come to stay? Let us hope not for the sake of the coming generation.

I am not an old man, but I have lived long enough to see the utter decadence of some old fashioned virtues. Few girls nowadays seem to know how to darn their own stockings or even be able to neatly mend a rent in their garments.

The repose of manner and simple old fashioned politeness that sprung from the heart like a rose from the root. How little we see of it nowadays. We see a great deal of what you call company manners, learned from a book of etiquette, perhaps; but the kindly spirit that seeks to make things pleasant, for the humblest stranger, as well as the guest who comes in the van of a trumpeting herald, is growing rarer each year. What if it does cost a little trouble to answer a question, or drop your task to direct a stranger? What is the use of being in the world at all, if not to lend a helping hand where we can, and make folks happy?

The courtesy that is only shown to people we know, and to people who can respond perhaps in kind, is a spurious courtesy, as different from old fashioned politeness, as a pink made of muslin, to a sweet carnation that grows in the garden.

The Home is the workshop for the manufacturer of character, a central telegraph office of human love, into which run innumerable wires of affection, many of which, though extending thousands of miles, are never disconnected from the one great terminus. A school wherein we are taught the most important lesson of life, for they constitute the basis upon which we build the whole superstructure of our characters.

The father's kingdom, the children's paradise, and the mother's world.

MEYER'S HAIR CLEANSER.

It is a great mistake for delicate persons to have their hair cut too short at any season of the year, and too much shampooing is very injurious; the hair can be kept perfectly clean by using what is called a dry shampoo—viz.: Loosen the hair, then every inch of the scalp should be gently rubbed, until all the dust or dandruff is loosened. The hair should be divided into different parts of the head and brushed with a stiff little brush, until the scalp is clean, and the hair also. Then should be rubbed with some good hair tonic, MEYER'S HAIR CLEANSER will promote the growth of the hair and make it luxuriant and glossy, stops the hair from falling out and prevents the person from catching cold; it will also remove dandruff from the scalp.

Price, \$1.00 per bottle.

MEYER'S DYSPEPTIC REMEDY

Is an invaluable remedy in all cases of indigestion or disorders of the stomach, it assists Nature in her efforts to restore the stomach to its normal condition.

Price \$1.00 per bottle.

MEYER'S INSOMNIA CURE

Will always sooth the nerves and induce sleep, and you will awake without that (tired feeling) and entirely refreshed. This is not a drug and is simple and a perfectly harmless remedy.

MEYER'S NERVE BUILDER

A vegetable nerve strengthening tonic, there is nothing that equals it for nervous debility, neurasthenia or nervous prostration.

Price, \$1.00 per bottle

LIST OF

Moritz Meyer's Remedies.

Are simply given to assist Nature and restore the organs to their normal condition. He does not believe in strong drugs, as no drug will cure any disease; and after 40 years experience, he has found that Nature's own remedies are the best to correct neglected cases. Each remedy will remove the cause by acting directly upon the affected parts.

MEYER'S POULTICE—Ready for use, put up in two size cans.
Price, 50c. and \$1.00 per box.

MEYER'S EYE SALVE—An Infallible Remedy for any Disease
of the Eyes, - - - Price, 50c. per box.

MEYER'S CONSTIPATION REGULATOR—Should always be kept in the house and used when ever the Bowels begin to show a constipated habit. It regulates the Bowels by strengthening the nerves and muscles, weakened by neglect. It is a pure vegetable compound, and is perfectly harmless.
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MEYER'S BLOOD TONIC AND PURIFIER—Acts on the Blood,
Liver and Kidneys, sure cure for Rheumatism.
Price, \$1.00 per bottle.

MEYER'S BEST TONIC—Is a positive cure for all Female Com-
plaints, - - - Price, \$1.00 per bottle.

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List of Moritz Meyer's Remedies.

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- | | | |
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| Wash, | - | Price, \$1.00 per bottle |
| Ointment, | - | Price, 50c. per box |
- MEYER'S EXPECTORANT**—Is invaluable to loosen the mucus in Bronchitis, or to ease cough and cure heavy colds on the chest.
- | | | |
|---|---|--------------------------|
| - | - | Price, \$1.00 per bottle |
|---|---|--------------------------|
- MEYER'S FEVER PILLS**—Are best, because you are sure of always getting them freshly prepared, which insures quick action. Break any Fever.
- | | | |
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|---|---|---------------------|
- MEYER'S HAIR CLEANSER**—Will promote the growth of the Hair, and makes it luxuriant and glossy, it stops the Hair from falling out, and prevents the patient catching cold; it will also remove all dandruff from the scalp.
- | | | |
|---|---|--------------------------|
| - | - | Price, \$1.00 per bottle |
|---|---|--------------------------|
- MEYER'S TREATMENT** for the quick recovery of Congestion, Contusion and Gunshot wounds, and other wounds from accident; cures by a method heretofore unknown. Nature's own remedy. When taken in time, prevents all necessity for operations, which prove fatal nine times out of ten. See Moritz Meyer's Book, "Facts About Common Diseases," giving full particulars.
- MEYER'S DYSPEPTIC REMEDY,**
- | | | |
|---|---|--------------------------|
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|---|---|--------------------------|
- MEYER'S NERVE BUILDER**—A vegetable Nerve Strengthening Tonic, there is nothing that equals it.
- | | | |
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- | | | |
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|---|---|-----------|
- MEYER'S SOOTHING OINTMENT**—For the cure of Piles,
- | | | |
|---|---|---------------------|
| - | - | Price, 50c. per box |
|---|---|---------------------|

A Standing Invitation to Woman,

All women suffering from any form of illness peculiar to their sex are requested to communicate promptly with the woman assistant, under Moritz Meyer's direction. All such letters are read and answered by this assistant only. A woman can freely talk of her private illness to a woman. She is glad to have you write her. You will find her a woman full of sympathy, with a great desire to assist those who are sick. She will frankly tell you exactly what to do for relief. She asks in return nothing but your good will.


Write us about your case. You can have the benefit of our experience of nearly a quarter of a century, by writing us full particulars about your case, giving all symptoms. We study the conditions carefully, and give you common sense advice of what to do in connection with our Remedies. While the advice given will be simple and easily understood, it will be thoroughly practical, and can be followed at your home.

Do not hesitate to write us fully, for every letter received is treated as strictly confidential, and the answer will be mailed in a plain sealed envelope. Write to-day. Advice free.

In ordering the Remedies by mail, send your money by P. O. order, bank draft, check or registered letter, to insure its safe arrival.

Address all communications to

MORITZ MEYER,

ST. LOUIS, MO. 

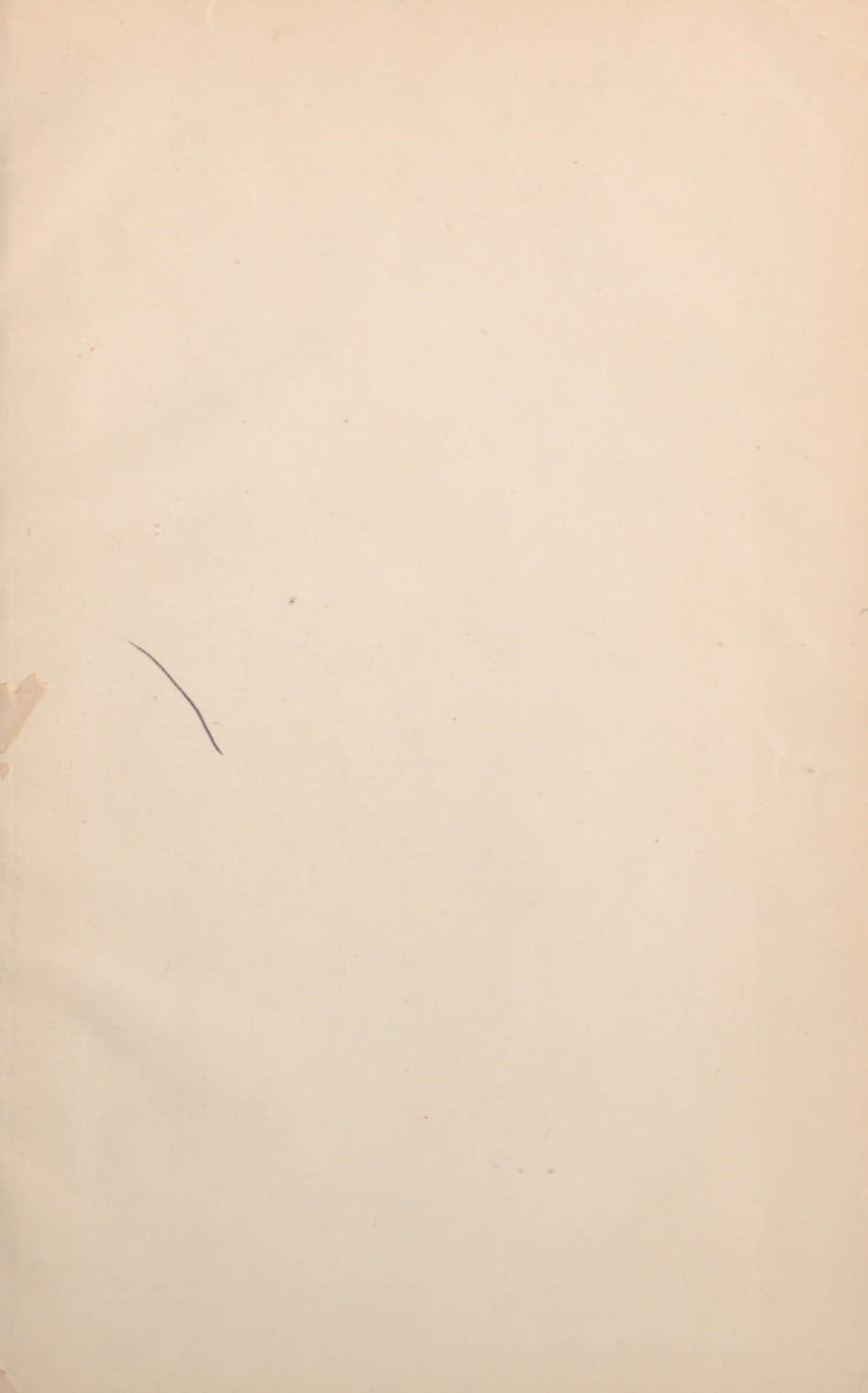


I wish every one who has the welfare of the afflicted at heart, to assist me in placing my book in every town and city, throughout the country, and will give liberal terms (by letter) to all wishing to engage in this humane work.

I believe there never has been a book offered to canvassers, which is so sure of a sale in every family.

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