

THE PRACTICE
of
NATURE CURE
HENRY LINDLAHR, M. D.

THE PRACTICE *of* NATURE CURE

HENRY LINDLAHR, M. D.

TWENTY-SEVENTH EDITION

Revised and Edited by Victor H. Lindlahr

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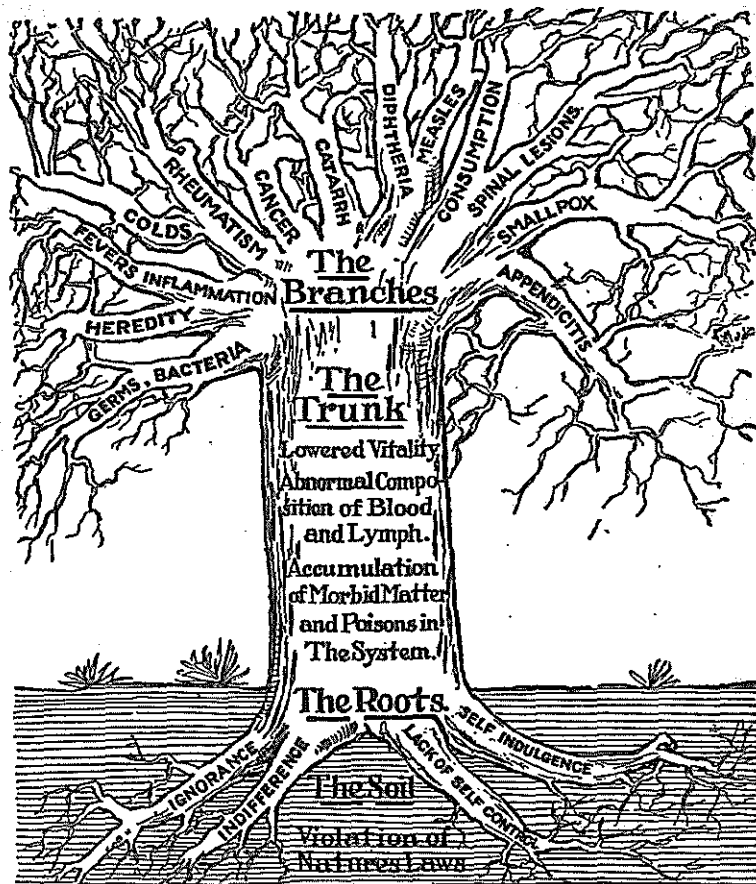
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PREFACE

Few if any works dealing with the practice of the healing art can withstand the test of time. Text-books of treatment popular and accepted in one year pass into oblivion. The history of the art of healing has been one of kaleidoscopic changes and right-about-faces. In prefacing this 27th edition of Dr. Henry Lindlahr's "Practice of Nature Cure" it has not been necessary to make any changes whatsoever in the technique described or the philosophy expounded. First printed thirty years ago, these Nature Cure lessons have been enhanced in value with each succeeding year. Thirty years ago people scoffed at sunbaths, whole wheat bread and preponderant vegetable diets. America has adopted these natural healing agents and taken them close to her heart. As time goes on, the other truths which Henry Lindlahr expressed and practiced will be adopted and declared "scientific." Meanwhile, it is with everlasting gratitude to him that we present this 27th edition of his monumental lessons in the art of living.

VICTOR H. LINDLAHR



THE UPAS TREE OF DISEASE

EVIL IS NOT AN ACCIDENT, NOT AN ARBITRARY PUNISHMENT, NOT ALWAYS AN "ERROR OF MORTAL MIND." IT IS THE NATURAL AND INEVITABLE RESULT OF VIOLATIONS OF NATURE'S LAWS. IT IS INSTRUCTIVE AND CORRECTIVE IN PURPOSE, AND WILL REMAIN WITH US ONLY AS LONG AS WE NEED ITS SALUTARY LESSONS.

NATURE CURE

CHAPTER I

WHAT IS NATURE CURE?

It is vastly more than a system of curing aches and pains; it is a complete revolution in the art and science of living. It is the practical realization and application of all that is good in natural science, philosophy, and religion. Like many another world-wide revolution and reformation, it had its inception in Germany, the land of thinkers and philosophers.

About seventy years ago this greatest and most beneficent of reformatory movements was inaugurated by Priessnitz in Grafenberg, a small village in the Silesian mountains. The originator of Nature Cure was a simple farmer, but he had a natural genius for the art of healing.

His pharmacopeia consisted not in poisonous pills and potions but in plenty of exercise, fresh mountain air, water treatments in the cool, sparkling brooks, and simple, wholesome country fare, consisting largely of black bread, vegetables, and milk fresh from cows fed on nutritious mountain grasses.

The results accomplished by these simple means were wonderful. Before he died, a large sanitarium, filled with patients from all over the world and from all stations of life had grown up around his forest home.

Among those who made the pilgrimage to Grafenberg to become patients and students of this genial healer,

the simple-minded farmer-physician, were wealthy merchants, princes, and doctors from all parts of the world.

Rapidly the idea of drugless healing spread over Germany and over the civilized world. In the Fatherland, Hahn the apothecary, Kuhne the weaver, Rikli the manufacturer, Father Kneipp the priest, Lahmann the doctor, and Turnvater Jahn, the founder of physical culture, became enthusiastic pupils and followers of Priessnitz.

Each one of these men enlarged and enriched some special field of the great realm of natural healing. Some elaborated the water cure and natural dietetics, others invented various systems of manipulative treatment, earth, air, and light-cures, magnetic healing, mental therapeutics, curative gymnastics, etc., etc.

In this country, Dr. Trall of New York, Dr. Jackson of Danville, Dr. Kellogg of Battle Creek, and others caught the infection and crossed the ocean to become students of Priessnitz. The achievements of these men in their respective fields of endeavor will stand as enduring monuments to the eternal truths revealed by the genius of Nature Cure.

Quimby, the itinerant spiritualist and healer, became successful and renowned by the application of the natural methods of cure. At first his favorite methods were water, massage, magnetic and mental treatment. Gradually he concentrated his efforts on metaphysical methods of cure, and before he died, he evolved a complete system of magnetic and mental therapeutics.

Quimby's teachings and methods were adopted by Mrs. Eddy, his most enthusiastic pupil, and by her elaborated into Christian Science, the latest and most successful of modern mental-healing cults.

Dr. Still of Kirksville, Missouri, made a valuable addition to natural methods of treatment by the invention of Osteopathy, a system of scientific manipulation of the bony structures, nerves and nerve centers, muscles, and ligaments. A later development of manipulative science is Chiropractic, originated by Dr. Palmer of Davenport, Iowa.

Thus the simple pioneers of German Nature Cure, every one of them gifted by Nature with the instinct and genius of the true healer, who is born, not made, laid the foundation for the world-wide modern health-culture movement.

They were not blinded or confused by the conflicting theories of books and authorities, or by the action of a thousand different drugs on a legion of different symptoms, but applied common-sense reasoning to the solution of the problems of health, disease, and cure.

They went for inspiration to field and forest rather than to the murky atmosphere of the dissecting and vivisection rooms. They studied the whole and not only the parts; causes as well as effects and symptoms. Realizing that man had lost his natural instinct and strayed far away from Nature's ways, they studied and imitated the natural habits of the animal creation rather than the confusing doctrines of the schools.

Thus they proclaimed the "return to Nature" and the "new gospel of health," which are destined to free humanity from the destructive influences of alcoholism, wrong-eating, the dope and tobacco habit, and of drug-poisoning, surgical mutilation, vivisection, and a thousand other abuses practiced in the name of science.

When parents learn how to create children in accord with natural law, how to mould their bodies and their

characters into harmony and beauty before the new life sees the light of day, when they learn to rear their offspring in health of body and purity of mind in harmony with the laws of their being, then we shall have true types of beautiful manhood and womanhood, then children will no longer be a curse and a burden to themselves and to those who bring them into the world or to society at large.

These thoughts are not the mere dreams of a visionary. When we see the wonderful changes wrought in a human being by a few months or years of rational living and treatment, it seems not impossible or improbable that these ideals may be realized within a few generations.

Children thus born and reared in harmony with the law will be the future masters of the earth. They will need neither gold nor influence to win in the race of life,—their innate powers of body and soul will make them victors over every circumstance. The offspring of alcoholism, drug poisoning, and sexual perversity will cut but sorry figures in comparison with the manhood and womanhood of a true and noble aristocracy of health.

CHAPTER II

THE CATECHISM OF NATURE CURE

The philosophy of Nature Cure is based on sciences dealing with newly discovered or rediscovered natural laws and principles, and with their application to the phenomena of life and death, health, disease, and cure.

Every new science embodying new modes of thought requires exact modes of expression and new definitions of already well-known words and phrases.

Therefore we have endeavored to define, as precisely as possible, certain words and phrases which convey meanings and ideas peculiar to the teachings of Nature Cure.

The student of Nature Cure and kindred subjects will do well to study these definitions and formulated principles closely, as they contain the pith and marrow of our philosophy and greatly facilitate its understanding.

(1). What is Nature Cure?

Nature Cure is a system of body-building in harmony with the constructive principle in Nature on the physical, mental, moral, and spiritual planes of being.

(2). What is the Constructive Principle in Nature?

The constructive principle in Nature is that principle which builds up, improves, and repairs, which always makes for the perfect type, whose activity in Nature is designated as evolutionary and constructive, and which is opposed to the destructive principle in Nature.

(3). What is the Destructive Principle in Nature?

The destructive principle in Nature is that principle which disintegrates and destroys existing forms and

types, and whose activity in Nature is designated as devolutionary and destructive.

(4). What is Normal or Natural?

That is normal or natural which is in harmonic relation with the life purposes of the individual.

(5). What is Health?

Health is normal and harmonious working of the elements and forces composing the human entity on the physical, mental, moral, and spiritual planes of being, in conformity with the constructive principle of Nature applied to individual life.

(6). What is Disease?

Disease is abnormal or inharmonious working of the elements and forces composing the human entity on one or more planes of being, in conformity with the destructive principle of Nature applied to individual life.

(7). What is the Primary Cause of Disease?

The primary cause of disease, barring accidental or surgical injury to the human organism and surroundings hostile to human life, is violation of Nature's laws.

(8). What is the Effect of Violation of Nature's Laws on the Physical Human Organism?

The effect of violation of Nature's laws on the physical human organism is

1. Lowered Vitality.
2. Abnormal composition of blood and lymph.
3. Accumulation of waste matter, morbid materials, and poisons.

These conditions are identical with disease, because they tend to lower, hinder, or inhibit normal functions, and because they engender and promote destruction of living tissues.

(9). What is Acute Disease?

What is commonly called "acute" disease is in reality the result of Nature's efforts to eliminate from the organism waste matter, foreign matter, and poisons, and to repair injury to living tissues. In other words, every so-called acute disease is the result of a cleansing and healing effort of Nature. The real disease is lowered vitality, abnormal composition of the vital fluids (blood and lymph), and the resulting accumulation of waste materials and poisons.

(10). What is Chronic Disease?

(a) Chronic disease is a condition of the organism in which lowered vitality, due to the accumulation of waste matter and poisons, with the consequent destruction of vital parts and organs, has progressed to such an extent that Nature's constructive and healing forces are no longer able to react against the disease conditions by corrective efforts.

(b) Chronic disease is a condition of the organism in which the morbid encumbrances have gained the ascendancy and prevent activity on the part of the constructive forces of Nature.

(11). What is Cure?

Cure is readjustment of the human organism from abnormal to normal conditions and functions.

(12). What Methods of Cure are in Conformity with the Constructive Principle in Nature?

Those methods which

1. Establish normal surroundings and natural habits of life in accord with Nature's laws.
2. Economize vital force.
3. Build up the blood on a natural basis, that is, sup-

ply the blood with its natural constituents in right proportions.

4. Promote the elimination of waste matter and poisons without in any way injuring the human body.

5. Arouse the individual in the highest possible degree to the consciousness of personal accountability and the necessity of intelligent personal effort and self-help.

(13). Are Medicines in Conformity with the Constructive Principle in Nature?

Medicines are in conformity with the constructive principle in Nature in so far as they, in themselves, are not injurious and destructive to the human organism and in so far as they act as tissue foods and promote the neutralization and elimination of morbid matter and poisons.

(14). Are Poisonous Drugs and Promiscuous Surgical Operations in Conformity with the Constructive Principle in Nature?

Poisonous drugs and promiscuous operations are not in conformity with the constructive principle in Nature, because

1. They suppress acute diseases or reactions (crises), the cleansing and healing efforts of Nature.

2. They are in themselves harmful and destructive to human life.

3. Such treatment fosters the belief that drugs and surgical operations can be substituted for obedience to Nature's personal effort and self-help.

(15). Is Mental Healing in Conformity with the Constructive Principle in Nature?

Mental systems of healing are in conformity with the constructive principle in Nature in so far as

1. They do not interfere with or suppress Nature's healing efforts

2. They awaken hope and confidence (therapeutic faith), and increase the inflow of vital force into the organism.

They are not in conformity with the constructive principle in Nature in so far as

1. They fail to assist Nature's healing efforts.

2. They ignore, obscure, and delay the laws of Nature and defy the dictates of reason and common sense.

3. They substitute, in the treatment of disease, a blind, dogmatic belief in the wonder-working power of metaphysical formulas and prayer for intelligent co-operation with Nature's constructive forces, for personal effort and self-help.

4. They weaken the consciousness of personal responsibility.

(16). Is Nature Cure in Conformity with the Constructive Principle in Nature?

Nature Cure is in conformity with the constructive principle in Nature because

1. It teaches that the primary cause of weakness and disease is disobedience to the laws of Nature.

2. It arouses the individual to the study of nature's laws and demonstrates the necessity of strict compliance with these laws.

3. It strengthens the consciousness of personal responsibility of the individual for his own status of health and for the hereditary conditions, traits, and tendencies of his offspring.

4. It encourages personal effort and self-help.

5. It adapts surroundings and habits of life to natural laws.

6. It assists Nature's cleansing and healing efforts by simple natural means and methods of treatment which

are in no wise harmful or destructive to health and life, and which are within the reach of everyone.

(17). What are the Natural Methods of Living and of Treatment?

1. **Return to Nature** by the regulation of eating, drinking, breathing, bathing, dressing, working, resting, thinking, the moral life, sexual and social activities, etc., on a normal and natural basis.

2. **Elementary remedies**, such as water, air, light, earth cures, magnetism, electricity, etc.

3. **Chemical remedies**, such as scientific food selection and combination, simple herb extracts.

4. **Mechanical remedies**, such as corrective gymnastics, massage, magnetic treatment, osteopathic manipulation and, when indicated, surgery.

5. **Mental and spiritual remedies**, such as scientific relaxation, normal suggestion, constructive thought, the prayer of faith, etc.

CHAPTER III

A GENERAL REGIMEN FOR WHOLESOME LIVING AND FOR PREVENTION OF DISEASE

The following is an outline of a daily regimen for natural living and home treatment which will prove fully sufficient to maintain good health and to insure physical and mental efficiency, provided, however, the system is in good condition to begin with. In order to cure acute or deep seated chronic conditions, it is necessary to apply thorough systematic natural treatment as outlined under the respective headings. The regimen may have to be modified somewhat to suit various constitutions and changing conditions.

1. **Mental Adjustment.** When you awake in the morning from sleep, lie flat on your back in a completely relaxed position. For a few minutes let a feeling of rest, peace and goodwill permeate your whole being. Then in a prayerful attitude of mind make your affirmations and denials according to your daily need. Say, for instance:

"I am thankful for being alive and for all the privileges and responsibilities which life confers upon me. I am glad I have before me another day of glorious opportunity to give and to receive, to gather greater knowledge and to work for self-completion through better control of all my faculties and powers.

"There is that within me which can rise superior to my own weakness and to outward circumstances—the power of free will, a spark of the creative force that animates every living thing. By the power of the divine will

attain complete mastery over my body, mind and soul; I shall express inward harmony in outward health, strength, success and happiness."

2. Water Sniffing. Then rise without further delay and after washing your face and hands in cold water, sniff cold water from the hollow of your hand into your nose. Repeat this six times.

The water sniffing should be repeated three or four times a day, every time one has occasion to wash, and before retiring in the evening. At first this practice may have an irritating effect, but this will soon be overcome.

If in the beginning the water cannot be taken cold, it may be tempered. Within a few days or weeks, however, it should be used as it comes from the hydrant.

Water sniffing is an excellent means for cleansing the nasal passages of all obstruction. It is the best treatment for catarrh and a splendid natural stimulant to the membranes and nerve endings in the nasal passages. Through stimulation of these nerve endings it has a tonic effect upon the brain and nervous system.

3. Eye Bath. Follow instructions listed under index. In case of weak eyes, follow with the eye massage and exercises.

4. Morning Drink. After the water sniffing and eye bath, and after cleansing the teeth and mouth with salt water (a teaspoonful of salt to a pint of water) sip slowly a glass or two of fresh, cold water.

Do not use warm or hot water for drinking. Warm water is weakening and enervating inside as well as outside of the body. The hot water drinking fad is all wrong, though it may be temporarily indicated under certain disease conditions.

5. Morning Cold Rub and Air Bath After the bath

exercise nude before an open window, if the outside temperature permits. Soon the circulation and skin action will improve to such an extent that you can do this with impunity in midwinter as well as in summer time.

After the cold rub, while taking the air bath nude before an open window, go through the breathing exercises and curative gymnastics. If possible, exercise from fifteen to thirty minutes. Also pinch, pull, slap and massage the fleshy parts of the body vigorously, from the feet up. Rub the back with a flesh brush or with a rough towel.

Begin with the lighter exercises and from day to day take more difficult ones.

The time to be spent in exercise must be determined by your occupation and other individual conditions.

Do not exercise immediately before or after eating, nor when very tired.

6. Morning Walk. After dressing, if the weather permits, take a brisk walk or short run in the open air. Otherwise spend from ten to fifteen minutes in bag punching or other exercises adapted to your individual requirements.

7. Exercise. Exercise is one of the most important factors in the daily natural regimen and one that is too much neglected.

Normal, healthy life means that there must be activity of each individual cell in order to promote the assimilation of food and the elimination of waste products from the cells and tissues.

Performing ordinary daily routine work, such as housework, or even hard labor, does not accomplish the desired result. It exercises only certain sets of muscles and leaves

should be undertaken with enthusiasm and energy. Outdoor field sports and games are best, and should be continued until profuse perspiration comes. Where that is not possible some regular substitute should be used, and the will power should be directed to that set of muscles or that part of the body which is being exercised at any given time.

Walking is a splendid form of exercise, provided it is made vigorous enough to set in motion all the muscles of the body and to produce perspiration. There is no better form of elimination than natural perspiration.

8. **Sun and Air Baths.** Sun and air baths are important for reviving the dead skin and for keeping it in normal condition. They should be taken every day. This can be done in combination with your regular exercise, but may be taken at a separate time and place.

Vitality or life force comes to us through the sun; and the direct action of sun, light and air on the skin is very beneficial.

Do not expose your body to the direct rays of the sun for too long a time at the start, as the sun's rays have a powerful stimulating effect. You should begin with moderate exposure and gradually increase until you get the amount suited to your individual condition.

If no special provision is made for outdoor air baths, take all exercises nude before an open window.

The cold spray or sponge bath taken during exposure to the sun and air will increase skin action. Let the body dry in the air, rubbing it with the hands to increase its magnetism.

Before going to sleep, take a short air bath in front of the open window. This may be combined with breathing exercises, internal massage or a few corrective move-

ments; but care must be taken not to drive away sleep by over-strenuous exercise.

9. **The Evening Cold Sitz Bath.** You will find this important application described later on. It should be taken regularly as long as there are no bad after-effects. Some few people seem to become stimulated by this bath instead of soothed and quieted and complain of disturbed sleep. In such cases the sitz bath may have to be taken lukewarm or may have to be omitted entirely. Women must not take the cold sitz bath during the menstrual period. They should cease cold water applications a few days before the arrival of the period and not resume until a day or two after.

If you do not react well to the sitz bath, try the air bath with self-massage and friction as described under "morning cold rub." The cold sitz bath is beneficial in the majority of cases. It draws the blood from the brain and spinal cord into the abdominal parts and organs where it is most needed, thus inducing quiet, dreamless sleep.

If you suffer from cold feet due to defective circulation, follow the directions for Foot Baths and Barefoot Walking.

10. **Eating and Drinking.** Wrong eating and drinking is the most prolific of all the causes of disease, and therefore regulation of the diet in harmony with Nature's laws and principles becomes of prime importance in the treatment of acute and chronic disease.

In case of chronic disease every drop of blood and every cell is affected and in order to produce a cure complete regeneration has to take place. The greater the change in food, provided you select foods that are pure and eliminating, the greater and faster will be the changes in the blood and tissues.

A carefully selected balanced diet containing the neutralizing and eliminating elements provides one of the most important means for complete regeneration of the human organism.

It requires steady, persistent use of will power and self-control to arrive at the proper daily quantity and kind of food and to maintain that schedule, but the results obtained are well worth the effort.

There are certain kinds of foods and drinks which have no place in the strict natural regimen.

Meat, fish or other flesh foods should be used sparingly. When you eat the flesh of an animal, you eat the waste products of the animal's life processes, urea, uric acid, cell waste, etc., all of which are poisons. If you add this to the quantity of waste products and poisons produced in your own body, it is very evident that by eating of meat foods you are putting double work on the organs of elimination.

Excess quantities of starches, proteins and fats are not desirable in the natural regimen, for the reason that they may produce acids and ptomaines which are difficult to eliminate.

The digestion of starchy foods begins in the mouth. Therefore it is important that they be thoroughly masticated and mixed with saliva before being swallowed. This can be accomplished much better if the starchy foods are eaten dry or nearly dry, as this promotes the flow of saliva.

In the following is outlined a daily regimen as to frequency of meals and combination of foods.

The ideal breakfast should consist of raw fruits only; best, one kind of fruit at a meal. However, if it agrees

with you, you may add to the raw food some dried, stewed or baked fruit.

During the treatment of serious chronic ailments the breakfast should consist of raw juicy fruits only, such as oranges, grape fruit, watermelon, cantaloup, apples, plums, pears, cherries, berries, etc.

Dinner, the chief meal of the day, should be eaten after the day's work is over. It is never advisable to eat a heavy meal when it has to be immediately followed by great physical or mental exertion. Either work or digestion will suffer. The vital force employed in manual or intellectual labor cannot at the same time be utilized for the digestion and assimilation of food.

If circumstances are such that dinner must be eaten in the middle of the day, take a short rest and relax thoroughly, physically and mentally, from 10 to 15 minutes before eating. You should also relax and rest for about one half hour before going back to your work. The American habit of sitting down to meals in a tense, strained condition of mind and body is to blame for much of the chronic dyspepsia from which we as a nation are suffering.

In order to lessen the intake of protein and starchy foods, it is a good rule to take either a potato or bread, not both, at the same meal.

The noon luncheon might consist of salads, vegetable relishes; alkaline fruits, such as figs, dates, raisins, prunes, etc.; cereal dishes; health bread and butter, cottage cheese or honey; also dried, stewed or baked fruits, and nuts.

11. **Frequency of Meals.** The frequency of meals cannot be determined by hard and fast rules. Various factors must be taken into account—occupation, physical

condition, circumstances in the home, etc. As a rule, the two meal plan is the best. The ideal way is to have breakfast between nine and ten o'clock in the morning and dinner between five and six in the afternoon. This allows sufficient time for thorough digestion and assimilation.

In our experience, the no-breakfast plan does not agree with most people. Putting off the first meal until noon is likely to create excessive hunger and a tendency to overeat. It also brings the noonday meal and the evening meal very close together.

If circumstances are such that breakfast has to be taken early in the day and dinner late in the evening, it may be found advisable to eat the raw fruit meal at noon.

12. Hot Food and Drink. Next to eating the wrong kinds of food or good food in abnormal combinations, there is nothing more injurious to the digestive organs, particularly the teeth, than the foolish custom of swallowing food and drink piping hot and mixing the glowing viands with ice water. Solid foods, soup, coffee and tea are served at temperatures varying from 120° to 160° F. (as much as 70° above blood heat), or as hot as the food can be conveyed from the cooking utensils to the table.

Hands or feet immersed in water of the temperature at which food is usually served would be severely scalded, yet the tender membranes of the mouth, throat, esophagus and stomach are brought a few times daily into intimate contact with burning hot food and drink. None other of the many foolish customs of hypercivilization contributes so much to the early decay and destruction of the teeth and gums as scalding them with hot food and drink and then chilling suddenly with ice cold water. The sudden application of heat to the teeth will crack the enamel in similar manner as glass will crack when suddenly im-

mersed in hot water. The destruction of the enamel is hastened by abrupt changes from excessive heat to contact with ice cold drinks or ices. Is it any wonder that decay of the teeth and pyorrhea are almost universal in this country?

While among Europeans the custom of serving food as hot as possible is as prevalent as in this country, they have not as yet acquired the injurious ice water habit. The American traveler is greatly surprised when he asks in vain for ice water in the home, the railroad trains, and in the best hotels of Europe. Nature nowhere serves her wild creatures with hot food and drink; that is one of the reasons why they do not need dentists.

In our institutions we make it a practice to serve the food moderately warm. At first many of the guests are strongly inclined to resent this practice, but they quickly become accustomed to the better way and then thoroughly relish the warm viands; it is all a matter of habit and we might as well indulge in the right habits as in the wrong ones which tend to create suffering for us in the long run.

The injurious habit of "fire eating" accounts to a large extent not only for early decay of the teeth and for diseases of the gums, but also for acute and chronic inflammation of the stomach and, in many instances, for ulcers, and for the development of benign and malignant tumors.

13. Drinking. We are not in favor of excessive drinking. The "flushing of the system" fad is a mistake. The purification of the body is not a mechanical process like the flushing of a sewer with water. It is a chemical process which depends upon the proper concentration of the different secretions in the system. These secretions, the most important of which is the blood, cannot be made

more effective by diluting with large amounts of water.

Most of the people that come to us for treatment suffering from stubborn chronic constipation have been "flushing" for years, through mouth and rectum, using quarts and even gallons of water daily, with the result that they were getting more constipated all the time. On our dry food diet and our treatments, the bowels begin to act normally within a short time.

Very large quantities of lime, iron, sulphur or other inorganic minerals in water that is used constantly for drinking or bathing are injurious to the system. We do not sanction the use of distilled water under any circumstances, because it has a tendency to leach the mineral elements from the blood and tissues.

If the water contains vegetable or animal organic matter it should be filtered.

It is the customary highly spiced meat and egg diet which creates excessive, abnormal thirst. A rational, non-irritating and nonstimulating vegetarian diet furnishes the organism with fluids of the best possible kind in the form of fruit and vegetable juices, prepared in Nature's own laboratory, rich in medicinal qualities and free from all objectionable constituents.

Under ordinary conditions, drink from four to eight glasses of pure water at ordinary temperature in the course of the day, according to your own individual inclination: in the morning before breakfast, at night before going to bed and at intervals during the day.

14. Drinking at Meals. The less you drink with your meals the better. The dryness of the food furnishes the necessary stimulus to the secretion of saliva and of gastric and intestinal juices.

An abundance of liquid in the digestive tract interferes

with the action of the secreting glands. It dilutes the secretions and thereby weakens their digestive qualities. The juices of the stomach and the intestines cannot be made more effective by adding to them large amounts of water at meal time.

Alcoholic drinks should be especially avoided at meals. They overstimulate temporarily the secretion of gastric and intestinal juices and this unnatural stimulation is followed by corresponding weakness and inactivity of the secreting glands in the digestive tract. Liquor taken before and during meals, therefore, encourages overeating, and when the reaction sets in, the secretions as well as the vitality are lacking in strength to digest properly the excess of food taken under the influence of unnatural stimulation.

A glass of water taken from one half to one hour before meals will in most cases do away with the desire to drink at meal time. However, if there be actual thirst it must be satisfied. If you prefer a warm drink, you may take cereal coffee or warm milk or (sparingly) cocoa. Skimmed milk, buttermilk and fruit juices diluted with water are good cold drinks.

15. Losing Weight. As before stated, the first effect of the natural regimen and of the natural methods of treatment is to promote the elimination of morbid matter from the system and this is naturally accompanied by some loss of weight. Many patients, unless they are instructed on the subject, become alarmed over this, especially since the laity as well as the old school of medicine seem to regard increase of flesh and fat as an evidence of increasing strength and better health. This, however, is another popular fallacy.

To increase flesh and fat in a diseased body by stuffing

and swamping it with large quantities of fat-producing foods and drink simply means increasing the disease conditions. It is the purpose of natural methods of living and of treatment to first purify cells and tissues of their encumbrances with morbid matter and disease taints. When this has been accomplished and when the blood has been built up on a natural basis, then will come a perfectly natural gain in flesh and strength; and whatever is built up then in new tissue is certain to be solid, pure and wholesome.

If all directions are carried out faithfully, there may be some loss of flesh but no corresponding loss of strength. On the contrary, in most cases there will be a decided increase of vital energy. Therefore do not dread the loss of a few pounds of flesh during the first periods of treatment. Whatever you lose is not good anyway. The old, diseased man must go before the new man can be built up in perfect health, strength and beauty.

16. Mental Attitude. The attitude of the mind is of great importance in following the natural regimen of living and of treatment. By our habitual thoughts we create in our brains the actual centers which make either for weakness and disease, or for health and strength.

From these centers impulses are sent into every cell and organ of the body, and these mental vibrations are changed into the corresponding physical conditions of health or of disease.

17. Relaxation. In our strenuous modern life the art of relaxation is known little and practiced less. Perfect relaxation is of the greatest importance for the conservation of our vital energies. It allows the greatest possible inflow of vital force into the system and economizes its expenditure.

Most people spend the best part of their vitality not in the amount of work they do, but in the way they do it. We must learn to be perfectly relaxed not only during the periods of rest and sleep, but also during the hours of physical and mental activity.

Some people on account of a tense nervous condition, spend more vital energy while resting and sleeping than others do while at work. In most instances, nerve exhaustion in its many different manifestations is brought about not through overwork, but through the tense, fretful, impatient, irritable, hurrying way in which the work is performed.

The ability to rest, to sleep and to work in a condition of perfect relaxation and repose plays an important part not only in the ordinary daily life but especially in the natural treatment of diseases.

18. Sleep. During sleep the liberation of vital energy in the body continues as during the wakeful hours of active work, but none is expended. The body acts as a storage battery. A reserve of vital energy is thus accumulated for the work of the following day.

The moment the consciousness wakens and mental activity begins the expenditure of vital force commences.

It is for these reasons that nothing can take the place of sleep as a restorer of vital energy. No amount of food and drink, no tonics or stimulants can make good for lost sleep.

Therefore we must learn how to derive the greatest good from deep, sound sleep. This can be learned and the habit acquired even by those who have suffered from insomnia for years. It is fortunate for insomnia patients that they sleep more than they are aware. If it were not so, they could not live.

The following rules, if closely followed, will help to induce sound sleep:

- a) Sleep in a well-ventilated and not overheated room.
- b) Never sleep in the garments worn during the day. Wear a night garment of light, porous material, so that the poisonous exhalations of the skin may easily escape; or, better still, wear NONE.
- c) Let the covering be neither too warm nor too heavy.
- d) Avoid excitement or extraordinary strain just before bedtime if possible.
- e) Do not eat heavy food shortly before bedtime. However, it is a good practice to eat one kind of juicy fruit before retiring, and many nervous, wakeful people are benefited by taking a glass of milk.
- f) After going to bed, practice the formulae for "Relaxation Before Sleeping."

19. **Bedtime.** Two hours before and the two hours after midnight are the most valuable for sleep of all the twenty-four hours of the day. In these four hours mental and physical vigor are at their lowest ebb and sleep is soundest and most natural. It is true, therefore, that "one hour of sleep before midnight is worth two at any other time." Actors and others whose occupations require intense mental work during the midnight hours are prone to suffer from nervous disorders.

Establish the habit of going to bed early. If you have extra work let it not be done during the precious midnight hours, but rather in the early morning after the organism has been refreshed and strengthened by sleep.

20. **Duration of Sleep.** Eight hours of sleep a day is considered the average amount required by the average person. However, some people require more sleep than others, especially those who are nervous or anemic. On

the other hand, too much sleep begets a tendency to laziness.

Therefore no general rule can be established as to the exact amount of sleep required. This must be determined by the individual through close observation of the amount of sleep required to keep him in the best possible condition.

21. **The Noonday Nap.** If you are weak and nervous or subject in your daily work to considerable physical and mental strain, make it a practice to take a nap after the noonday meal or at any other suitable time.

Retire to a quiet place where you will be undisturbed. Sit in a chair in a comfortable, relaxed position or, better still, lie down on a couch or bed. If there be sufficient time for doing so, take off the shoes and loosen the clothing.

Dismiss all disturbing thoughts from your mind and go through one of the formulae for Relaxation.

If in this manner you can rest and relax sufficiently to lose consciousness for a short while, even if it should not be for more than ten or fifteen minutes, you will rise strengthened and refreshed. Only through entire temporary loss of consciousness can perfect relaxation be attained.

In order to ascertain whether you have accomplished your purpose, hold some small object, say a lead pencil, in your closed hand when you take your rest. If loss of consciousness and complete relaxation have taken place, you will find that your hand has opened and the pencil has slipped from it.

Some people claim that they feel worse after a brief nap in the daytime, but it has been my experience that by persisting in this practice the seemingly adverse effects

are soon overcome. I believe that many overtired and nervous people would find this noonday nap or "psychic" nap, as it has been called, more beneficial for rest and recuperation than the taking of a walk.

Neither is it true that the noonday nap keeps one from sleeping at night. Insomnia is caused by overwrought nerves. The more relaxed the brain and nervous system during the day, the deeper and more normal the sleep at night. It is the exhausted and overworked brain that has been kept at work for many hours without intermission or relaxation that either cannot go to sleep at all, or obtains at best but a disturbed, fitful, half-conscious and therefore unrefreshing sleep.

22. Dietetics in a Nutshell

Food Classes	Predominant Chemical Elements	Functions in Vital Processes	Foods in Which the Elements of the Respective Groups Predominate
GROUP I Carbohydrates	Starches and Dextrines	Carbon Oxygen Hydrogen	Producers of Heat and Energy
	Sugars	Carbon Oxygen Hydrogen	Producers of Heat and Energy
	Fats and Oils	Carbon Oxygen Hydrogen	Producers of Heat and Energy
	Albumen (white of egg) Gluten (grains) Myosin (lean meat)	Carbon Oxygen Hydrogen Nitrogen Phosphorus Sulphur	Producers of Heat and Energy Building and Repair Materials for Cells and Tissues
	Organic Mineral Elements	Sodium Na Ferrum (Iron) Fe Calcium (Lime) Ca Potassium K Magnesium Mg Manganese Mn Silicon Si Chlorine Cl Fluorine F	Eliminators; Blood, Bone and Nerve Builders; Antiseptics; Blood Purifiers; Laxatives; Cholagogues; Producers of Electro-magnetic Energies
GROUP II Carbohydrates			Cereals: The inner, white parts of wheat, corn, rye, oats, barley, buckwheat, and rice Vegetables: Potatoes, roots, sweet potatoes, pumpkins, squashes Fruits: Bananas Nuts: Chestnuts
GROUP III Hydrocarbons			Vegetables: Melons, beets, sorghum Fruits: Bananas, dates, figs, grapes, raisins Dairy Products: Milk Natural Sugars: Honey, maple sugar Commercial Sugars: White sugar, syrup, glucose, candy Nuts: Cocoanuts
GROUP IV Proteins			Fruits: Olives Dairy Products: Cream, butter, cheese Nuts: Peanuts, almonds, walnuts, cocoanuts, Brazil nuts, pecans, pignolias, etc. Commercial Fats: Olive oil, peanut oil, peanut butter, vegetable-cooking oils The yolks of eggs
GROUP V Organic Minerals			Cereals: The outer, dark parts of wheat, corn, rye, oats, barley, buckwheat and rice Vegetables: The legumes (peas, beans, lentils), mushrooms Nuts: Cocoanuts, chestnuts, peanuts, pignolias (pine nuts), hickorynuts, hazelnuts, walnuts, pecans, etc. Dairy Products: Milk, cheese, eggs Meats: Muscular parts of animals, fish and fowls
			The red blood of animals Cereals: The hulls and outer, dark layers of grains and rice Vegetables: Lettuce, spinach, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, tomatoes, string-beans, fresh peas, parsley, cucumbers, radishes, savoy, horseradish, dandelion, beets, carrots, turnips, eggplant, kohlrabi, oysterplant, artichokes, leek, rosekale (Brussels-sprouts), parsnips, pumpkins, squashes, sorghum Fruits: Apples, pears, peaches, oranges, lemons, grapefruit, plums, prunes, apricots, cherries, olives Berries: Strawberries, huckleberries, cranberries, blackberries, blueberries, raspberries, gooseberries, currants Dairy Products: Milk, buttermilk, skimmed milk Nuts: Cocoanuts

CHAPTER IV

TREATMENT OF ACUTE DISEASES

Many people who have had occasion to observe the wonderful results of natural treatment in chronic diseases of the so-called incurable types have an idea that while the natural methods are good enough to cure tuberculosis, cancer, infantile paralysis, locomotor ataxia, etc., they are not sufficient to cope with inflammatory feverish diseases. They seem to think it requires "good, strong medicine" or surgical treatment to cure acute diseases.

Some years ago we cured a lady of disease of the lower jaw after she had undergone three operations and had been told that it was necessary to remove the entire lower jaw bone in order to save her life. Such treatment seemed rather heroic and drove her to a Natural Therapeutic practitioner. After six months of natural living and treatment the affected jaw was in sufficiently good condition to support a set of artificial teeth and she has been in good health ever since. I met her about a year ago on a street car, and in answer to my inquiry as to the state of her health, she replied, "I am feeling fine, but had a lot of trouble in the family. Since I was with you I lost one of my daughters with diphtheria. Another daughter injured her breast through a fall. This resulted in a hardening of the breast and in the formation of an open sore. The doctor who treated her claimed there was danger of cancer and on his recommendation the breast was removed; since that time my daughter has not felt well." On inquiry she admitted that diphtheria antitoxin had been administered in the diphtheria case. I asked her

why in the name of common sense she had not called on us or some other Nature Cure physician for advice and treatment. "Oh, well," she answered, "I did not know that you treated such cases. I thought you cured only chronic diseases like mine." Surely, some people get well under natural treatment and never know what has cured them.

As a matter of fact, it is in the treatment of acute diseases that our methods show the most marvelous results. In the treatment of chronic diseases we undertake the most difficult and most thankless work of healing practice. When John recovers from measles, mother thinks the doctor performed a miracle, but when a patient recovers, under natural treatment, slowly and laboriously from advanced stages of cancer or tuberculosis, it scarcely arouses attention. The symptoms of acute disease are so much more terrifying and the recovery is so quick and complete that it impresses the lay mind as a remarkable performance of the attending physician. It is this which keeps alive the old school system of medicine. The laity does not understand that acute disease is in itself the cure, and the doctor gets the credit for Nature's healing efforts. The same is true of Christian Science. The disease which it tries to ignore and whose very existence it denies is in reality the cure. Nature does the curing with or without Science, but the healer gets the credit.

If the uniformity of acute diseases be a fact in nature then it follows that it must be possible to treat all acute diseases by uniform methods.

That it is possible to treat all acute diseases most successfully by natural methods which anybody possessed of ordinary intelligence can apply, has been demonstrated for more than seventy years by Nature Cure practitioners

in Europe, and by myself during the last seventeen years in an extensive practice in this country.

One of the many advantages of natural treatment is that it may be applied right from the beginning, as soon as the first symptoms of acute febrile condition manifest. It is not necessary to wait for a correct diagnosis of the case.

The regular physician, with his "specific" treatment for the multitude of "specific" diseases which he recognizes, often has to wait several days or even weeks before the nature of the disease becomes clear to him, before he is able to diagnose the case or even to make a good guess and prescribe his specific remedy.

How difficult this is was proved by the candid report of Dr. Cabot, which is now making the rounds in medical journals and other publications. Dr. Cabot, who is in charge of the Autopsy Department of the Massachusetts General Hospital, made the statement that autopsies in 1,000 cases of deaths that occurred in the above named institutions revealed the fact that only 53 per cent of the diagnoses made before the deaths of the patients had been correct. From this it follows that in 47 per cent of these cases the patients were doctored for diseases that they did not have.

The conscientious medical practitioner has to postpone actual treatment until the symptoms are well enough defined to enable him to affix the orthodox label.

Meanwhile he applies "expectant treatment", as it is called in medical parlance, that is, he gives a purgative or a "placebo", something or other to "placate", or to make the patient and his friends believe that something is being done.

But during this period of indecision and inaction very

often the best opportunity for aiding Nature in her healing efforts is lost, and the inflammatory processes may reach such virulence that it becomes very difficult or even impossible to keep them within constructive limits. The bonfire that was to burn up the rubbish on the premises may, if not watched and tended, assume such proportions that it damages or destroys the house.

It must also be borne in mind that very frequently acute diseases do not present the well defined sets of symptoms which fit into the accepted medical nosology or symptomatology. On the contrary, in many instances the symptoms suggest a combination of different forms of acute diseases.

If the character of the disease is ill defined and complicated, how then is the physician of the old school to select the proper "specific" remedy? Under such circumstances the diagnosis of the case as well as the medical treatment will at best be largely guess work.

Compare with this unreliable and unsatisfactory treatment the simple and scientific, exact and efficient natural methods. The natural remedies can be applied from the start at the slightest manifestation of inflammatory and febrile symptoms. No matter what the specific nature or trend of the inflammatory process, whether it be a simple cold, or whether it take the form of measles, scarlet fever, diphtheria, smallpox, appendicitis, etc.,—it makes absolutely no difference in the mode of treatment. In many instances the natural treatment will have broken the virulence of the attack or brought about a cure before the allopathic physician would get good and ready to apply his "specific" remedy.

The natural methods of treatment of acute diseases insure the largest possible percentage of recoveries and

at the same time do not in any way tax the system or cause undesirable after effects which may develop into many forms of chronic invalidism.

The most important of these natural remedies can be had free of cost in any home. They are Air, Fasting, Water and the right Mental Attitude.

I am fully convinced that these remedies offered freely by Mother Nature are sufficient, if rightly applied, to cure any acute disease arising within the organism. If circumstances permit, however, we may advantageously add, when indicated, manipulation of the spine, massage, magnetic treatment and homeopathic remedies.

CHAPTER V.

FRESH AIR TREATMENT

A plentiful supply of fresh pure air is of vital importance at any time. We can live without food for several weeks and without water for several days, but we cannot live without air for more than a few minutes. Just as a fire in the furnace cannot be kept up without a good draft which supplies the necessary amount of oxygen to the flame, so the fires of life in the body cannot be maintained without an abundance of oxygen in the air we breathe.

Fresh air is of vital importance at all times, but especially in acute disease because here, as we have learned, all the vital processes are intensified. The system is working under high pressure. Large quantities of waste and morbid materials, the products of inflammation, have to be oxydized, that is, burned up and eliminated from the system.

In this respect nature cure practitioners have brought about one of the greatest reforms in medical treatment—the admission of plenty of fresh air into the sickroom.

But, strange to say, the importance of this most essential natural remedy is not as yet universally recognized by the representatives of the allopathic school of medicine. Time and again I have been called to a sickroom where "by order of the doctor" every window was closed and the room filled with pestilential odors, the poisonous exhalations of the diseased organism added to the stale air of the unventilated and often overheated apartment.

It is not the cold draft that is to be feared in the sickroom. Cold air is most agreeable and beneficial to the

body burning in fever-heat. What is to be feared is the reinhalation and reabsorption of poisonous emanations from the lungs and skin of the diseased body.

Furthermore, the ventilation of a room can be so regulated as to provide a constant and plentiful supply of fresh air without exposing its occupants to a direct draft. Where there is only one window and one door, both may be opened and a sheet or blanket hung across the opening of the door, or the single window may be opened partly from above and partly from below, which insures the entrance of fresh, cold air at the bottom and the expulsion of the heated and vitiated air at the top. The patient may be protected by a screen, or a board may be placed across the lower part of the window in such a manner that a direct current of air upon the patient is prevented.

In very cold weather, or if conditions are not favorable to constant ventilation of the sickroom, the doors and windows may be opened wide for several minutes every few hours, while the patient's body and head are well protected. There is absolutely no danger of taking cold if these precautions are observed.

Under right conditions of room temperature, frequent exposure of the patient's nude body to air and the sunlight will be found most beneficial and will often induce sleep when other means fail.

I would strongly warn against keeping the patient too warm. This is especially dangerous in the case of young children, who cannot use their own judgment or make their wishes known. I have frequently found children in high fever smothered in heavy blankets under the mistaken impression on the part of the attendants that they had to be kept warm and protected against possible draft.

CHAPTER VI

FASTING IN ACUTE DISEASES

Total abstinence from food during acute febrile conditions is of primary importance. In certain diseases which will be mentioned later on, especially those involving the digestive tract, fasting must be continued for several days after all fever symptoms have disappeared.

In cases of extreme weakness, and where the acute and subacute processes are long drawn out and the patient has become greatly emaciated, it may be advisable to give such easily digestible foods as soft boiled egg, milk, buttermilk, and whole grain bread with butter in combination with raw and stewed fruits, and with vegetable salads prepared with lemon juice and olive oil.

There is no greater fallacy than that the patient must be "sustained" and "his strength kept up" by plenty of nourishing food and drink or, worse still, by stimulants and tonics. This is altogether wrong in itself, and besides, habit and appetite are often mistaken for hunger.

Food is prescribed by old school physicians and urged by relatives and friends of the patient under the mistaken idea that he must be strengthened in order to endure the strain of the disease. We do not derive life, vital force, vitality or strength from food and drink, medicines, tonics or stimulants, but that vital force, the source of our strength, flows into our bodies through the sympathetic nervous system from the source of all life, intelligence and creative power.

A common spectacle witnessed at the bedside of the sick is that of well meaning but misguided relatives and

friends forcing food and drink on the patient—often “by order of the doctor”—when his whole system rebels against it and the nauseated stomach expels the food as soon as taken. Sedatives and tonics are then resorted to in order to force the digestive organs into submission.

1. **Why Fasting Is Necessary:** Aversion to eating during acute diseases, whether they represent healing crises or disease crises, is perfectly natural, because the entire organism, including the mucous membranes of stomach and intestines, is engaged in the work of elimination, **not assimilation**. Nausea, slimy and fetid discharges, constipation alternating with diarrhea, etc., indicate that the organs of digestion are throwing off disease matter, and that they are not in a condition to take up and assimilate food.

Ordinarily, the digestive tract acts like a sponge which absorbs the elements of nutrition; but in acute diseases the process is reversed, the sponge is being squeezed and gives off large quantities of morbid matter. The processes of digestion and assimilation are at a standstill. In fact, the entire organism is in a condition of prostration, weakness and inactivity. The vital energies are concentrated on the cleansing and healing processes. Accordingly, there is no demand for food.

This is verified by the fact that a person fasting for a certain period, say, four weeks, during the course of a serious acute illness, will not lose nearly as much in weight as the same person fasting four weeks in days of healthful activity.

It is for the foregoing reasons that nourishment taken during acute disease

a) Is not properly digested, assimilated, and transmuted into healthy blood and tissues; instead, it ferments

and decays, filling the system with waste matter and noxious gases;

b) interferes seriously with the elimination of morbid matter through stomach and intestines by forcing these organs to take up the work of digestion and assimilation;

c) diverts the vital forces from their combat against the disease conditions and draws upon them to remove the worse than useless food ballast from the organism.

This explains why taking food during feverish diseases is usually followed by a rise in temperature and by aggravation of the other disease symptoms. As long as there are signs of inflammatory, febrile conditions and no appetite, do not be afraid to withhold food entirely, if necessary, for as long as five, six or seven weeks.

I have treated several virulent cases of typhoid-malaria which lasted for six weeks before the acute febrile symptoms subsided. During this time the patients did not receive any food whatsoever, not even a drop of milk. I continued the fasting during the seventh week in order to allow time for the building up of the intestinal membranes which had sloughed as a result of the inflammatory processes. Toward the end of the seventh week the patients developed natural hunger. Then the feeding commenced and they made perfect recovery, gaining more in flesh within a few months than they had lost during the illness.

In cases of gastritis, appendicitis, peritonitis, dysentery, or typhoid fever, abstinence from food is absolutely imperative.

2. **Breaking the Fast:** After fever and inflammation have entirely subsided, a few days should be allowed for the healing and restoring of the broken down tissues before any food is taken. Many of the serious chronic after

effects of diseases are due to too early feeding, which does not allow the healing forces of Nature time to rebuild sloughed membranes and injured organs.

After a prolonged fast, great care must be observed when commencing to eat. Very small quantities of light food may safely be taken at intervals of a few hours. A good plan, especially after an attack of typhoid fever or dysentery, is to break the fast by thoroughly masticating one or two tablespoonfuls of popcorn. This gives the digestive tract a good scouring and starts the peristaltic action of the bowels better than any other food.

The popcorn may advantageously be followed at intervals by small amounts of raw subacid fruit.

For several days or weeks after a fast, according to the severity of the "acute disease" or healing crisis, a diet consisting largely of raw fruits, such as oranges, grapefruit, apples, pears, grapes, etc., and juicy vegetables, especially lettuce, celery, cabbage slaw, watercress, young onions, tomatoes or cucumbers should be adhered to. No condiments or dressings should be used with the vegetables except lemon juice and olive oil.

CHAPTER VII

DRINKING IN ACUTE DISEASES

1. As the system needs more oxygen in febrile diseases, so it also needs more fluids. Excessive drinking, however, has a weakening effect. Increased production and accumulation of heat in the body evaporates more water and much water is needed to dilute and eliminate the morbid products of inflammation through the skin, kidneys and bowels. Therefore water should be given freely, mixed with acid and subacid fruit juices. The best of these are the juices of lemon, lime, grapefruit and orange. If the acid juices for any reason do not agree with the patient, they may be alternated with the juices of stewed prunes or figs. Grape juice contains too much sugar. It would tend to increase heat production unnecessarily.

The acid and subacid fruit juices do not contain sufficient amounts of starches, fats or proteins to start the digestive processes; on the other hand, they are very rich in the positive alkaline mineral elements which the system needs in order to neutralize and eliminate pathogenic substances liberated in large amounts through the inflammatory processes. The fruit juices are also natural tonics to all the vital organs and the finest antiseptics in Nature. In brief, they are Nature's best remedies in acute as well as in chronic diseases.

2. Flaxseed tea is a valuable remedy for colds, croup and catarrhal diseases. It has a soothing and healing effect upon the raw and sore membranes of the throat, and upon the digestive and urinary organs. Take a few

tablespoonfuls when needed to allay the soreness in the throat and bronchi.

The best way to prepare this tea is to boil a tablespoon of flaxseed in one and a half pints of water for five minutes, then strain and add some honey and lemon juice.

3. **Rutabagas** furnish another splendid remedy for colds, croups and catarrhs. Take a large rutabaga, scrub clean with a vegetable brush but do not peel; then wipe dry. Remove top and scoop out center, leaving a shell about an inch and a half in thickness. Fill cavity with unrefined brown sugar or with pure maple sugar. Now place in a very slow oven or on top of a cookstove for eight to twelve hours, in such a way that the sugar and the juice of the rutabaga form a thick syrup. Care must be taken that the applied heat is not too great, lest it bake the root and dry up the syrup. If the sugar absorbs too fast, more must be added. A teaspoonful of this syrup should be taken whenever needed to allay the irritation and soreness in the throat and bronchi.

4. **Teas** made from watercress, asparagus or juniper berries have a relaxing effect upon the urinary organs and are therefore valuable aids to promote the flow of scanty urine.

CHAPTER VIII

HYDROTHERAPY IN ACUTE DISEASES

We claim that in acute diseases water treatment will accomplish all the beneficial effects which the old school practitioners ascribe to drugs, and that it will produce the desired results much more efficiently and without any harmful by effects or after effects upon the system.

The principal objects to be attained in the treatment of acute inflammatory diseases are:

- a) To relieve the inner congestion and consequent pain in the affected parts.
- b) To keep the temperature below the danger point by promoting heat radiation through the skin.
- c) To increase the activity of the organs of elimination and thus to facilitate the removal of morbid materials from the system.
- d) To increase the positive electro magnetic energies in the organism.
- e) To increase the amount of oxygen and ozone in the system and thereby to promote the oxidation and combustion of effete matter.

The above mentioned objects can be attained most effectually by the simple cold water treatment. Whatever the acute condition may be, whether an ordinary cold or the most serious type of febrile disease, the applications described in detail in the following pages, used singly, combined, or alternately according to individual conditions, will always be in order and sufficient to produce the best possible results.

I. **Baths and Ablutions.** Cooling sprays or, if the pa-

tient be too weak to leave the bed, cold sponge baths or ablutions, repeated whenever the temperature rises, are very effective for keeping the fever below the danger point, for relieving the congestion in the interior of the body, and for stimulating the elimination of systemic poisons through the skin.

However, care must be taken not to lower the temperature too much by the excessive coldness or unduly prolonged duration of the application. It is possible to suppress inflammatory processes by means of cold water or ice bags just as easily as with poisonous antiseptics, antifever medicines and surgical operations.

It is sufficient to reduce the temperature to just below the danger point. This will allow the inflammatory processes to run their natural course through the five progressive stages of inflammation, and this natural course will then be followed by perfect regeneration of the affected parts.

In our sanitarium we use only water of ordinary temperature as it flows from the hydrant, never under any circumstances ice bags or ice water.

The application of ice keeps the parts to which it is applied in a chilled condition. The circulation cannot react, and the inflammatory processes are thus most effectually suppressed.

To recapitulate: Never check or suppress a fever by means of cold baths, ablutions, wet packs, etc., but merely lower it below the danger point. For instance, if a certain type of fever has a tendency to rise to 104° F. or more, bring it down to about 102°. If the fever ordinarily runs at a lower temperature, say at 102° F., do not try to reduce it more than one or two degrees.

Natural Therapeutics pays more attention to the se-

verity of the toxic symptoms than to the height of the temperature. A person endowed with good vitality and active elimination may not suffer greatly under high degrees of temperature, while another with lower vitality and defective elimination may exhibit alarming symptoms of toxicity, such as dyspnea (labored breathing), delirium, coma, etc., at a much lower degree of temperature. The treatment should be adjusted accordingly.

If the temperature be subnormal, that is, below the normal or regular body temperature (98.6), the packs should be applied in such a manner that a warming effect is produced; that is, less wet cloths and more dry covering should be used, and the packs left on the body a longer time before they are renewed. More detailed instruction will be given in subsequent pages.

Never lose sight of the fact that fever is in itself a healing, cleansing process which must not be checked or suppressed.

2. **Cold Tub or Spray Bath in Fever.** As long as a fever patient is strong enough to leave the bed and sit in an ordinary bathtub, one of the most effective fever treatments is to pour cold water over the neck, head and body by means of a sprinkler (Kneipp Cure), an ordinary bathtub spray, a pitcher or a dipper. After the bath the patient must receive a brisk rubdown with a rough towel, which will help to produce a good reaction; or he may go back to bed without drying. In that case the warmth of the bed and the dampness of the body will act like a wet pack. This is one of the most pleasant, refreshing and efficient methods of treating any kind of fever. The effects of it are little short of miraculous.

3. **Hot Water Applications Are Injurious.** Altogether wrong is the application of hot water to seats of inflamma-

tion as, for instance, the inflamed appendix or ovaries, sprains, bruises, etc. Almost in every instance where I am called in to attend a case of acute appendicitis or peritonitis, I find hot compresses or hot water bottles, by means of which the inflamed parts are kept continually in an overheated condition. It is in this way that a simple inflammation is nurtured into an abscess and made more serious and dangerous.

The hot compress or hot water bottle draws the blood away from the inflamed area to the surface temporarily; but unless the hot application is kept up continually, the blood, under the law of action and reaction, will recede from the surface into the interior, and as a result the inner congestion will become as great as or greater than before.

If the hot applications are continued, the applied heat tends to maintain and increase the heat in the inflamed parts.

"Inflammation" means that there is already too much heat in the affected part or organ. Common sense, therefore, would dictate cooling applications instead of heating ones.

The cold packs and compresses, on the other hand, have a directly cooling effect upon the seat of inflammation, and in accordance with the law of action and reaction their second, lasting effect consists in drawing the blood from the congested and heated interior to the surface, thus relaxing the pores of the skin and promoting the radiation of heat and the elimination of impurities.

Both the hot water applications and the use of ice are, therefore, to be absolutely condemned. The only rational and natural treatment of inflammatory conditions is that by compresses, packs and ablutions, using water of ordi-

nary temperature as it comes from the well or hydrant.

By means of the simple cold water treatment and fasting, all fevers and inflammations can be reduced in a perfectly natural way within a short time without undue strain on the organism.

4. **The Whole Body Pack.** The whole body or sheet pack is most effective if by means of it the patient can be brought into a state of copious perspiration. The pack is then removed and the patient is given a cold sponge bath.

It will be found that this treatment often produces a second profuse sweat which is very beneficial. This after-sweat should also be followed by a cold sponge bath.

Such a course of treatment will frequently be sufficient to eliminate the morbid matter which has gathered in the system, and thus prevent in a perfectly natural manner a threatening disease which otherwise might become dangerous to life.

5. **Alternating Packs.** When the febrile disease, whatever its name, begins to gain a stronger hold on the system, the whole sheet packs cannot be continued. In place of them we must resort to body, throat and leg packs. If the febrile disorder continues for some length of time it is best to alternate these various packs in order to draw the blood successively into the lower and into the upper parts of the body. If, for instance, throat and body packs are applied continuously, this will have a tendency to divert the blood from the lower-extremities to the upper parts of the body. This is not advisable because in all febrile diseases the blood concentrates in the affected parts and organs and is therefore withdrawn from the extremities, which, as a result of this, become cold and clammy. The best way to counteract this tend-

ency to congestion in the inflamed organs is to apply the wet packs alternately to the throat, chest and lower extremities. If the temperature runs exceedingly high, it is advisable to apply packs to the body and to the extremities at the same time.

The packs must be taken off when they become hot or dry or if for some reason they become cold and chilling. Every time a warm pack is taken off the body this must be followed by a cold rub of the parts covered by the bandages in order to produce a better reaction and in order to remove from the skin the morbid materials drawn to the surface by the wet packs. If the packs remain cold they must be reenforced by hot water bottles or hot bricks.

6. **The Bed-sweat Bath.** If the patient does not react to the pack, that is, if he remains cold, or if, as is sometimes the case in malaria, the fever is accompanied by chills, or if profuse perspiration is desired, bottles filled with hot water, or bricks heated in the oven and wrapped in flannel should be placed along the sides and to the feet, under the outside covering.

This form of application also may be used with good results when an incipient cold or fever is to be aborted.

7. **Purpose of Wet Packs.** Wet packs may be applied to the throat, the arms, legs, shoulder joints, or any other part of the body.

The number of layers of wet linen and dry covering is determined by the vitality of the patient, the height of his temperature, and the particular object of the application, which may be

- (a) to lower high temperature
- (b) to raise the temperature when subnormal
- (c) to relieve inner congestion

(d) to promote elimination.

If the object be to lower high temperature, several layers of wet linen should be wrapped around the body and covered loosely by one or two layers of the dry wrappings in order to prevent the bed from getting wet. The packs must be renewed as soon as they become dry or uncomfortably hot.

If the object be to raise subnormal temperature, less wet linen and more dry covering must be used, and the packs left on a longer time, say from thirty minutes to two hours. If the patient does not react to the pack, hot bricks or bottles filled with hot water should be placed at the sides and to the feet, as explained in connection with the whole body pack.

If inner congestion is to be relieved, or if the object be to promote elimination, less of the wet linen and more dry wrappings should be used.

When packs are applied, the bed may be protected by spreading an oilcloth over the mattress under the sheet. But in no case should oilcloth or rubber sheeting be used for the outer covering of packs. This would interfere with some of the main objects of the pack treatment, especially with heat radiation. The outer covering should be warm but at the same time porous, so as to allow the escape of heat and of poisonous gases from the body.

8. **Local Compresses.** In case of local inflammation, as in appendicitis, ovarities, colitis, etc., separate cooling compresses may be slipped under the pack and over the seat of inflammation. These local compresses may be removed and changed when hot and dry without disturbing the larger pack.

In all fevers accompanied by high temperature, it is

advisable to place an extra cooling compress at the nape of the neck (the region of the medulla and the back brain), because here are located the brain centers which regulate the inner temperature of the body (thermotaxic centers), and the cooling of these brain centers produces a cooling effect upon the entire organism.

9. **Epsom Salt Treatment.** In serious acute cases beneficial effects of hydrotherapy treatment may be augmented or intensified by applications of Epsom salt solution. They consist in using for the various applications Epsom salt solution instead of plain water.

10. **Enemas.** While ordinarily we do not favor the giving of injections or enemas unless they are absolutely necessary, we apply them freely in feverish diseases in order to remove from the rectum and lower colon any accumulations of morbid matter, and thus to prevent their reabsorption into the system. In cases of exceptionally stubborn constipation, an injection of a few ounces of warm olive oil may be given. Allow this to remain in the colon about thirty minutes in order to soften the contents of the rectum, and follow with an injection of warm water.

11. **How Cold Packs Promote Heat Radiation.** Many people are under the impression that the packs reduce the fever temperature so quickly because they are put on cold. But this is not so, because, unless the reaction be bad, the packs become warm after a few minutes' contact with the body.

The prompt reduction of temperature takes place because of increased heat radiation. The coldness of the pack may lower the surface temperature slightly; but it is the moist warmth forming under the pack on the surface of the body that draws the blood from the con-

gested interior into the skin, relaxes and opens its minute blood vessels and pores, and in that way facilitates the escape of heat from the body.

In febrile conditions the pores and capillary blood vessels of the skin are tense and contracted. Therefore the heat cannot escape, the skin is hot and dry, and the interior of the body remains overheated. When the skin relaxes and the patient begins to perspire freely, we say the fever "is broken."

The moist warmth under the wet pack produces this relaxation of the skin in a perfectly natural manner. By means of these simple packs followed by cold ablutions, the temperature of the patient can be kept at any point desired without the use of poisonous anti-fever medicines, serums and antitoxins which lower the temperature by benumbing and paralyzing heart action, respiration, the red and white blood corpuscles, and thus generally lowering the vital activities of the organism.

12. **How Cold Packs Relieve Inner Congestion.** In all inflammatory febrile diseases the blood is congested in the inflamed parts and organs. This produces the four cardinal symptoms of inflammation: redness, swelling, heat and pain. If the congestion be too great, the pain becomes excessive, and the inflammatory processes cannot run their natural course to the best advantage. It is therefore of great importance to relieve the local blood pressure in the affected parts, and this can be accomplished most effectively by means of the wet packs.

As before stated, they draw the blood into the surface of the body and in that way relieve inner congestion wherever it may exist, whether it be in the brain, as in meningitis, in the lungs, as in pneumonia, or in the inflamed appendix.

In several cases where a child was in the most dangerous stage of diphtheria, where the membranes in throat and nasal passages were already choking the little patient, the wet packs applied to the entire body from neck to feet relieved the congestion in the throat so quickly that within half an hour after the first application the patient breathed easily and soon made a perfect recovery. The effectiveness of these simple water applications in reducing congestion, heat and pain is little short of marvelous.

13. How Cold Packs Promote Elimination. By far the largest number of deaths in febrile diseases result from the accumulation in the system of poisonous substances, which paralyze or destroy vital centers and organs. Therefore it is necessary to eliminate the morbid products of inflammation from the organism as quickly as possible.

This also is accomplished most effectively and thoroughly by the application of wet packs. As they draw the blood into the surface and relax the minute blood vessels in the skin, the morbid materials in the blood are eliminated through the pores of the skin and absorbed by the packs. That this is actually so, is verified by the yellowish or brownish discoloration of the wet wrappings and by their offensive odor.

14. Cold Water Enemas Dangerous. One of the main causes of constipation in febrile diseases is the inner congestion and fever heat. Through the cooling and relaxing effect of the packs upon the intestines, this inner fever heat is reduced, and a natural movement of the bowels greatly facilitated.

If constipation should persist in spite of the packs and cooling compresses, injections of tepid water (about blood heat) should be given every day or every other day in order to prevent the reabsorption of poisonous products

from the lower colon. But never give injections of cold water with the idea of reducing fever in that way. This is very dangerous and may cause fatal collapse.

15. Electromagnetic Effect of Cold Water. One of the most important but least understood effects of hydro-pathic treatment is its influence upon the electromagnetic energies in the human body. At least, I have never found any allusions to this aspect of the cold water treatment in any books on hydrotherapy which have come to my notice.

The sudden application of cold water or cold air to the surface of the nude body and the inhalation of cold air into the lungs have the effect of increasing the amount of electromagnetic energy in the system.

This can be verified by the following experiment: Insert one of the plates of an electrometer (sensitive galvanometer) into the stomach of a person who has remained for some time in a warm room. Now let this person inhale suddenly fresh, cold outside air. At once the galvanometer will register a larger amount of electromagnetic energy.

The same effect will be produced by the application of a quick, cold spray to the warm body.

It is the sudden lowering of temperature on the surface of the body or in the lungs, and the resulting contrast between the heat within and the cold outside, that causes the increased manifestation of electromagnetic energy in the system.

This, together with the acceleration of the entire circulation, undoubtedly accounts for the tonic effect of cold water applications such as cold packs, ablutions, sprays, sitz-baths, barefoot walking, etc., and for the wonderfully bracing influence of fresh, cold outside air.

The energizing effect of cold air may also explain to

a large extent the superiority of the races inhabiting the temperate zones over those of the warm and torrid southern regions.

To me it seems a very foolish custom to run away from the invigorating northern winters to the enervating sameness of southern climates. One of the reasons why I abandoned, with considerable financial sacrifice, a well-established home in a Texas city which is the "Mecca" of health seekers, was that I did not want to rear my children under the enervating influence of that "beautiful" climate. I, for my part, want some cold winter weather every year to stir up the lazy blood corpuscles, and to set the blood bounding through the system.

In our nature-cure work we find all the way through that the continued application of warmth has a debilitating effect upon the organism, and that only by the opposing influences of alternating heat and cold can we produce the natural stimulation which awakens the dormant vital energies in the body of the chronic.

16. Increase of Oxygen and Ozone. The liberation of electromagnetic currents through cold water applications has other very important effects upon the system besides that of stimulation.

Electricity splits up molecules of water into hydrogen, oxygen and ozone. We have an example of this in the thunderstorm. The powerful electric discharges which we call "lightning" separate or split the watery vapors of the air into these elements. It is the increase of oxygen and ozone in the air that purifies and sweetens the atmosphere after the storm.

In acute as well as in chronic disease, large amounts of oxygen and ozone are required to burn up the morbid materials and to purify the system. Certain combina-

tions of these elements are among the most powerful antiseptics and germicides.

Likewise, the electric currents produced by cold packs, ablutions and other cold water applications split up the molecules of water in the tissues of the body into their component parts. In this way large amounts of oxygen and ozone are liberated, and these elements assist to considerable extent in the oxidation and neutralization of waste materials and disease products.

The following experiment proves that sudden changes in temperature create electric currents in metals: When two cylinders of dissimilar metals are welded together, and one of the metals is suddenly chilled or heated, electric currents are produced which will continue to flow until both metals are at the same temperature.

CHAPTER IX

**IMPORTANCE OF RIGHT MENTAL AND EMOTIONAL
ATTITUDE IN ACUTE DISEASES**

We have learned that in the processes of inflammation a battle is going on between the healing forces of the body on the one hand and the disease taints on the other,—that the millions of little cells are struggling to throw off their hostile invaders, the morbid encumbrances and systemic poisons.

This battle is real in every respect, as real as a combat between armies of living soldiers. In this conflict, going on in all acute inflammatory diseases, MIND plays the same rôle as the commander of an army.

The great general needs courage, equanimity and presence of mind most in the stress of battle. So the mind, the commander of the vast armies of cells battling in acute disease for the health of the body, must have absolute faith in the superiority of Nature's healing forces.

The excitement of fear in the mind still more accelerates heart action and respiration, intensifies the local congestion, and greatly increases the morbid accumulations in the system. In the first volume of this series we have dealt more particularly with the deteriorating influence of fear, anxiety, anger, irritability, impatience, etc., and have explained how these and all other destructive emotions actually poison the secretions of the body.

In acute disease we cannot afford to add to the poisonous elements in the organism, because the danger of a fatal ending lies largely in the paralysis of vital centers by the morbid and poisonous products of inflammation.

Everything depends upon the maintenance of the greatest possible inflow of vital force; and there is nothing so weakening as worry and anxiety, nothing that impedes the inflow, distribution and normal activity of the vital energies like fear. A person overcome by sudden fright is actually benumbed and paralyzed, unable to think and to act intelligently.

The positive mental attitude of faith and equanimity creates positive energies in the body, thus infusing the system with increased vigor and healing power, while the negative, fearful and worrying attitude of mind creates in the system the negative conditions of weakness, lowered resistance and actual paralysis.

The positive mind and will are to the body what the magneto is to the automobile. As the electric sparks from the magneto ignite the gas, thus generating the power that drives the machine, so the positive vibrations, generated by a confident and determined will, create in the body currents which incite and stimulate all vital activities.

Common experience teaches us that the concentration of the will on the thing to be accomplished greatly heightens and increases all physical, mental and moral powers.

Therefore the victory in acute diseases is conditioned by absolute faith, confidence and serenity of mind on the part of the patient. The more he exercises these harmonizing and invigorating qualities of mind and soul, the more favorable are the conditions for victory of the millions of cells in their struggle against disease. The blood and nerve currents are less impeded and disturbed, and flow more normally. The local congestion is relieved,

and this favors the natural course of the inflammatory processes.

Therefore, instead of being overcome with fear and anxiety, as most people are under such circumstances, do not become alarmed, nor convey alarm to the millions of little cells battling in the inflamed parts. Speak to them like a commander addressing his troops: "We understand the laws of disease and cure, we know that these inflammatory and febrile symptoms are the result of Nature's healing efforts, we have perfect confidence in her wisdom and in the efficiency of her healing forces. This fever is merely a good house cleaning, a healing crisis. We are eliminating morbid matter and poisons which were endangering health and life.

"We rejoice over the purification and regeneration now taking place and benefiting the whole body. Fear not! Attend to your work quietly and serenely! Let us open ourselves wide to the inflow of life from the source of all life in the innermost parts of our being! The life in us is the life of God. We are strengthened and made whole by the divine life and power which animate the universe."

The serenity of your mind, backed by absolute trust in the law and by the power of a strong will, infuses the cells and tissues with new life and vigor, enabling them to turn the "acute disease" into a beneficial, cleansing and healing crisis.

The Importance of Right Mental and Emotional Attitude on the Part of Friends and Relatives of the Patient

What has just been said about the patient is true also of his friends and relatives.

Disease is negative. The sick person is exceedingly sensitive to his surroundings. He is easily influenced by

all depressing, discordant and jarring conditions. He catches the expressions of fear and anxiety in the looks, the words, gestures and actions of his attendants, relatives and friends, and these intensify his own depression and gloomy forebodings.

This applies especially to the influence exerted by the mother upon her ailing infant. There exists a most intimate sympathetic and telepathic connection between mother and child. The child is affected not only by the outward expression of the mother's fear and anxiety, but likewise by the hidden doubt and despair in the mother's mind and soul.

Usually the first thing that confronts me when I am called to the sick bed of a child is the frantic and almost hysterical mental condition of the mother, and to begin with, I have to explain to her the destructive influence of her behavior. I ask her: "Would you willingly give some deadly poison to your child?" "Certainly not," she says, to which I reply: "Do you realize that you are doing this very thing? That your fear and worry vibrations actually poison and paralyze the vital energies in the body of your child and most seriously interfere with Nature's healing processes?"

"Instead of helping the disease forces to destroy your child, assist the healing forces to save it by maintaining an attitude of absolute faith, serenity, calmness and cheerfulness. Then your looks, your voice, your touch will convey to your child the positive, magnetic vibrations of health and of strength. Your very presence will radiate healing power."

Then I explain how faith, calmness and cheerfulness on her part will soothe and harmonize the discordant disease vibrations in the child's body.

CHAPTER X

**PRACTICAL APPLICATION OF NATURAL TREAT-
MENT IN ANY GIVEN CASE OF COLD, IN-
FLUENZA, PNEUMONIA OR OTHER
ACUTE DISEASE**

Upon the first appearance of symptoms—such as acute nasal catarrh, headache, backache, general malaise, fever, chills, sore throat, etc.—the patient should be put to bed, and active treatment begun at once. From the very beginning every precaution should be taken to conserve the energy of the patient, since acute feverish processes are very weakening.

In nearly every case of the recent (1918) epidemic the heart was seriously affected, hence extreme caution must be used during convalescence not to overdo in any way. Work or exercise while they affect the heart unduly must be avoided, and should be resumed cautiously when the patient grows stronger.

1. **Enemas.** In case the bowels are not moving freely, a warm water enema should be given in order to remove accumulated fecal matter, and to prevent reabsorption and additional systemic poisoning.

The water that is introduced into the bowels should be about body temperature, which is 98.6 degrees. The water temperature may be determined nearly enough by testing with the elbow. When it can be borne comfortably by the elbow it is all right. If necessary, the enema may be repeated every two or three days, until the bowels move naturally.

If the fasting be continued more than a week, enemas

may be given at longer intervals. In case the bowels have been in a constipated condition prior to the illness, an enema may precede the first pack.

2. **Packs.** The first application should be a whole body pack. The patient may at the same time be given a hot lemonade, without sugar, which will aid in bringing about free perspiration.

The patient should remain in the pack as long as he can stand it—perhaps twenty to thirty minutes. The removal of the pack should be followed by a quick, cold water ablution, which may be taken in a bath tub, or while standing in a common wash tub, in a warm room. The body should be quickly washed with the cold water, from the feet up, and then dried with a rough towel. Or, in case of considerable fever, the patient may return to bed without drying, in which case the moisture on the skin and the bed covering acts like a pack and produces further heat radiation, and sometimes a second perspiration. In the latter case, after another good sweat the body should again be sponged with cold water, and the patient allowed to rest.

As already stated, in many cases the application of a whole body pack, with a hot lemonade, followed by a good night's rest, is sufficient to break up a cold or fever and to ward off some serious disease.

Sometimes it happens that notwithstanding early treatment the fever continues and develops into some serious disease, but these patients are of low vitality and usually have been suffering from chronic ailments. This goes to prove our claim that one of the predisposing conditions to infectious diseases, as well as feverish disease of any kind, is low vitality.

3. If the fever persists after the first whole body pack, and the patient be not too weak, the application may be repeated. If the symptoms become more distressing, and the patient grows weaker and more sensitive to handling, partial packs must be applied instead of the whole body pack. Those best suited are the throat, Scotch (or shoulder) pack, and the trunk or leg packs, described and illustrated later.

4. **Alternating Packs.** If the fever runs steadily at high temperature the packs should be applied continuously, or with brief intermissions. It is best to alternate the body, throat, shoulder and leg packs, and apply one or two at a time in order to equalize the circulation and to draw the blood away from the congested parts. For instance, at one time apply the throat and leg packs, next throat and trunk packs, another time shoulder and leg packs. If the fever remains very high, and the symptoms distressing, all these may be applied at one time.

5. **Renewal of the Packs.** The packs should be removed when they become hot and dry, because in that case they increase the inner heat instead of diminishing it. If the patient develops chills and the packs remain cold, hot water bottles or hot bricks wrapped in flannel may be applied outside of the packs in order to bring about reaction, and, if possible, perspiration.

6. **Chills.** The impression prevails that cold water applications are not to be given in case of chills. This, however, is a mistake. The thermometer will show that the chills are accompanied by high temperature within the body. It is the inner heat and congestion that causes the outer chill. Anything that will relieve this will break the chill, and the best applications to draw the blood from the interior into the surface are the cold, wet packs, if neces-

sary reinforced for a time by hot water bottles or hot bricks.

7. After a pack has been removed, the body must be immediately and thoroughly rubbed down with cold water in order to remove the systemic poisons drawn to the surface. That the wet packs actually promote the elimination of morbid matter through the skin is proved by the yellow and brown discoloration of the wet bandages, and by their offensive odor.

8. In case of great weakness, care must be taken not to expose the body unduly. It should be uncovered, sponged, dried, and re-covered quickly, part by part. In order to save the vitality of the patient, only those parts of the body covered by the packs need to be washed off with cold water. If the patient feels weak and chilly after the application, from 20 to 60 minutes may be allowed to elapse before the next pack is applied.

9. Care must be taken not to reduce the temperature too rapidly. All that is necessary is to keep it below the danger point. It must be remembered that it is possible to suppress inflammation and fever by the excessive application of cold water, as well as by ice and drugs.

10. **Danger Point.** The question will be asked, "What constitutes the danger point?" Since we look upon inflammation and fever as constructive in nature, not destructive, we do not fear temperature as does the "old school" physician and the laity. Furthermore, in one case life may be in danger at 102 or 103 degrees F., while in another, 106 or 107 degrees F. may be below the danger point. We should be actuated in the frequency of cold water applications by the urgency of the symptoms rather than by the height of the temperature.

In pneumonia, for instance, the following are serious

symptoms, requiring more careful and persistent treatment: Increasing congestion in the lungs, symptoms of consolidation, labored breathing, bloody sputum and delirium. Extreme weakness and subnormal temperature require packs warmed by hot water bottles, gentle stimulation by manipulative treatment, mild stimulants in the form of fruit juices, hot lemonade sweetened with a little brown sugar or honey, etc.

Hot water bottles or other hot applications applied directly to the inflamed parts, as well as the use of ice, in the treatment of inflammation and fever, are positively dangerous. The former increase the heat instead of diminishing it. The ice bags or packs chill the parts and suppress the inflammatory processes. Both practices may result in the formation of abscesses and in serious, chronic after effects.

In a general way we may say that it is sufficient to lower the temperature from one to two degrees below the high level peculiar to the disease.

11. As the temperature declines during the stages of absorption and reconstruction the packs and ablutions may be applied at longer intervals. When the temperature sinks to near the normal two or three packs in 24 hours may be sufficient in order to bring about complete absorption of the morbid waste—the debris of the battle—and to promote elimination through the skin, bowels, kidneys and lungs.

12. Excessive pain in the head should not be treated by local wet packs. This would have a tendency to draw more blood to the head, and cause greater congestion. The packs applied to the body will draw the blood from the head and spinal cord, and thus relieve the headache and backache. However, the forehead, temples and face

may be bathed with cold water at frequent intervals, without drying. The evaporation of the cold water will be cooling and refreshing.

13. In cases of mild fever and low temperature it may be fully sufficient to take, at intervals a cold ablution, and lie down under the bed covers without drying. The cool moisture on the body and the warm bed covering will have practically the same effect as a full body pack. If this produces perspiration, so much the better; it should be followed by another cold ablution.

In many cases this simple treatment will be found sufficient to abort an oncoming fever, and to ward off serious disease.

14. Cold Water Treatment During Menstruation. There should be no fear of applying cold water treatment during menstruation when high fever rages in the body. I have found in many instances that this had not a suppressive effect upon the flow. To delay the cold water treatment might allow the inflammatory processes to become so destructive as to make it impossible to control them. The water treatment at best reduces the temperature only a few degrees, which can not interfere with the menstrual process but rather allows it to run a more normal course.

15. The number of wet wrappings and of dry coverings is governed by the amount of heat in the body, the room temperature and the reactionary powers of the patient. The higher the body temperature, the colder the room and the better the vitality of the patient, the more wet bandages may be wrapped around the body.

The throat will warm up the bandages quicker than the trunk, and the trunk quicker than the legs. This is due to the fact that large streams of hot blood pour continual-

ly through the throat, near the surface, and because the trunk radiates much more heat than the lower extremities.

In high fever the throat may react to four, five or six wet wrappings, the body to three or four, while one or two wrappings may be sufficient for the lower extremities or the arms.

In very violent fever the dry covering may be omitted entirely, and instead of changing the packs at frequent intervals, which may be very annoying and weakening to the patient, the wet bandages may be moistened by pouring cold water over them.

Whenever cold water treatment is applied to a patient in bed, the mattress should be covered by a rubber or oilcloth sheet. Under no circumstances should the wet bandages be covered by rubber or oilcloth wrappings. This would have a tendency to prevent heat radiation and to retain the poisonous exhalations of the body.

16. Cleansing of the Packs. When treating high and persistent fever, two or three complete pack outfits should be at hand. As soon as one is removed from the body the different wrappings should be thoroughly washed—particularly the wet bandages—and allowed to dry in the open air. There is no better disinfectant and germ killer than air and light.

17. Manipulative Treatment. The importance of neurotherapy treatment for the prevention as well as the cure of inflammatory, febrile diseases has been very evident in the influenza and pneumonia cases treated by us during the 1918 epidemic.

Those of our workers and patients who showed premonitory or, in several cases, well advanced symptoms recuperated immediately after receiving thorough manipulative treatment. In all cases of advanced stages of

influenza and pneumonia the manipulative work brought great relief, and facilitated and hastened the normal development of the inflammatory processes.

It was very instructive to observe that those who succumbed to the infection were affected primarily, and most seriously throughout the course of the disease, in those parts and organs that were or had been affected by chronic ailments, and which therefore offered least resistance to infection and to the progress of disease.

One of these patients, for instance, suffered from the beginning and all through the attack with the most excruciating backache, which at one time had been a serious chronic affection. Another, who several years ago had incipient tuberculosis, was affected most seriously in the lungs, in the form of a violent attack of pneumonia. Still another, who for many years had suffered from chronic rheumatism and had been cured by natural treatment, was tortured during the attack of the influenza by aches and pains all over the body, particularly in the joints.

In many instances these sufferers exhibited a strained and painful condition of the muscular structures on either the left or the right side of the neck and in the upper region of the back. In several cases the tension was so pronounced that it drew the head over to the affected side. This condition was promptly relieved by administering massage followed by relaxing movements.

By means of massage we attain all the good results that are attributed to drug treatment, without its destructive by and after effects.

The most important of the therapeutic effects of manipulative treatment are: (1) Stimulating effects upon the circulation of the vital fluids and nerve currents, locally or generally; (2) Relaxation and inhibition of hyper-

active or acute and subacute inflammatory processes; (3) The softening and relaxation of tense and contracted muscles, ligaments and other connective tissues; (4) The loosening of stiffened spinal and other joints; (5) The correction of luxations, subluxations and dislocations of spinal vertebrae, and of other bony structures.

CHAPTER XI

SUMMARY

Of Natural Methods in the Treatment of Acute Diseases

I. Fresh Air

A plentiful supply of pure air in the sick room.
Frequent exposure of the nude body to air and sunlight.
Patient must not be kept too warm.
Rest and relaxation are important.

II. Fasting

In acute febrile conditions and during healing crises no food whatever.

Only enough water to quench thirst, preferably mixed with acid fruit juices.

In diseases affecting the digestive organs fasting must be prolonged several days beyond the cessation of febrile symptoms.

Great care must be observed when breaking fast.

III. Water Treatment

Wet packs and cooling sprays or sponge baths whenever temperature rises.

Fever and inflammation must not be suppressed by excessive cold water applications, but kept below the danger point.

Neither ice nor hot applications should be used.

Wet packs followed by cold ablutions for elimination of systemic poisons.

Separate compresses over seat of inflammation, also at nape of neck.

Kind and duration of pack to be determined by condition of patient and object to be attained.

Injections of tepid water to relieve constipation when necessary.

IV. Medicaments

No poisonous drugs, no medicines nor applications which may check or suppress the feverish, inflammatory processes.

Homeopathic medicines and herb decoctions when indicated. (Chapter XXV, Vol. I.)

V. Manipulative Treatment

Massage when indicated and available.

VI. Mental Attitude

Courage, serenity, and presence of mind important factors.

Fear and anxiety intensify disease conditions, poison the secretions of the body and inhibit the action of the healing forces.

Do not suppress acute inflammatory and feverish processes by the power of the will.

The right mental and emotional attitude of relatives and friends exerts a powerful influence upon the patient.

The methods described in the preceding sections should be used in the treatment of the following as well as all other acute febrile diseases.

ACUTE DISEASES

Ague	Gonorrhea	Phlebitis (inflammation of veins)
Appendicitis	Grippe	Pink eye (disease of conjunctiva)
Asiatic cholera	Hay fever	Pleurisy
Asthma	Heat prostration	Polypus
Boils	Hemorrhages	Pneumonia, all forms
Bright's disease	Hives	Purulent conjunctivitis
Bronchitis	Hydrophobia	Quinsy
Bubonic plague	Hysteria	Renal hyperemia
Burns and scalds	Influenza	Rheumatism, acute
Carbuncles	Insect bites	articular
Chicken pox	Intestinal toxemia or ptomain poisoning	Rheumatism, acute
Cholera infantum	Ivy poisoning	sciatic
Cholera morbus	Iritis (inflammation of the iris)	Rheumatism, acute gonorrheal
Colds	Jaundice	Rhinitis
Colic	Laryngitis	Scarlet fever
Congestion of kidneys	Lumbago	Syphilis
Congestion of liver	Lungs, all acute diseases of	Smallpox
Coughs	Malarial fever	Sunstroke
Convulsions	Mastoiditis	Tetanus (lock jaw)
Croup	Measles	Tonsillitis
Cystitis	Meningitis, cerebral and cerebro-spinal	Toothache
Delirium tremens	Mental diseases, all kinds	Typhoid fever
Diarrhea or purging	Mouth breathing	Typhus fever (spotted fever)
Diphtheria	Mumps	Tuberculosis of the lungs, acute
Dysentery	Nephritis, acute	Uremia
Endocarditis, acute	Orchitis (inflammation of testes)	Vaccination, effects of
Enteritis, acute	Otitis (inflammation of middle ear)	Varioloid
Erysipelas	Pericarditis	Whooping cough
Eyes, inflammation of all kinds		Winter cholera
Furuncles (boils)		Yellow fever
Gastritis		
German measles		
Glaucoma		
Gout, acute		

CHAPTER XII

TREATMENT OF CHRONIC DISEASES

INTRODUCTION

Acute diseases represent Nature's efforts to purify and regenerate the human organism by means of inflammatory feverish processes, while in the chronic condition the system is not capable of arousing itself to such acute reactions. It must be prepared for this through natural methods of living and treatment.

Natural treatment of acute diseases tends to relieve inner congestion, to facilitate the radiation of heat and elimination of morbid matter and systemic poisons from the body. In this way it eases and palliates the feverish processes and keeps them below the danger point without in any way checking or suppressing them.

While our methods of treating acute diseases have a sedative effect, our treatment of chronic diseases is calculated to stimulate, that is, to arouse the sluggish organism to greater activity of healing.

The process of healing, or getting well, is technically called repair or regeneration. It is a property that is inherent in every living tissue. It is as much a natural phenomena as is growth or movement, so there need be no mystery about it. If a person cuts or wounds himself, he has no fear as to the wound's not healing. He knows that if it is kept clean it will heal, and it does. Sometimes a nasty scar forms, but healing will take place. Healing is a simple process to all appearances, but it is a most complicated one beneath the surface. The entire body takes part in the healing of a wound or broken bone.

Cells are built and born, the blood carries nourishment, the processes of repair are instituted, and the part gets well.

Repair and healing are an off-shoot of the property of growth. Every living thing grows. We cannot explain this exactly, nor can we take any inanimate object and institute the qualities of growth in it. A thing has to be alive to grow. We do know however, that if we feed a living thing properly and if it gets enough sunshine, air and water, all that Nature asks for growth has been fulfilled. Though we cannot explain growth chemically, the fact remains that when the natural elements are supplied, growth becomes a natural phenomenon. It just happens. The person with a chronic disease is faced with the problem of making growth possible.

To grow a new liver, to grow a new lung, to grow new tissue around a joint needs certain primary requisites. First, the body which is striving to repair itself, needs to be fed. That means vitamins, mineral elements, oxygen. Secondly, the blood must be positively and absolutely clean. Healthy new cells can no more grow with a polluted blood-stream than good crops can grow when the ground is over-filled with weeds. Therefore, in the treatment of chronic diseases, not only must we have sunshine, fresh air, good food, but we must also keep the body clean through all the avenues of elimination—the skin, the lungs, the kidneys and the intestines.

The intestines are especially important because the enormous amount of solid materials which should be eliminated each day from them are often interfered with. Constipation is the most common ailment. It is scarcely possible for constipated persons to recover from a chronic disease. The very growth of new tissue which they need

cannot take place. So we say that of primary importance to the chronically-sick person is the problem of internal cleanliness. He must eliminate naturally and regularly, not casually once a day but real elimination two and three times a day, once at least after each meal. There must be no taint of poisons in the body trying to degenerate it.

The treatment outlined in the following sections applies to all forms of disease listed on page 77 after they have entered upon the chronic stages. In addition to these, we may classify as chronic diseases the following:

Abscesses of liver	Enlarged prostate	Necrosis of bones
Acne	Enteritis	Nephritis, chronic
Adenoids	Epilepsy	(Bright's disease)
Addison's disease	Erysipelas	Nervous debility
Amyloid kidney (a form of Bright's disease)	Fatty degeneration of liver	Neuralgia
Anemia (Primary and secondary)	Fatty and fibroid degeneration of heart	Neuritis
Aneurism	Goiter	Night losses
Angina pectoris	Gall stones	Obesity
Apoplexy	Gastric and duodenal ulcers	Oedema of the lungs
Arterio-sclerosis	Heart disease (all kinds)	Paralysis of all kinds
Arthritis deformans	Hemorrhoids (piles)	Passive hyperemia
Atrophy of bones	Hernia (rupture)	Prolapsus of the rectum
Barber's itch	Herpes (shingles)	Prostatitis
Bed wetting	Hoarseness	Pseudo-angina pectoris
Calculi (stones, all kinds)	Hookworm	Rectal diseases
Carcinoma (cancer)	Hydrothorax	Rachitis
Carries of the bones	Hyperemia of liver	Rickets (rachitis)
Chorea	Hypochondria	Rheumatism, all forms
Cirrhosis of liver	Impotence	Sarcoma
Comedones (blackheads)	Impetigo (chafing)	Scabies
Constipation	Infantile paralysis	Scrofula
Congenital malformation of hip joint	Inflammation of bones (Periostitis)	Sleeping sickness
Dandruff	(Osteomyelitis)	Suprarenal calculus
Debility	Insanity, many forms	Tape worm
Deformity of spine or other bony structures	Insomnia	Trichina spiralis
Diabetes (functional or organic)	Interstitial nephritis	Tinea Tricophytina (Ring worm)
Dropsy	Leukemia	Tubercular enteritis
Dyspepsia	Locomotor ataxia	Tumors, all kinds
Eczema, all kinds	Lungs, all diseases of	Ulcers, chronic
Emphysema of the lungs	Lupus	Varicocele
	Masturbation	Varicose veins
		Worms, all kinds
		Writers cramp
		Wry neck

CHAPTER XIII

IMPORTANCE OF NATURAL DIET

The ordinary meat-potato-white-bread-coffee-and-pie diet customary in the American home, restaurant or hotel is bound to create, sooner or later, disease conditions in the system. This combination of foods creates in the body large amounts of poisonous acids, alkaloids and ptomaines, and does not contain enough of the alkaline mineral elements on which depend the purification of the system from morbid matter and poisons.

The foods which are generally considered most nutritious,—meat, eggs, dried peas, beans, lentils and cereals,—are the greatest danger foods because they are exceedingly rich in acid producing starches, fats and proteins, and deficient in acid-binding and eliminating alkaline elements. These purifying elements can be secured in sufficient amounts only in fruits and vegetables which run low in starches, fats and proteins, but contain large amounts of the mineral salts of iron, lime, potassium, sodium, magnesium and silicon.

Among the thousands of young people reared in this country whom I have had occasion to examine, I have found very few who did not suffer to some extent from digestive troubles. It is a fact that the American people, notwithstanding all the natural advantages which they enjoy, suffer more from indigestion, mal-assimilation, and from the multitude of diseases growing out of these primary causes, than any other people on earth.

The reason for this is that from the cradle up all the laws and principles governing right eating and drinking

are continually violated. The child is allowed to eat and drink what it pleases, and since indulgence in unnatural food and drink creates abnormal appetite, he soon learns to crave those things which are most detrimental to health. As he becomes accustomed to meats, strong spices and condiments, pastry, coffee and tea, he loses all relish for fruits and vegetables, especially the latter. Piping hot soups and meats are washed down with ice water and mixed with ice cream, which only too often is a mixture of skimmed milk, glue, chemical coloring and artificial flavoring compounds. These unwholesome food combinations are supplemented by large quantities of white sugar and adulterated candies, all of which are very injurious to the system.

Is it any wonder that the prosperous and well fed American people suffer almost universally from early decay of the teeth, digestive troubles, chronic constipation, hemorrhoids, nervous dyspepsia, appendicitis, rheumatism, cancer, tuberculosis and a host of other diseases directly caused by food and drink poisoning?

Among the peasantry of European countries the meaning of the words "dyspepsia" and "dentist" is hardly known. A dentist can make a living only in the largest cities. The country people live closer to Nature than do our overfed but mineral starved Americans. In Europe, on account of the high cost of flesh foods, meat is used very sparingly. White sugar, coffee, tea and pastries are holiday luxuries. Ice water is not found even in the homes of the wealthiest people nor in the best hotels. The peasantry and middle class people in northern European countries live largely on whole grain bread, potatoes, vegetables and dairy products. When they come to this country they are the picture of health and robust strength, but

they eagerly adopt American customs of living, believing that meat, white bread and coffee three times a day constitute "high living." The natural result is that in a few years most of them lose their red cheeks and become dyspeptic and nervous like their new compatriots.

I have frequently observed the gradual lowering of the health standard in descendants of immigrants. In many families you will find the grandfather and grandmother who came from the "old sod" hale and hearty in their old age; the second generation, at middle age, dyspeptic and nervous; and the grandchildren anemic, wearing glasses at a tender age and affected by all sorts of chronic ailments. Statistics show that in our largest cities, where surroundings and habits of living are most unnatural, the fourth city-bred generation dies out unless regenerated by the inflow of fresh, healthy blood of immigrants, and of the sturdy young people who crowd in from the farming communities.

1. **Proteins.** The belief prevails that in order to make rich blood one must eat large amounts of meat and eggs. Nature Cure, however, teaches that the richness of the blood depends not so much on sugars, fats and proteins, as on the positive mineral elements. Almost any ordinary food mixture will provide enough of the former elements of nutrition, but it is much more difficult to provide sufficient amounts of the mineral salts.

In order to feed the blood with all the elements it needs in the right proportions and in that way to maintain it in a normal healthy condition, sixty per cent of the diet should consist of fruits and vegetables, and forty per cent should be made up of starches, sugars, fats and proteins. Meats should be eaten very sparingly. Multitudes of enthusiastic vegetarians have proved that one can do

without meat altogether. Eggs also should be used sparingly, at an average of not more than four a week.

2. **Coffee and Tea.** Coffee and tea have no place in the natural dietary. They contain powerful nerve stimulants. I believe that their influence on the system, in the long run, is worse than that of weak alcoholic drinks.

3. **White Flour.** White bread and pastry should be avoided altogether or used very sparingly. Bread and other cereal products should be prepared from whole meal only. Nothing should be taken away from the grain in the milling process. As a result of the agitation against white flour by Nature Cure people, graham bread, entire wheat health breads and whole grain cereal foods are coming more and more into favor with the public. In this respect the stringent war regulations which by many were considered a great hardship were in reality a blessing in disguise.

In order to comply with the popular demand for white flour, the hulls and life germs containing the mineral salts, vitamins and valuable ferments, as well as some of the gluten which is equal in nutritious value to the high priced steak, are "refined" out of the flour and go into the bran. Our domestic animals wax fat and strong on the bran and life germs (shorts), while their masters, living on impoverished white flour products, grow constipated, dyspeptic and nervous. The excessive use of meat, white bread, coffee and white sugar is undoubtedly the most common cause of constipation and the resulting auto-intoxication.

4. **Vinegar and Condiments Injurious.** Green vegetables are most beneficial when eaten raw with a dressing of lemon juice and olive oil. Avoid the use of vinegar. It is a product of fermentation and a powerful preserva-

tive which retards digestion as well as fermentation, both processes being very much the same in character. Lemon juice, being a live vegetable product, is rich in vitamins and promotes digestion.

Do not use pepper, salt or sugar on fruits and vegetables at the table. They may be used sparingly in cooking. Strong spices and condiments are more or less irritating to the mucous linings of the intestinal tract. They gradually benumb the nerves of taste. At first they stimulate the digestive organs, but, like all other stimulants, produce in time weakness and atrophy. Fruits and vegetables are rich in all the mineral salts in the live, organic form, and therefore the addition of inorganic mineral table salt is not only superfluous but positively harmful.

The juicy fruits and green leafy vegetables are not improved by cooking. The only foods that are made more digestible by cooking are grains, rice, potatoes and the legumes. Here cooking serves to break up and separate the hard starch granules and to make them more pervious to penetration by the digestive juices.

5. **How to Cook Vegetables—Steaming.** After the vegetables are thoroughly washed and prepared place them in the cooking vessel, adding only enough boiling water to keep them from burning, cover the vessel closely with the lid, and let them steam slowly in their own juices. The leafy vegetables (spinach, swiss chard, beet tops, etc.) contain enough water for their own steaming. If placed in a vessel over a slow fire enough juice will gather in a few moments to prevent burning.

Cook all vegetables only as long as is required to make them soft enough for easy mastication. Do not throw away a drop of the water in which vegetables have thus

been cooked. Use whatever is left for the making of soups and sauces.

The following methods of cooking the savory vegetables are highly recommended, as they leave in the vegetable after cooking all the tenderness and delicacy of flavor of the raw article.

For cooking cabbage have the water slightly salted and actively boiling when ready to toss in the finely chopped cabbage. This stops the boiling. Watch carefully for the first signs of bubbling again and immediately turn down the flame or set the vessel where the contents cannot possibly boil. The vessel must not be covered. The cabbage will gradually settle to the bottom and appear as if not cooking, but will be thoroughly done in about twenty-five minutes if the vegetable is fresh. When done it should be instantly removed from the fire, drained and served with butter or white sauce. The flavor is in the volatile oil within the cells, and this oil is thrown off into the air if the cabbage is cooked above the boiling point. Boiling also toughens the woody fibre. If cooked as above there will be no odor and the cabbage will have the same green and white color as before cooking.

Cauliflower should be cooked in the same manner, first separating the flowerets.

Onions should be cooked in the same manner, except that they may be allowed to boil gently.

Turnips and vegetables of like nature, such as rutabaga and kohlrabi, should be cut in small cubes and cooked in much the same manner, uncovered, in boiling, slightly salted water. These vegetables may be allowed to boil very gently until transparent, and should be removed and drained as soon as the pieces can be pierced with a

fork. They should retain their natural color and flavor. Serve with butter or white sauce.

Cooked in this manner, below the boiling point, almost none of the mineral salts of the vegetables are leached into the water, which has, therefore, little value, but it may be used as a foundation for soups.

If the vegetables, as is the usual custom, are boiled hard and for a long time in a large quantity of water, then drained or, what is worse still, pressed out, they have lost their nutritive and medicinal value. The mineral salts have vanished down the sink pipe, the remains are insipid and indigestible and have to be soaked in soup stock and seasoned with strong condiments and spices to make them at all palatable. The natural flavors of the vegetables are the most delicious.

6. In order to insure the full benefits of mouth digestion, the starchy foods should be thoroughly masticated and mixed with saliva.

The drinking water must be of natural temperature as it comes from well or hydrant.

Food and drink should never be taken hot or icy cold. This foolish habit will, in time, ruin the best stomach and the finest set of teeth.

Do not eat when overtired or emotionally excited.

Do not eat the heavy meal of the day between working hours.

These are just a few of the more important rules which, if strictly followed, will soon improve the digestion and insure better elimination and freer movement of the bowels.

In many instances, however, even the best combination of food and drink will not overcome indigestion and malnutrition, because, through long continued abuse, the di-

gestive organs have become so diseased and atrophied that they cannot properly digest and assimilate even the best of food materials.

In such cases the digestive organs must be made more alive by the natural methods of eating, and in many instances by the addition to the diet of suitable bulk foods. Constipation causes not only an accumulation of wastes and poisons in the body, but also disease of the intestines, and limits its function in each and every way.

We find that constipated people are unable to absorb or even digest food properly. Many people are thin although they eat as much as their heavier brothers. They are thin because they cannot digest what they eat. It does them no good. Even if they digest it, the membranes of the stomach and intestines are so atrophied and so decrepit that they are unable to pick up and absorb the digested food.

Harsh purgatives and cathartics, herbal, mineral or otherwise, do not give satisfactory elimination. They blast the accumulative materials out for the moment but leave the membranes inflamed, sore and sick. In a short time the irritating poisons contained in cathartics and laxatives no longer work. The patient needs to take larger doses. Eventually the particular poison or medicine doesn't work at all, and the patient needs to find another kind of cathartic. After the rounds have been made, the patient winds up his career with colitis, inflammation of the stomach, the large intestine, or the rectum; he then wonders where this new disease came from.

The only way to achieve natural elimination is by supplying bulk and lubrication. There are two vital factors which form the stool and make it able to pass through the colon; suitable accessory foods such as agar-agar, dex-

trine, or psyllium seed are indicated. They are the natural additions to our modern soft, mushy diet. The bulk food formula given and used in the sanitarium is splendid for this particular purpose.

7. A General Vegetarian Regimen. Sample Menus. Breakfast should consist of acid and subacid fruits only; or berries only; or raw vegetable relishes only; or of a mixture of both fruits and relishes—for those who have a good digestion.

If, however, for some reason it is better to take the raw food meal at noon or in the evening, the daily regimen may be adjusted accordingly. For instance, if the raw food is taken at noon, the luncheon foods may be taken in the morning. I find this advisable in cases where people leave early in the morning for work and would otherwise become hungry and faint before noon. In our sanitarium regimen we find the raw fruit breakfast most beneficial.

Breakfast No. 1. Raw acid and subacid fruits, such as orange, grape-fruit, apple, grapes, berries, peaches, pears, apricots, cherries, plums, watermelon, cantaloupe, etc.

Breakfast No. 2. Raw vegetable relishes or a vegetable salad.

Breakfast No. 3. Raw fruit, in combination with stewed prunes, apple sauce, rhubarb, baked apple, etc.

Luncheon is served at noontime and consists of cereal foods, health bread, rye krisp with butter, cottage cheese, peanut butter or honey. To balance the starchy and protein food we serve vegetable relishes, vegetable salads and sweet alkaline fruits such as figs, dates or raisins.

This does not mean that many of these foods should be taken at the same time; on the contrary, the more limited the variety representing the various groups, the better is the effect on the system. The weaker the digestive organs,

the more care must be taken in the selection and combination of foods.

In all chronic disease it is of great importance to limit the intake of starchy foods to a minimum, therefore not more than one kind should be taken at a meal. For instance, if bread or rye krisp is taken, potatoes and cereal should be excluded, and vice versa.

Luncheon No. 1. Steamed wheat with honey and milk; celery or lettuce salad.

Luncheon No. 2. Health bread or krisp with butter or peanut butter; sliced tomatoes or cucumbers; radishes or young onions.

Luncheon No. 3. Shredded wheat biscuit, honey, milk; berries, figs or dates.

Luncheon No. 4. Baked potato, a vegetable salad, stewed fruit, raisins, figs or dates.

Luncheon No. 5. A raw vegetable relish, a cooked vegetable, baked or boiled potato, alkaline fruits, berries, nuts.

Luncheon No. 6. Vegetable salad, soft boiled or poached eggs, health bread or rye krisp, raw or stewed fruit or berries.

Nuts, figs, dates or raisins may be taken in moderate quantities with any luncheon combination.

Dinner No. 1. Relish—cucumbers; Salad—raw carrot salad; Vegetables—beets and greens, new peas, steamed potatoes; Dessert—strawberries.

Dinner No. 2. Relish—celery, ripe olives; Salad—pine-apple salad; Vegetables—battered cabbage, macaroni and tomatoes; Dessert—raisins.

Dinner No. 3. Relish—radishes, ripe olives; Salad—fruit salad; Vegetables—vegetable roast and brown gravy, spinach, mashed potatoes; Dessert—ice cream.

Dinner No. 4. Relish—raw asparagus or cauliflower; Salad—tomato salad; Soup—vegetable soup; Vegetables—carrots and peas, baked potatoes; Dessert—fruit tapioca and cream.

Dinner No. 5. Relish—green onions; Salad—Waldorf Astoria; Vegetables—asparagus, vegetable stew, baked potatoes; Dessert—rhubarb pudding.

8. Raw Food Diet. Sample Menus. A. This diet consists of raw foods,—fruits, berries and leafy, juicy vegetables. Vegetables may be taken with dressing of lime or lemon juice and olive or other vegetable oil. No starchy foods or vegetables such as bananas, potatoes, or cereals must be included.

B. This diet takes in all fruits, berries, vegetables, nuts and cereals that can be relished in the raw state. It also includes all raw dairy products, honey and raw or soft boiled eggs. The foods may be selected and combined for the various meals according to individual taste and requirements.

Breakfast No. 1. Vegetable relishes or vegetable salads.

Breakfast No. 2. One or two kinds of raw fruits or berries with or without milk or cream.

Luncheon No. 1. Dates, figs, raisins or currants with crushed cereals or vitamins or nuts.

Luncheon No. 2. Bananas, apples, nuts or vitamins with milk or honey.

Luncheon No. 3. Combination salad of grated beets or carrots, sweet corn, asparagus or cauliflower; nuts or bananas with any kind of vegetable salad.

To any of these may be added milk, buttermilk, sumik, vitamins, raw eggs or honey.

Vitamine. This is a very nutritious and palatable combination of cereals, nuts, and raisins or currants. On a hand grain mill crush wheat and rye, mix one pound of this with one-quarter pound of crushed nuts or whole pine nuts. To this mixture add one-quarter pound of seedless raisins or currants. One may also add ad libitum chopped dates, figs or prunes. It is best not to mix the vitamine with milk or cream, as this would prevent thorough mastication. Milk or other drink may be taken separately as required.

9. Dry Diet. Our dry diet is a modification of the Schroth Cure much in vogue in European sanitariums. Under the latter regimen patients are fed on dry toasted bread with moderate doses of light wine. No other drink is given until excessive thirst forces it. The diet is accompanied by eliminative hydropathic applications such as wet packs, bed sweat baths, etc. While this has proved very effective in the treatment of the most stubborn chronic diseases, the dry fruit diet is to be preferred for the following reasons:

The dry diet promotes elimination because it draws the fluids from the tissues and with these the pathogenic materials encumbering the system. But why use for this purpose food like toasted bread, when the large amounts of starches and proteids it contains tend to create more disease producing materials? Why not use in its place dried fruits which are in themselves rich in the eliminative mineral elements and which serve as well the purpose of dehydrating the tissues?

The thickening of the blood and lymph streams with toxic materials has a depressing effect upon brain and heart. This undesirable condition Schroth tried to overcome by giving light wine, but alcoholic stimulation is

always followed by corresponding depression and therefore nothing can be gained by it.

The dry diet, for obvious reasons, usually produces profuse mucoid elimination all through the system. It frequently hastens the development of healing crises.

As a rule patients endure the dry food diet from one to two or three days only. It should then be followed by a raw food regimen.

10. Milk Diet. Milk is the only perfect, complete or standard food combination in Nature.

This is evident from the fact that it contains all the elements of nutrition which the new born infant body needs, not only for its vital activities but also for the building of its rapidly multiplying cells and tissues. It is for this reason that Dr. Lehmann, one of the pioneers of Nature Cure, selected the chemical composition of milk as a standard, or yard stick, by which to measure all other normal food combinations.

The above analysis of cow's milk and human milk shows that there is very little difference between the two.

As a matter of fact, cow's milk is to be preferred because it contains more positive mineral elements than human milk. This is due to the fact that cattle, especially those on pasture, consume more of natural foods fresh from the soil and rich in mineral salts. This is the reason why calves do not suffer from rachitic diseases as do infants fed by anemic, mineral-starved mothers.

This praise of milk as natural food frequently provokes the question, why then not live on milk entirely? To this I reply that while milk is the natural food for the new born and growing infant, it is not so well adapted to the adult. The digestive apparatus of the infant is especially adapted to the digestion of milk, while that of the adult

Quantitative and Quali

I	II	III	IV
STANDARD FOODS	Water parts per 100	Negative, gaseous and earthy elements acid forming	
		Parts per 100	
		Nitrogenous food elements C O H N P S	Carbohydrates C O H
			Fats Oils Sugars Starches Dextrin
Human Milk	87.02	2.36	8.94
Cow's Milk	87.42	3.55	8.70
			6.26
			4.88

requires more solid and bulky food. The advent of the teeth indicates that Nature intends to change from fluid to solid food.

The liver is especially concerned in the digestion of milk. This organ is comparatively three times larger in the infant than in the adult. The digestive juice of the stomach in the infant is alkaline; it is acid in the adult. Therefore milk in the stomach of the infant curdles; in the stomach of the adult it curdles.

The stomach and upper parts of the intestines in the infant form almost a straight tube, and the contents of the former are easily discharged, while in the deep curvature of the adult stomach the milk easily stagnates. The more relaxed and atrophic the stomach, the worse for the digestion and discharge of milk. Furthermore, the digestive processes and peristaltic action in the young child are much more active than in the adult. This explains why not everybody can use milk as a food or medicine—why in many instances it causes biliousness, fermentation and constipation.

tative Analysis of Milk

V				VI					VII	VIII
Negative, gaseous and earthy elements acid forming				Positive mineral elements acid binding and eliminating. Parts per 1000.					Totals per 100 of the negative elements in the pro-active elements in the acid and carbohydrate foods in columns III & IV	Totals of the positive elements Na, Ca, Mg, Fe as given in columns VI b.
Parts per 1000										
Negative, earthy or mineral elements										
P	S	Si	Cl	K	Na	Ca	Mg	Fe		
7.84	0.33	0.07	6.88	11.73	3.66	6.80	0.75	0.75	12.56	23.69
15.79	0.17	0.02	8.04	18.70	5.34	12.24	1.69	0.30	12.13	33.27

Patients have come to us from institutions where practically everybody is subjected to the sweet milk diet. Under long continued, forced milk feeding they had become so constipated that the bowels could not be made to move by any means whatsoever. They were literally pasted together with colloid materials. It required several weeks of careful management and treatment to bring about a natural movement of the bowels. Milk causes constipation because it contains large amounts of soft, pulpy, cheesy matter, which tends to coagulation and slime formation. On the other hand, it does not contain sufficient tough cellulose matter which stimulates the peristaltic action of the bowels and acts at the same time as a most efficient scourer and cleanser. It is for this reason that we frequently find it advisable to give fruits and leafy vegetables with the milk diet.

In cases where it is easily digested a straight sweet milk diet often proves very beneficial. We prescribe it frequently with splendid results. As a rule, however, it is better to take fruits or leafy vegetables with the milk.

A great deal of chronic disease is caused by starch and protein poisoning, i. e., auto-intoxication, due to the pathogenic materials such as acids, ptomains, alkaloids and xanthins, resulting from starch and protein digestion.

Since milk contains no starch at all, only low percentages of proteins and fats, and considerable amounts of mineral salts, it will be seen that a straight milk diet means a mild form of protein and starch starvation, which favors the elimination of pathogenic products. However, a study of the comparative analyses of milk, fruits and vegetables will show that juicy fruits and juicy, leafy vegetables are much lower in proteins and fats than is milk, and much richer in mineral salts. Furthermore, the tough, bulky cellulose waste of fruits and vegetable acts as good scouring material for the stomach and bowels. This is the reason why in most instances we prefer a fruit and vegetable diet to the milk diet.

The prevalent idea that acid fruit juices do not behave well when taken with sweet milk is another popular fallacy. The only food material I know of with which fruit acids do not agree very well is starch, and milk does not contain starch. The digestion of protein materials in the milk requires an acid medium and the sugar or glucose in the milk is already predigested, therefore I do not know of anything in milk that is incompatible with fruit acids. Practical experience also proves this to be true. As a matter of fact, I have met with many confirmed dyspeptics who could not digest milk unless they took acid fruit juices with it.

There is one method of forced milk feeding that is particularly revolting to me. It is patterned after the Weir Mitchell rest-cure and stuffing treatment. The patient is put to bed and prohibited from making the slightest ex-

ertion. He is then given one, two or three tumblerfuls of milk every half hour, according to his capacity. The most remarkable results in the way of flesh and energy building are claimed for this stuffing treatment. It is especially intended for patients who are extremely weak and emaciated. Often they gain a pound or more each day. One advocate of the milk diet describes its beneficial effects as follows:

"Within two hours the action of the heart will have greatly accelerated, and within twelve to twenty-four hours there will be a gain of about six beats to the minute. The pulse will be full and bounding, the skin flushed and moist, and the capillary circulation quick and active. This natural increase in the circulation results from the increased amount of blood assimilated by the stomach and intestines."

In the first place, I do not consider the forced circulation a "natural" result. It is in reality caused, not by the "increased amount of blood," but by the enormously increased amounts of water in the blood and tissues. This to some extent accounts for the increase in weight. Another reason for the sudden increase in weight is the abnormal fat formation. Large amounts of water in the tissues of the body deaden the processes of oxidation and favor fat formation, but this is an unhealthy process. A lymphatic or watery condition of the system is one of the principal causes of obesity.

But suppose new flesh and fat cells are formed under the "masting" process, which, however, is hardly possible in so short a time; this would simply mean increasing disease in the system. To put flesh and fat on a diseased body means an increase of diseased cells and tissues. The new or "daughter" cells are formed by division of the "mother" cells. The daughter cells are therefore of exactly the same material as the mother cells. In other

words, if the protoplasm in the mother cells is abnormal or diseased it will be the same in the daughter cells.

It is for this reason that under natural treatment we first endeavor to purify the blood and tissues of all abnormal products through natural diet and treatment. This usually entails some loss in weight, which we welcome as a sure indication of elimination and regeneration. After these stages of elimination and purification, with their healing crises, have been safely passed, then come the periods of regeneration and upbuilding of new blood and tissues. What is thus gained will be pure and wholesome. Therefore we favor the various forms of milk diet during the last regenerative or upbuilding stages of treatment.

I make these statements backed by much experience in our institutional practice. We have treated many patients who had undergone the stuffing (masting) milk cure treatment for many months at a time, but the results had been only partly beneficial, and these in many instances were far outbalanced by detrimental after effects.

A gentleman who has become one of the most efficient members of our staff suffered for twenty years from a bad form of arthritic rheumatism. Among many other things, he had taken for eight months the forced Milk Cure, but without receiving any appreciable benefit. Under our strict raw food diet he experienced marked improvement from the start.

Another young man who is now under our treatment had suffered for years from extreme emaciation and nervous weakness, due to indigestion and mal-assimilation. He also tried the forced milk treatment (forced milk feeding while lying in bed), but to no avail. He finally had to abandon it on account of the aggravation of all his symptoms. He is now gaining under natural diet and treat-

ment, which had to change the abnormal condition of his ductless glands before he could gain by the milk or any other diet. The swamping of the system with enormous quantities of milk in this case had only aggravated the abnormal condition of these wonderful organs by increasing colloid obstruction and the percentage of leucocytes.

a) **Straight Milk Diet.** When the system, through natural diet and treatment, has been duly prepared for the upbuilding process, then the straight milk diet may be applied to good advantage. Under this regimen the patient receives no other food but sweet milk. It is taken every hour or half hour, in quantities ranging from one to two glasses (one half to one pint).

The milk should always be sipped slowly. Masticating is of no particular benefit, as it contains no starch. Those who enthusiastically advocate prolonged mastication of milk forget that the ferment (ptyalin) of the saliva acts on starch only. On the other hand, it is certainly not advisable to take the milk down in great gulps. It is important that it should mix gradually and thoroughly with the gastric juice, which acts upon the protein matter in the milk. If large quantities of milk create revulsion or unpleasant results, acid fruit juices, or better still the meat of acid fruits such as lemon, grape fruit, lime or orange, will give relief and create better tolerance for the milk.

If one finds it impossible to take large quantities of milk every hour or half hour, from the start, smaller quantities may be taken at intervals. For instance, one half pint every hour the first day, one pint every hour the second day, one pint every half hour the third day. The quantity of milk to be consumed per day depends upon the size and weight of the patient. It may range from

three quarts per day for a person weighing from ninety to one hundred pounds and suffering from indigestion and mal-assimilation, to eight or ten quarts per day for a person of large size and weight and endowed with fairly good digestive capacity.

b) **Milk Diet for Fleshy People.** Those who suffer from an overabundance of fat and flesh must take milk only in moderate quantities, say, from two to five quarts of sweet skim milk daily. The cream, in such cases, would only tend to perpetuate and increase fat formation. In many cases of obesity a straight skim milk or buttermilk diet is a splendid remedy for reducing fat. As I said before, the milk diet means a mild form of starch and protein starvation. On the other hand, it increases the activity of the kidneys and flushes the capillaries. In such cases the sweet skim milk may be reinforced by acid fruits taken either with the milk or between the milk feedings.

c) **Buttermilk Diet.** We find that with many people buttermilk agrees much better than whole milk or skim milk. Others cannot tolerate it at all. The buttermilk may be taken at intervals similar to those prescribed for sweet milk, but not in excessive quantities. I find by experience that on an average one half or one third of the sweet milk quantity is sufficient for the buttermilk. Buttermilk is especially beneficial in cases of low acidity of the stomach and a tonic for an atrophic condition of the intestines. Quite often it can only be determined by some experimentation whether sweet milk or buttermilk diet is most beneficial in a given case.

d) **Sour Milk, Clabber or Sumik Diet.** Sour milk may be prepared in various ways, either by exposing whole or skimmed sweet milk to warm air, or by enclos-

ing unskimmed sweet milk in an air-tight jar or bottle. It is allowed to remain in ordinary living room temperature of from 60 to 70 degrees until the milk has become clabber. The clabber is produced by lactic acid fermentation under proper conditions. However, strictest cleanliness must be observed in the preparation of the sour milk, or germs of putrefaction may enter and create a dangerous product. The longer it is allowed to stand in a warm temperature the more acid it becomes. After being properly soured, or clabbered, it should be thoroughly stirred or aerated with an egg beater until it assumes the consistency of thick cream. This is called sumik. With some patients it agrees splendidly, while others cannot tolerate it. Sumik may be taken at intervals and in quantities the same as sweet milk or buttermilk.

e) **Natural Milk Diet.** Under this regimen, whole or sweet skimmed milk, buttermilk, sumik or clabber may be taken at intervals and in quantities in accordance with the desire and capacity of the patient. In many instances this will prove the best of all methods. The patient should be encouraged to take milk as frequently and in as large quantities as he can easily tolerate.

With the various milk regimen, water should be taken only when distinctly desired. Ordinarily milk contains more water than the system requires.

f) **Milk and Fruit Diet.** I have found the following milk and fruit combination diet of greatest benefit in a majority of cases. While many patients can take acid fruits to good advantage with the milk, I have found it of greater benefit, in many cases, to give sweet alkaline fruits, such as figs, dates, prunes, raisins, dried currants,

etc., with the milk, and acid or subacid fruits between the milk feedings.

g) **Milk and Acid Fruit Diet.** Many people who become bilious and constipated on a straight milk diet or who develop quickly a revulsion to milk, will tolerate the milk and digest it much better if they take with it acid or subacid fruits, such as lemons, limes, grape fruit, oranges, or berries. They should be allowed to partake of fruit as often as desired but should be cautioned not to take any more fruit than necessary to counteract the unpleasant effects of the milk.

The following mixed fruit and milk diet has proved beneficial to many patients who for some reason or another cannot take the straight milk diet:

Breakfast: One to three pints of milk, sipped slowly. With the milk take any of the sweetish alkaline fruits, such as melons, pears, prunes, dates, figs, raisins, or raw vegetable relishes such as celery, raw cabbage, water cress, green onions, carrots, etc.

At ten A. M.—One of the following fruits: Grape fruit, oranges, peaches, apples, apricots, berries, grapes or any other acid or subacid fruit.

Luncheon: The same as breakfast.

At three P. M.—the same as at ten A. M.

Supper: The same as breakfast.

An orange or apple may be taken before retiring.

11. **The Exclusive Meat Diet.** Through theoretical research as well as through actual experience in an extensive institutional practice, I have become convinced that in the great majority of diseases a well balanced vegetarian diet is essential to improvement and cure.

However, there are exceptions to this, as to any other rule. In the treatment of certain negative physical and

psychical conditions, when the vitality is below par, when the digestive organs have grown so weak that they cannot properly digest and assimilate the ordinary vegetable foods, we have found it advantageous to put these patients, temporarily, on a partial meat diet.

Then, again, there is a certain type of dyspeptic patient who, on account of abnormal conditions of the digestive organs, cannot digest and assimilate starchy foods. In these cases even small amounts of starches cause fermentation, gas formation and many other distressing symptoms. Usually these people are so weak that they cannot subsist on an exclusive fruit and vegetable diet. Both fruits and vegetables cause more or less distress in the way of indigestion and gas formation. In such cases we have found various forms of meat diet of temporary benefit.

In the following pages I shall describe a few meat regimens that have proved beneficial in many instances.

a) **Salisbury Exclusive Meat Diet.** One who has had much experience with this dietetic treatment describes the Salisbury exclusive meat diet as follows:

"Dr. Salisbury claims that consumption (tuberculosis) is caused by fermentation of food in the stomach, and that the cure consists in excluding those foods which ferment and confining the diet to the most nutritious as well as the most easily assimilated food, beef being the best. Broiled round steak, from the third to the sixth cut, is preferred, as being the most nutritious and having the least waste in the form of fat, bone or any undesirable tissues.

"The best preparation for broiling is as follows: Remove the round bone, together with the outer rind of tissue and fat, also the tough fibres running through the

beef, then cut into pieces small enough to go into a meat grinder and reduce the whole to a pulp. If one has no meat grinder, then the beef may be chopped in a tray, but care must be used that there be no stringy fibres left in the pulp. Shape the beef into a compact layer, not over three quarters of an inch in thickness, using the edge of the knife to avoid pressing the beef into a livery, soggy mass. When ready to broil, slide from the plate onto a close meshed wire broiler, and cook over live coals or bright blaze until done through,—the redness of the meat gone—when it should be served hot, with salt and butter to taste. Salt after cooking, as salt applied before cooking hardens the beef.

"If it is not convenient for one to broil the beef over coals or a bright blaze, then a spider or frying pan may be used if it is allowed to get very hot before sliding the beef into it from the plate. When ready to turn, put the plate over the beef and turn all the way over and slide the beef again into the spider, uncooked side down, and finish cooking.

"Give seven mouthfuls of beef to one of toasted bread or boiled rice,—whole wheat bread being preferred to white flour bread, which has been deprived of some of its most desirable qualities."

b) Hot Water Drinking. This same authority advocates the drinking of hot water as a preserver of health and as a therapeutic agent in the treatment of chronic disease, but many of his claims in its behalf are directly contrary to the teachings of orthodox physiology and food chemistry as well as to Natural Therapeutic philosophy.

It is evident why the Salisbury meat diet requires enormous quantities of hot water to counteract its bad effects upon the system. The ingestion of such large masses of

meat, unbalanced by mineral salt foods, would cause excessive accumulation of colloids, alkaloids of putrefaction and other pathogenic materials, if these were not washed out of the system by correspondingly large amounts of hot water. Excessive thirst, of which the author speaks, is caused by the increased oxidation of morbid products. Thirst disappears almost entirely under a well balanced vegetarian diet. This explains why an exclusive meat diet necessitates the hot water flushing.

I would recommend the exclusive Salisbury meat regimen only in exceptional cases of incipient or advanced tuberculosis or in other cases which exhibit positive intolerance of starchy and vegetable foods.

c) Combination Meat and Vegetable Diet. Breakfast: Acid and subacid fruits. Dinner: A small portion of broiled Salisbury steak, rare broiled beefsteak, mutton, rare roast beef, or roast mutton, with raw vegetable relishes, salads and one cooked leafy (not starchy) vegetable. Supper: A raw or soft boiled egg three times a week, together with a baked or boiled potato and vegetable relishes or salads. On other evenings a slice or two of health bread or a dish of cereal, together with vegetable relishes, salads, olives, figs, dates or raisins.

Any one meal must not contain more than three of these varieties of foods. In cases where starchy foods are not tolerated, Salisbury steak or meat in some form may be substituted for cereals or bread.

d) Modified Combination Meat and Vegetable Diet.

Under this regimen starchy foods are restricted to a minimum. A small portion of meat is allowed three or four times a week.

Suitable foods besides meat are acid and subacid fruits,

especially for breakfast: Raw vegetable relishes and salads, cottage cheese, cooked vegetables, olives, dates, figs, raisins, nuts in moderate quantities; eggs (raw, soft boiled or poached) in moderate quantities—not more than four a week; cereals, bread and potatoes, if used at all, in very moderate quantities only, but not in combination with meat or with acid fruits.

CHAPTER XIV

FASTING

One of the most common complaints of the sick is that they have "lost their appetite." They seem to imagine that this is a terrible affliction. Quite the reverse is true, however. In the majority of cases Nature takes away the appetite because a fast is needed. They do not know that the greatest blessing to them would be to "lose their appetite" long enough to find their hunger. Loss of appetite is simply an indication that the system is overcharged with pathogenic matter and that Nature is trying to stop the eating long enough to give these clogging, benumbing or irritating accumulations a chance to escape from the system, or it may be that the digestive organs are too weak to take care of large quantities of food. However, the laity for ages has been encouraged by the medical profession in the idea that to lose the appetite and miss a few meals is a great calamity; that this must be prevented by taking powerful stimulants in the form of appetizers and tonics. These serve to create a false and artificial appetite and cause the sufferer to stuff the weak stomach with more food, while that taken in previous meals is fermenting and putrefying, filling the system with noxious poisons.

Many people are learning the trick of curing their colds, headaches, nervous spells and other acute troubles, by missing a few meals or taking a short fast. It is the quickest, simplest and most efficient method of relieving the overloaded, food poisoned system. We would be surprised if we knew how little food is actually required to

keep the human organism in good condition. The majority of people are food poisoned,—even those who believe they are eating moderately.

Cornaro, the great Italian Nature Cure apostle, who lived in Venice in the Fifteenth Century, proved these facts which humanity at large has not digested and taken advantage of even at this late day. At forty he was dying from chronic diseases resulting from overeating, drinking and riotous living generally. Being gifted by nature with some intelligence and will power, he essayed to cure himself by reversing his habits of living, i. e., by reducing the daily allowance of food and drink to a minimum.

For nearly forty years his daily allowance of solid food was not more than twelve ounces. Then he yielded to the urging of his relatives and friends, who believed that he was starving himself, and took a few ounces more of food than his former quota. The result was that he immediately began to feel most miserable, both physically and mentally, and his former good health and energy did not return until he reduced his daily allowance to the old, accustomed twelve ounces.

After the age of eighty he wrote several books on matters of health, and particularly his own experiences. His most pretentious work, which is even now in print and widely read, he finished when he was over one hundred years old. The history of this man and his experiences with moderate living and fasting should be taught in every school in the land.

1. **The Physiology of Fasting.** Fasting is undoubtedly one of the most potent and incidentally the cheapest of all natural remedies. The reason why it is not more universally applied is that the laity at large, as well as the medical profession, are under the impression that the

interruption of eating even for a brief period will greatly reduce the vitality of the individual.

This popular fallacy is caused by the belief that food and drink are the only source of strength. In other parts of these writings I have shown that this is not so—that the life force which is the real source of our vitality or strength is entirely independent of food, drink, medicines, tonics and stimulants; that this life force flows into us from the source of all life, intelligence and creative force in the universe; from that which we variously call God, Nature, Universal Intelligence, the Oversoul, the Will to Live, and by many other names. If people fully realized this fact they would not be in such great fear of missing a few meals or of undergoing a more or less prolonged fast.

Fasting as a remedy is fully in harmony with our philosophy of the causes of disease. If disease is created through abnormal composition of blood and lymph and through accumulation of morbid matter in the system, it stands to reason that fasting will help to eliminate from the system waste matter and morbid accumulations. The most difficult feature about fasting is the breaking of the eating habit. Therefore the first three or four days of fasting are always the hardest. They are usually accompanied by craving for food, nervous disturbances, mental depression, headaches, sleeplessness, etc. We must remember that eating is the oldest and most firmly established of all habits. Therefore it is not easily broken.

After the habit is broken, which usually requires two or three days, fasting becomes easier day by day. One reason for this is that about the third or fourth day the mucous membranes of the intestines begin to eliminate morbid matter. The processes of assimilation have come

to a standstill. The membranous linings of the stomach and intestines, which ordinarily act as sponges for the absorption of food materials, are now throwing off effete matter from the system. The sponge is being squeezed. This is indicated by the fetid breath and coated tongue which reflect the foul condition of the digestive organs. These are not fit to digest or assimilate food; therefore hunger ceases.

The system now has to draw for food upon its reserve stores. The waste and morbid materials are stirred up and eliminated first.

When we consider that the digestive canal from mouth to anus is about twenty-six feet long and lined all through with eliminating cellular and glandular structures, then we can better appreciate the purifying effect of a protracted fast. One need not fear the weakening effects of fasting, since of late years it has been proved in thousands of cases that fasts of even forty, fifty and sixty days duration have no perceptible weakening effect upon the system, unless the patient be greatly weakened and emaciated by disease at the beginning of the fast.

One of our patients recently finished a forty-nine day fast. At the end of it he felt actually stronger than he did at the beginning. Up to the last day he took long walks. At the same time the chronic troubles which were caused by drug poisoning and surgical operations were greatly alleviated.

The foregoing explains why short fasts of from one to three days duration have not a decided curative effect. It takes that much time to start the eliminative processes in the linings of the intestines. As soon as food is taken these processes are interrupted and reversed. I would consider seven days a short curative fast. Shorter fasts

may be taken, however, in order that one may become gradually accustomed to the practice.

In this, as well as in many other things, much depends upon the right mental attitude. If one fears the effects of fasting and believes that it is going to weaken him, this causes mental and nervous depression which is bound to react disastrously upon his system. If, on the other hand, one becomes thoroughly convinced that rational fasting cannot injure the system, that whether eating or abstaining from food the life force will flow into the body just as abundantly, then the fasting will greatly facilitate the elimination of waste and pathogenic matter and there will be no mental apprehension and no nervous uneasiness to affect the system and to interfere with the grand housecleaning.

Many of our patients have undergone protracted fasts, but I do not remember a single instance in which any one of them has been injured through the practice. We carefully observe the physical and mental condition of the patient from day to day and interrupt the fast when such action is indicated.

2. **Danger Signals in Fasting** are rapid and prolonged loss of weight approaching the danger line; serious and prolonged mental depression and the appearance of psychical symptoms such as clairvoyance or clairaudience, which indicate abnormal psychism due to an extremely negative physical and mental condition. Also the fast should be interrupted when a patient shows great fear and apprehension of its weakening effects, as the destructive effects of anxiety and worry might overbalance the benefits to be derived from the fast. In such cases it is better to postpone a protracted fast to a time

when the mental and emotional conditions are more positive.

3. How Long Should One Fast? I never prescribe the length of a fast beforehand. Even when I am convinced that a prolonged fast of two, three or four weeks is indicated, I would not inform the patient to this effect. I usually tell him that we shall extend or shorten the fast according to the effects it produces; that we may continue it for a few days or for a week or more, according to changing conditions. This assures the patient that the fast is not going to be continued beyond his powers of endurance. It is much easier for him to fast from day to day than to look forward to a long fixed period.

The practice of fasting until the tongue becomes clean, the breath sweet and natural hunger returns is a rather dangerous one. I have found in many cases that the symptoms of a foul condition of the digestive organs would not disappear after four or five weeks of fasting nor would there be the slightest manifestation of hunger, and in several such cases it seemed doubtful whether breath and tongue would clear up before the patient was ready for the undertaker.

It is much safer to break the fast before the desired results have been fully obtained and to repeat it after a period of recuperation. The digestive organs may be in such a diseased condition that it is impossible for them to become normal through one prolonged fast.

Several patients have come under our care who had protracted the fast too long while waiting for the cleaning up. One of these patients is with us now, just recuperating from a complete collapse caused by excessive fasting. When she finally tried to eat, her digestive organs were so weak that they could not take care of any food what-

soever. She was brought to our institution on a stretcher, emaciated to the proverbial "skin and bones." It required considerable careful management and treatment to revive the paralyzed organs. In such cases only very small quantities of easily digestible food, such as white of egg, milk, sumik or buttermilk, must be given. With this we give subacid or sweet fruit juices.

4. Preparation for Fasting. Most writers on fasting maintain that one can stop eating and start on a prolonged fast at any time without preparation. This, however, is not always advisable. It may be all right in certain cases which are not affected by serious chronic diseases. But where the organs of elimination are in an atrophic condition, and where the system suffers from mineral starvation and is overloaded with pathogenic matter, it is much safer to prepare the system for the fast through a low protein diet rich in positive mineral elements, or, better still, through a raw food diet and through thorough systematic natural treatment.

Large amounts of toxic materials eliminated from the tissues and thrown into the circulation as a result of fasting must be neutralized by the positive alkaline mineral elements and eliminated from the system. These neutralizing and purifying elements can be introduced into the system only through a fruit and vegetable diet, low in starches and protein matter and rich in the positive alkaline mineral elements.

When the natural diet and treatment have purified the system sufficiently to produce symptoms of elimination, then the physiological and psychological moment for fasting has arrived. Then the system is not in condition for the digestion and assimilation of food. Therefore fasting becomes imperative. The whole body, including the lin-

ings of the stomach and bowels, is engaged in the work of elimination; this results in loss of appetite, revulsion against eating, coated tongue, foul breath, mental and nervous disturbances, all of which would only be aggravated by eating.

The use of accessory foodstuffs which the body will incorporate into the stool are indicated. These accessory foods are not digested but are used simply as mechanical factors in the producing of a stool. They are fully described in Chapter 30.

5. Healing Crises Suppressed by Eating. I have frequently observed that good healing crises such as diarrheas, acute catarrh or febrile conditions were suppressed by eating. This is easily explained by the fact that healing crises are processes of elimination, while eating promotes the processes of assimilation. This is especially true of diarrhea, which is one of the most efficient forms of acute elimination or healing crisis. Forced absorption of food will frequently check the morbid discharges. Furthermore, it is dangerous to give food in cases of well established violent diarrhea because it only irritates the raw surfaces in the intestines and keeps them in an inflamed condition. The food is not absorbed, but only serves to prolong the purging, dysentery or bloody flux unnecessarily, and thus may cause perforation of the bowels, hemorrhage and even death.

Not a morsel of food should pass the lips until the intestines have stopped moving and have had time to heal and to rebuild the sloughed membranes. Therefore fasting should be continued all the way from one day to a week after the cessation of purging, according to the severity and duration of the acute attack. For example, after a diarrhea lasting one or two days, no food should

be taken for twenty-four hours. After a diarrhea lasting four or five days fasting should continue for three days or longer. After eight days or more violent purging, no food should be taken for at least seven days.

One of the most remarkable healing crises I ever observed came in the form of a diarrhea which lasted four weeks. During this time the patient did not receive any food whatsoever, nothing but water mixed with acid fruit juices. The discharges were of a black, watery nature. The patient assured me that during this entire four weeks' period he did not sleep one wink. Still he did not suffer particularly in the daytime. He had sufficient energy to accomplish his usual amount of work. While this may seem incredible, and while it is possible that the man may have slept more than he was aware, we have witnessed many similar instances of remarkable endurance during healing crises. The man had suffered all his life from chronic enteritis (inflammation of the bowels).

6. Fruit Juices in Fasting. In the majority of cases we prefer to give to those who are undergoing prolonged fasts moderate quantities of diluted acid and subacid fruit juices. In this I take issue with some of the best authorities on fasting. I cannot understand why acid and subacid fruit juices should in any way interfere with the good effects of a fast. They do not contain food elements which promote the processes of digestion. On the other hand, they are rich in mineral salts which are necessary to neutralize the negative pathogenic substances with which the circulation is flooded during the fast.

Besides having this neutralizing and eliminating effect, they are splendid tonics and antiseptics and are rich in vitamins, or, as I have called them, the life elements which sustain and stimulate the vital activities. Fasting,

therefore, is much easier to endure and more pleasant when the diluted fruit juices are taken.

Fruit juices should not be taken pure or in large quantities because in this form they may excite the digestive processes. There is no danger of this, however, when they are taken in dilute form; for instance, the juice of half an orange or half a lemon to a tumbler full of cold water. The water should be of natural temperature as it comes from the hydrant or well. Ice water should not be used under any circumstances.

7. Hot Water Drinking. In some cases where the stomach and intestines are in a very foul and slimy condition hot water drinking proves very beneficial. From one to two glasses of water, as hot as can be swallowed without injuring the tender membranes of the mouth and throat, may be taken three times a day. I do not advise the continuance of hot water drinking longer than necessary to wash out the morbid accumulations in the digestive tract. This must be supplemented also by copious enemas every second or third day.

The diluted fruit juices may be taken between the hot water flushings. I would advise the hot water regimen only in extreme cases where something of a radical nature has to be done to clear the digestive tract of its fetid accumulations.

8. Exercises While Fasting. The idea prevails that during a prolonged fast one should have complete rest. This, however, is a serious mistake. There is no reason why one should not take the usual amount of exercise or accomplish the accustomed daily tasks, provided, of course, these do not strain the physical and mental energies to the point of exhaustion. As a matter of fact many of our patients feel stronger and display more endurance

after the first week of fasting than during the first few days. This is easily explained by the fact that during the fast the system eliminates large amounts of clogging poisonous toxic matter. This allows freer circulation of the blood and nerve currents and a more unobstructed inflow of vital energy.

9. Symptoms and Acute Reactions Caused by Fasting:

a) Gas Formation. One of the common symptoms exhibited after starting on a fast is excessive gas production accompanied by rumbling in the bowels and colicky pains. This is caused by the stirring up and disintegration of deposits of old fecal matter in the intestines, and by the elimination of poison materials from the system. Usually the bowels soon stop moving when no food is taken. In such cases bulk food should be taken with the juices.

The accumulations in the lower intestine during a fast are of a particularly poisonous nature, and should be removed in order to prevent reabsorption.

b) Temperature. In many instances the temperature rises during the first day of the fast and sometimes a slight febrile condition prevails during the entire period or subsides after a few weeks. In other cases we observe a lowering of the temperature below the normal. All these and similar reactions are not of a serious nature, and nothing should be done to interfere with them. They become dangerous only by suppression.

c) Cotton Mouth. Another unpleasant but perfectly natural symptom is the gathering in the mouth of thick and sticky viscous accumulations of saliva. This condition has been called "cotton mouth" by the laity. In other cases the mouth feels dry and burning hot. These symptoms are of course signs of greatly increased com-

bustion of morbid materials and their elimination through the membranes of the mouth and throat. Similar conditions exist in the stomach and intestines.

d) Bilious Vomiting. In some cases where the liver has been enlarged and engorged due to morbid accumulations, bile discharges in large quantities into the intestine and from there regurgitates into the stomach, causing bilious vomiting of an extremely offensive character. This symptom also is more terrifying than dangerous. It is a rather unpleasant but nevertheless effective way of housecleaning.

People who have taken a great deal of calomel or mercury in other forms often develop violent vomiting while fasting. This may continue for a week or more. If they are robust enough to stand the ordeal it is well to let the crisis run its course, but if they are in a very weakened condition it may be advisable to interrupt the fast for the time being. In such cases it is best to give white of egg to soothe the inflamed lining of the stomach.

It must be remembered that in these mercurial patients the liver and stomach are particularly affected and that these organs try to throw off the mercurial poison through vomiting. I have frequently perceived distinctly the peculiar metallic and mercurial odor of the breath and of the bilious discharges.

e) Offensive Perspiration. Another unpleasant symptom which we frequently observe during prolonged fasting is a very offensive odor of perspiration, which indicates vigorous elimination of pathogenic materials through the skin. Frequent quick cold rubs will promote this form of elimination and at the same time remove the offensive excretions and thus prevent their reabsorption.

In some cases it may become necessary to employ warm water and soap to remove the offensive elimination.

10. Fear of Fasting Unfounded. The majority of those who undergo their first long fast are most pleasantly surprised to find that the terrors of starvation exist only in people's minds. It has happened that people stranded on barren islands or lost in desert places or entombed in mines, even where they had water, have died apparently from starvation in the course of a week or two. It is now fully proved by the thousands who have fasted for long periods ranging from forty to ninety days that death in such cases is not due to actual starvation. The real cause must be fear and apprehension,—proving again that the things we fear we materialize.

We cannot reiterate too often that fear is a perversion of the great law of faith. It is faith in evil. By submitting to fear we give evil power over us. The most necessary requirement, therefore, for a successful fast is the profound conviction that it cannot harm us in any way, but that it will prove of great benefit, physically, mentally and morally, because it not only purifies the body but strengthens will power and self control.

11. Fasting Regimen. Before, during and after a fast, everything must be done to keep elimination active, in order to prevent the reabsorption of the toxins that are being stirred up and liberated.

Fasting involves rapid breaking down of the tissues. This creates great quantities of wornout cell materials and other morbid substances. Unless these poison producing accumulations are promptly eliminated, they will be reabsorbed into the system and cause autointoxication.

To prevent this, bowels, kidneys and skin must be kept

in active condition. The diet, for several days before and after a fast, should consist largely of uncooked fruits and vegetables, and the different methods of natural stimulative treatment should be systematically applied.

During a fast, every bit of vitality must be economized; therefore the passive treatments are to be preferred to active exercise, although a certain amount of exercise (especially walking) daily in the open air, accompanied by deep breathing, should not be neglected.

While fasting, intestinal evacuation usually ceases, especially where there is a natural tendency to sluggishness of the bowels.

By "prolonged" fasts I mean fasts that last from one to four weeks, "short" fasts being those of one, two or three days' duration.

Moderate drinking is beneficial during a fast as well as at other times; but excessive consumption of water, the so called "flushing of the system," is very injurious. Under ordinary conditions from five to eight glasses of water a day are sufficient; the quantity consumed must be regulated by the desire of the patient.

Those who are fasting should mix their drinking water with the juice of acid fruits, preferably lemon, lime, orange or grapefruit. These juices act as eliminators and are fine natural antiseptics.

Never use distilled water, whether during a fast or at any other time. Deprived of its own mineral constituents, distilled water "leeches" the mineral elements and organic salts out of the tissues of the body and thereby intensifies dysemic conditions.

While fasting, the right mental attitude is all important. Unless you can do it with perfect equanimity, without fear or misgiving, do not fast at all. Destructive mental

conditions may more than offset the beneficial effects of the fast.

To recapitulate: never undertake a prolonged fast unless you have been properly prepared by natural diet and treatment, and never without the guidance of a competent adviser.

a) **The Regular Fast.** Under this regimen no food is taken, but sufficient water to quench the thirst. In some cases it may be advantageous to increase the quantity of drinking water in order to dilute the pathogenic materials in the circulation and thus to facilitate their elimination through the skin and kidneys. Thirst, therefore, is a safe indicator for the amounts of fluid needed.

b) **The Dry Fast.** This means total abstinence from food and drink. Most people cannot endure this radical fast more than two or three days. It is a very powerful agent for promoting elimination. When no fluids are taken, the tissues are drawn upon for the elimination of waste materials. It has been found that such fluid starvation, which is directly contrary to the popular idea of flushing, is a powerful method for promoting elimination of morbid matter and disease taints, especially from the systems of individuals who are obese or whose tissues are "water logged."

c) **The Seven Day Fast.** If no adverse symptoms interfere, we frequently prescribe a short fast of seven days. This in the great majority of cases cannot produce any harmful or weakening results, and, understanding the laws of periodicity, we prefer a seven day period.

d) **The Long Fast.** Long fasts may extend from one to seven or more weeks, according to individual indications and the vitality of the patient.

As already explained, we never fix a definite period for

the fast beforehand but extend it from time to time according to conditions. We add small quantities of acid fruit juices to the drinking water as long as it agrees with the patient. If a revulsion to fruit acids develops, the water may be taken pure.

After the bowels stop moving naturally enemas must be taken from time to time, say once or twice a week, in order to prevent reabsorption of toxic materials from the lower intestine. Indications for breaking the fast have been described under "danger signals."

12. Breaking the Fast. The great benefit derived from a fast may be all lost, and may be followed by harmful after effects if the fast is not broken in the right way. In fact, the best effects of a fast depend upon the dietetic management after it is broken. The longer the fast, the more care must be taken in breaking it.

The greatest danger lies in eating too frequently and too much at a time. After a long fast the digestive organs are in a condition of complete inactivity, and to overload them suddenly with a large amount of food may provoke acute attacks of indigestion and produce many other kinds of serious disturbances. The organs must be trained into normal activity gradually, beginning with very small quantities of light food. I have frequently found it very advantageous to break the fast with a few tablespoonsful of freshly toasted popcorn, unsalted and unbuttered. This is a splendid scour for the membranous linings of the stomach and bowels, and its tough particles stimulate the peristaltic action of the intestines.

The popcorn may be followed within an hour by some mild fruit juice, preferably lemon, lime, orange or grapefruit juice. Not more than the juice of half a grapefruit or of one orange should be taken at a time. The quantity

of undiluted fruit juice may be gradually increased on the second day to three or four half tumblersful. On the third day the meat of acid or subacid fruits may be taken instead of the juice alone.

After the third day the fruit diet may be supplemented and combined with raw vegetable relishes and salads. If a person be sensitive to the mixing of acid fruits with vegetables, they should be taken at separate meals. To this raw food diet may be added small quantities of nuts or a ripe banana. The raw food diet may be continued from a few days to many weeks, according to the individual condition of the patient. Or it may be followed, whenever it seems advisable, by the regular vegetarian diet.

On the other hand, it may be advisable to follow the fruit diet after breaking the fast, by a straight or modified milk diet. This is especially indicated where milk agrees with the patient and where it is desirable to give animal food in order to overcome a negative mental and psychological condition and to build flesh more rapidly.

No hard and fast rules can be established concerning any of these regimen or practices. One must be guided entirely by individual conditions and requirements. It is dangerous for people to experiment along these lines without the guidance of a competent and experienced Natural Therapeutist. If the fast is broken in the right way it will be found that lost weight is regained very quickly. In many instances people gain much more, after a prolonged fast, than they weighed before. Moreover, the new blood and tissues will be purer and healthier than the old, effete tissues which have been eliminated through strict diet, natural treatment and fasting.

CHAPTER XV

HYDROTHERAPY OR WATER TREATMENT

INTRODUCTION

While in our treatment of acute diseases we use wet packs and cold ablutions to promote the radiation of heat and thereby to reduce the fever temperature, our aim in the treatment of chronic diseases is to arouse the system to acute eliminative effort. In other words, while in acute disease our hydropathic treatment is sedative, in chronic diseases it is stimulative.

The Good Effects of Cold Water Applications

1. **Stimulation of the Circulation.** As before stated, cold water applied to the surface of the body arouses and stimulates the circulation all over the system. Blood counts before and after a cold water application show a very marked increase in the number of red corpuscles. This does not mean that the cold water has in a moment created new blood cells but it means that the blood has been stirred up and sent hurrying through the system, that the lazy cells which were lying inactive in the sluggish and stagnant blood stream and in the clogged and obstructed tissues are aroused to increased activity.

Undoubtedly, the invigorating and stimulating influence of cold sprays, ablutions, sitzbaths, barefoot walking in the dewy grass or on wet stones and of all other cold water applications depends largely upon their stimulating effects upon the circulation.

2. **Elimination of Impurities.** As the cold water drives the blood with increased force through the system, it

flushes the capillaries in the tissues and cleanses them from the accumulation of pathogen which is one of the primary causes of acute and chronic diseases.

As the blood rushes back to the surface it suffuses the skin, opens and relaxes the pores and the minute blood vessels or capillaries, and thus unloads its impurities through the cuticle.

3. **Why We Favor Cold Water.** In the treatment of chronic disease some advocates of natural methods of healing still favor warm or hot applications in the form of hot water baths, various kinds of steam or sweat baths, electric light baths, hot compresses, fomentations, etc.

However, the great majority of Nature Cure practitioners in Europe have abandoned hot applications of any kind almost entirely because of their weakening and enervating after effects and because in many instances they have not only failed to produce the expected results but have aggravated the disease conditions.

We can explain the different effects of hot and cold water as well as of all other therapeutic agents upon the system by the law of action and reaction.

Applied to physics this law reads: "Action and reaction are equal but opposite." I have adapted the law of action and reaction to therapeutics in a somewhat circumscribed way as follows: Every therapeutic agent affecting the human organism has a first, temporary, and a second, permanent effect. The second, lasting effect is contrary to the first, transient effect.

The first, temporary effect of warmth above the body temperature, whether it be applied in the form of hot air, water, steam or light, is to draw the blood into the surface. Immediately after such an application the skin will be red and hot.

The second and lasting effect, however (in accordance with the law of action and reaction), is that the blood recedes into the interior of the body and leaves the skin in a bloodless and enervated condition, subject to chills and predisposed to "catching cold."

On the other hand, the first, transient effect of cold water applications upon the body as a whole, or upon any particular part, is to chill the surface and send the blood scurrying inward, leaving the skin in a chilled, bloodless condition. This lack of blood and sensation of cold are at once telegraphed over the afferent nerves to headquarters in the brain and from there the command goes forth to the nerve centers regulating the circulation, "Send blood into the surface!"

As a result, the circulation is stirred up and accelerated throughout the system and the blood rushes with force into the depleted skin, flushing the surface of the body with warm, red blood and restoring to it the rosy color of health. This is the second effect. In other words, the well applied cold water treatment is followed by a good reaction, and this is accompanied by many permanent beneficial results.

The drawing and eliminating first effect of hot applications, of sweat baths, etc., is at best only temporary, lasting but a few minutes, and is always followed by a weakening reaction, while the drawing and eliminating action of the cold water applications, being the second, lasting effect, exerts an enduring, invigorating and tonic influence upon the skin which enables it to throw off morbid matter not merely for ten or fifteen minutes, as in the sweat bath under the influence of excessive heat, but continually by day and night.

4. **The Danger of Prolonged or Excessively Cold Applications.** As I have pointed out, only water at ordinary temperature as it comes from well or hydrant should be used in hydropathic applications. It is positively dangerous to apply ice bags to an inflamed organ or to use icy water for packs and ablutions in febrile conditions.

Likewise, ice or icy water should not be used in the hydropathic treatment of chronic diseases. Excessive cold is suppressive in its effects upon the organism.

The baths, sprays, douches, etc., should not be kept up too long. The duration of the cold water applications must be regulated by the individual condition of the patient and by his powers of reaction. It should be borne in mind that it is the short, quick applications that produces the stimulating, electro-magnetic effects upon the system.

CHAPTER XVI

COLD WATER APPLICATIONS

1. **Outdoor Bathing and Swimming.** This is very invigorating and beneficial to those who are strong enough to secure reaction. The bathing or swimming should never be extended too long. Twenty minutes is sufficient even for a young and vigorous person. There must be no feeling of chilliness or exhaustion afterward. This would be a sign of overdoing. If the reaction is good there should follow a feeling of comfort and warmth, especially of the feet and hands. There will be a good appetite and the sleep will be sound and refreshing.

Ocean bathing is more tonic than inland water bathing because the salts in the sea water have a positive electromagnetic effect upon the body.

2. **Foot Bath.** Stand in cold water reaching up to the ankles for one to two minutes, according to the summer or winter temperature of the water. Dry the feet with a coarse towel and rub them vigorously with the hands, or walk about briskly for a few minutes. Repeat if necessary.

3. **Leg Bath.** (a) Stand in water up to the calves, from one to two minutes, then proceed as above.

b) Stand in water up to the knees, from one to two minutes, then rub vigorously or walk as directed.

4. **Barefoot Walking.** Walk barefoot in wet grass or on wet stone pavements several times a day, from ten to twenty minutes at a time, or less in case of weakness. The early morning dew upon the grass is especially beneficial; later in the day wet the grass or pavement with a hose.

After barefoot walking, dry and rub the feet thoroughly and take a short, brisk walk in shoes and stockings.

5. **Indoor Water Treading.** Stand in a bathtub or large foottub containing about two inches of cold water, step and splash vigorously for several minutes, then dry and rub the feet, and increase the circulation by walking around the room a few times.

6. **Foot Spray.** Turn the full force of water from a hydrant or hose first on one foot, then on the other. Let the stream play alternately on the upper part of the feet and on the soles. The coldness and force of the water will draw the blood to the feet.

These applications are excellent as a means of stimulating and equalizing the circulation, and a "sure cure" for cold and clammy feet, as well as for excessive perspiration of the feet.

7. **Partial Ablutions.** Partial ablutions with cold water are very useful in many instances, especially in local inflammation or where local congestion is to be relieved. The "kalte Guss" forms an important feature of the Kneipp system of water cure.

Sprays or showers may be administered to the head, arms, chest, back, thighs, knees or wherever indicated, with a dipper, a sprinkler or a hose attached to the faucet or hydrant. The water should be of natural temperature and the "Guss" of short duration.

8. **Limb Bath.** Take up cold water in the hollow of the hands from a running faucet or a bucket filled with water, rub arms and legs briskly for a few minutes.

9. **Upper Body Bath.** Stand in an empty tub, take water in the hollow of the hands from a running faucet or a bucket filled with cold water, and rub briskly the upper half of the body, from neck to hips, for two or three min-

utes. Use a towel or brush for those parts of the body that cannot be reached with the hands.

10. **Lower Body Baths.** Proceed as in (9), rubbing the lower part of the body from the waist downward.

11. **Hip Bath.** Sit in a large basin or in the bathtub in enough water to cover the hips completely, the legs resting on the floor or against the side of the tub. While taking the hip bath, knead and rub the abdomen.

Dry with a coarse towel, then rub and pat the skin with the hands for a few minutes.

12. **The Morning Cold Rub.** The essentials for a cold rub, and in fact for every cold water treatment, are warmth of the body before the application, coolness of the water (natural temperature), rapidity of action, and friction or exercise to stimulate the circulation. No cold water treatment should be taken when the body is in a chilled condition.

a) Directly from the warmth of the bed, or after sun-bath and exercise have produced a pleasant glow, go to the bathroom, sit in the empty tub with the stopper in place, turn on the cold water, and as it flows into the tub, catch it in the hollow of the hands and wash first the limbs, then the abdomen, then chest and back. Throw the water all over the body and rub the skin with the hands like you wash your face.

Do this quickly but thoroughly. The entire procedure need not take up more than a few minutes. By the time the bath is finished, there may be from two to four inches of water in the tub. Use a towel or brush for the back if you cannot reach it otherwise.

As long as there is a good reaction, the cold rub may be taken in an unheated bathroom even in cold weather.

After the bath, dry the body quickly with a coarse

towel and finish by rubbing with the hands until the skin is dry and smooth and you are aglow with the exercise, or expose the wet body to the fresh air before an open window and rub with the hands until dry and warm.

A bath taken in this manner combines the beneficial effects of cold water, air, exercise, and the friction of the hands on the body.

The bath must be so conducted that it is followed by a feeling of warmth and comfort. Some persons will be benefited by additional exercises or, better still, a brisk walk in the open air, while others will get better results by returning to the warmth of the bed.

There is no better means for stimulating the general circulation and for increasing the eliminative activities of the system than this cold morning rub at the beginning of the day after the night's rest. If kept up regularly, its good effects will soon become apparent.

This method of taking a morning bath is to be preferred to the plunge into a tub filled with cold water. While persons with very strong constitutions may experience no ill effects, to those who are weak and do not react readily, the "cold plunge" might prove a severe shock and strain upon the system.

b) When a bathtub is not available, take the morning cold rub in the following manner:

Stand in an empty washtub. In front of you, in the tub, place a basin or bucket filled with cold water. Wet the hands or a towel and wash the body, part by part, from the feet upward, then dry and rub with the hands as before directed.

13. **The Evening Sitzbath.** The sitzbath is best taken in the regular tub made for the purpose, but an ordinary

bathtub or a washtub or pan may be used with equally good effect.

Pour into the vessel a few inches of water at natural temperature as it comes from the hydrant, and sit in the water until a good reaction takes place—that is, until the first sensation of cold is followed by a feeling of warmth. This may take from a few seconds to a few minutes, according to the temperature of the water and the individual powers of reaction.

Dry with a coarse towel, rub and pat the skin with the hands, then, in order to establish good reaction, practice deep breathing for a few minutes.

The morning cold rub is stimulating in its effects; the evening sitzbath is quieting and relaxing. The latter is therefore especially beneficial if taken just before going to bed. The cold water draws the blood from brain and spinal cord and thereby insures better rest and sleep. It cools and relaxes the abdominal organs, sphincters and orifices, stimulates gently and naturally the action of the bowels and of the urinary tract, and is equally effective in chronic constipation and in affections of the kidneys or bladder.

14. The Head Bath. Loss or discoloration of the hair is generally due to the lack of hair building elements in the blood, or to sluggish circulation in the scalp and a diseased condition of the hair follicles. Nothing more effectually stimulates the flow of blood to brain and scalp or promotes the elimination of waste matter and poisons from these parts than the head bath, together with scalp massage.

Under no circumstances use hair tonics, dandruff or eczema cures or hair dyes. All such preparations contain poisons in the form of strong antiseptics and germicides.

Dandruff is a form of elimination and should not be suppressed. When the scalp is in good condition, it will disappear of its own accord.

Quinin, resorcin and other poisonous antiseptics and stimulants absorbed from dandruff cures and hair tonics and deposited in the tissues are, in many cases, the real cause of chronic headaches, neuralgia, dizziness, roaring in the ears, loss of hearing and sight, mental depression, irritability and even insanity.

Cold water is an absolutely safe and at the same time a most effective means to promote the growth of hair, as many of our patients can testify.

If the hair is short, the head should be washed thoroughly with cold water each time the face is washed. While doing this the scalp should be vigorously pinched, kneaded and massaged with the finger tips. When feasible, turn the stream from a hydrant or hose upon the head. This will add the good effect of friction to the coldness of the water.

Where the hair is too long for such frequent washing, daily cold water treatment may be applied by dipping the finger tips in cold water and rubbing it into the scalp, progressively covering the whole surface and vigorously massaging as above. Frequent washing of the hair in cold water, without soap, and drying in the air will obviate the necessity of washing often with soap. When it becomes necessary to use soap for cleansing purposes (and it should be used no oftener than absolutely necessary), use only pure castile soap and tepid, never hot, water, rinsing thoroughly in warm and then cold water. If plenty of cold water is used in finishing, the scalp thoroughly rubbed and the hair dried in the open air, there will be no danger of "catching cold."

CHAPTER XVII

WARM AND HOT WATER APPLICATIONS

1. **Tepid Baths.** Tepid baths vary in heat from 70 to 90 degrees. Many find them refreshing, but those who have become used to the effect of cold bathing find them rather enervating and weakening.

2. **Tepid Sitzbath.** The tepid sitzbath is taken by sitting in either an ordinary bathtub or a special sitztub, in four to six inches of water, the temperature of it ranging from 60 to 70 degrees. Such a lukewarm sitzbath is often indicated where there is retention of urine from a heated or inflamed condition of the urethra and bladder. It soothes and relaxes these structures and allows the urine to flow.

If the temperature of the body is much above the normal the sitzbath should be taken in water of natural temperature, as it comes from the hydrant or well. In all cases of fevers, where the patient is able to arise from bed and take the cold sitzbath, it will prove of great benefit. While in the bath the patient should lave the abdominal parts with the cold water.

3. **Warm and Hot Baths.** It is only on rare occasions that we recommend bathing at high temperature. Continually indulged in, it weakens the circulation, enervates the superficial nervous system and leads to atrophy of the cuticle. The effect of warm and hot bathing on the skin shows in the eyes through the heavy dark scurf rim in the outer border of the iris.

4. **Turkish, Russian and Electric Light Baths.** For reasons before mentioned the natural healer never uses

these or other forms of sweating processes unless it is as a temporary application for the breaking of a cold or incipient fever as described under Sweating in Bed.

While it is true that vigorous perspiration draws the blood to the surface and promotes the elimination of waste matter, such perspiration should be induced in a natural way, not through overheating the body artificially. The best perspiration is that induced through walking or other exercise in warm weather, or through wet packs in bed, which we shall describe hereafter.

Sweating, if it can be produced without overheating the body unduly, is of especial value in dropsical conditions and in cases of incipient or advanced diabetes and Bright's disease. It is also very beneficial in all forms of chronic rheumatism.

5. **Sweating in Bed.** This is best accomplished by means of the cold whole body pack, if necessary, assisted by hot water bottles or hot drinks. The procedure is as follows:

Spread on a bed or couch two or three blankets, according to the season of the year, the warmth of the room and the heat of the patient's body. Over the blankets spread a bed sheet which has been wrung out in warm water if the temperature of the body is subnormal, in cold if the body is at fever heat; then wrap the wet sheet quickly around the body of the patient, tucking it in between the legs and between the body and the arms.

Then pick up the top blanket and tuck it in around the body, folding the ends in over the feet and around the neck; then pick up the second and third blankets and do likewise. When finished, the patient and the pack look very much like an Egyptian mummy. The patient should

react and begin to perspire, or at least to feel comfortably warm, within five or ten minutes. If he remains cold too long, put along each side of the body two or three hot water bottles or bricks heated in an oven and wrapped in flannels; then cover the whole over with a few more blankets. The patient should be allowed to remain in the whole body pack and perspire as long as he can stand it. This may be from ten to thirty minutes or more, but should not be extended so long as to exhaust the patient unduly.

The removal of the pack must be followed immediately by a quick cold rub, standing up in the bathtub or in a washtub; or if the patient be too weak for this, by a cold friction rub in bed. The cold rub is frequently followed by a fine after-sweat, which may continue from ten to thirty minutes, according to the vitality of the patient. After this another cold bath or cold rub should be given. The patient is then allowed to rest. One or two such bed sweat baths or whole body packs are usually sufficient to break up a bad cold or incipient febrile disease. If it should not succeed in breaking up the congestion and aborting the fever, it will surely cause it to run a much easier course. This is accomplished in a perfectly natural manner through increased heat radiation and forced elimination of morbid matter through the skin. Perspiration will be greatly facilitated by drinking either cool or warm water, or hot lemonade. In extreme cases, where the patient does not react to a whole body pack and is in danger of chilling, perspiration can be induced by giving hot lemonade or a small cup of hot coffee with lemon juice.

If the patient is too weak to endure the rather heroic but very effective whole body pack treatment, partial packs such as trunk, throat and leg packs may be applied,

reinforced by hot water bottles or hot bricks. These are more easily applied and endured.

In an extensive practice, extending over a period of eighteen years, I have always found the sweating in bed preferable to the use of artificial apparatus, which is always more or less dangerous and more exhausting and injurious to the skin than the simple hot or cold wet packs, which have a powerful "drawing" effect upon the circulation and at the same time relax the pores of the skin.

Sweating for the cure of disease is very much in favor among the Indians. While living in the Rocky Mountains I frequently had occasion to observe the Turkish bath contrivance of the Indians. The sweating treatment is given (no matter what the disease may be) by placing the patient under a wickerwork frame covered almost airtight with skins. Before the patient enters the low, box-like hut, several pails or tin pans have been set into holes in the ground. These are filled with boiling water and from time to time hot stones from a nearby fire are dropped into the hot water to keep up the production of steam. When the patient has perspired to the limit of his endurance he is taken out and plunged into a nearby creek or lake, or in the winter time he is rubbed down quickly with snow.

I relate this not because I approve of the steam bath but to draw attention to the fact that the natural instinct and good sense of the Indian has hit upon elimination as a therapeutic measure.

6. **Sweating by Exercise.** The most beneficial perspiration is that induced by brisk walking or other exercise. This should be followed by a quick cold bath, spray or

rub. The warmer the body, within the natural limits, the quicker the reaction from the cold water application.

7. **Hot Compresses or Fomentations.** To prepare a fomentation take a piece of flannel and fold it from six to ten times and form it into a roll. Dip this into water as hot as the patient can stand it. The temperature of the water should range from blood heat to about 110 degrees, according to the endurance of the patient. Wring out the roll, unroll it quickly and lay it on the part which is to be treated. This may be the chest or abdomen, or the whole front or back, or it may be an inflamed arm, leg or joint. The hot compress should be covered and held in place by a cloth around the body or the limb, pinned down with safety pins.

We use hot fomentations or compresses only when the temperature is subnormal and when the patient's vitality is so low that he cannot react to a cold pack or cold ablu-tion. It is a good sign if the body temperature rises as a result of the hot pack or compress. It means that the system, as a result of the tonic application, is arousing itself to acute febrile reaction, which we always welcome as Nature's purifying, healing effort.

CHAPTER XVIII

WET BANDAGES AND WET PACKS

1. **Wet Bandages.** Old muslin, linen sheeting, or soft, well worn toweling are the best materials for bandages and packs. Bandages are used mostly for extracting internal heat, for relieving internal congestion, and for promoting elimination of morbid matter through the skin. Cold water is best suited for these purposes, but where the patient is very sensitive to cold, or the temperature subnormal, the chill may be taken off or tepid water may be used. The bandages are soaked in the water, then lightly wrung out and applied to the body where desired.

2. **Wet Packs.** The wet pack consists of the wet bandage before described plus a covering of dry flannel or woolen material, or of heavy toweling. The dry covering must overlap the upper and lower borders of the wet bandage about one half an inch. The dry covering serves to bring about a warm reaction and preserves the moisture in the bandage, and therefore the drawing effect of the pack is more powerful than that of the plain bandage.

The dry flannel, woolen or cotton covering may consist of from one to three or even four layers wrapped around the wet bandage. The outer end of the dry covering is pinned down and held in place by safety pins. The number of wet and dry wrappings depends upon the heat of the body and the vitality and power of reaction of the patient. The higher the fever heat and the more vigorous the body, as in childhood and youth, the more wet wrappings and the less dry covering is required. The lower the fever and the lower the vitality and power of reaction of

the patient, the less wet wrappings and the more dry, warm covering is required. In chronic cases, with low or subnormal temperature where packs are indicated to relieve inner congestion and pain, to induce sleep or to promote elimination, one wrapping of wet material is fully sufficient, and this must be covered with two or three wrappings of dry, warm material, in order to bring about the necessary reaction.

3. Vinegar Bandages and Compresses. Some hydrotherapists recommend an addition of vinegar or Epsom salts ($MgSO_4$) to the water from which the bandages or compresses are wrung out—about one half vinegar and one half water, or one tablespoon of Epsom salt to one quart of water.

4. Potato Compress. A compress made of grated raw potato, applied between pieces of thin linen or cotton cloth, is especially recommended in all forms of inflammation of the eye. It must be renewed before it becomes hot and dry.

5. How Often Should the Wet Packs Be Renewed? This depends upon the severity of the fever, height of temperature, and upon the vitality of the patient. In an ordinary cold it may be sufficient to apply a throat and short body pack in the evening and to leave it on all night, to be followed in the morning by a good cold rub and cold water sniffing.

The more pronounced the fever and the higher the temperature, the oftener the wet bandages must be renewed. In fevers such as diphtheria, smallpox, typhoid, cerebrospinal meningitis, etc., the packs must be taken off and replaced by fresh ones as soon as they are hot and dry. In such cases it is advisable to have on hand several sets of bandages. Those which come from the body must be

thoroughly washed, rinsed in cold water and hung up to dry in the fresh air and sunshine. In serious and prolonged cases of inflammatory feverish diseases it is advisable to alternate between throat, trunk and leg packs. For instance, at one time put on throat and trunk pack, then apply leg packs only, then again throat, and so on. This tends to equalize the circulation.

6. Ablution After Pack. Every time a bandage or pack has served its purpose and is taken from the body, the parts covered by the bandages or packs must be rubbed with a rough towel dipped in cold water. This serves several important purposes: first, to cleanse the skin of morbid matter and poisons which the bandage or pack has drawn to the surface; second, to secure a better reaction; third, to promote heat radiation; fourth, to increase the electro-magnetic energies of the body.

7. Whole Body Pack. Spread on a bed or couch two or three blankets, according to the season of the year, the warmth of the room and the heat of the patient's body. Over the blankets spread a bed sheet which has been wrung out in cold water; over this spread the muslin strip of a trunk pack wrung out in cold water. Wrap this strip about the trunk; then wrap the wet sheet quickly around the body of the patient, tucking it in between the legs and also between the body and the arms. Then pick up the top blanket and tuck it in around the body, folding the ends in over the feet and around the neck; then pick up the second and third blankets and do likewise, pinning in place with safety pins. When finished, the patient and the pack look very much like an Egyptian mummy.

The patient should react and begin to perspire, or at least to feel comfortably warm, within five or ten minutes.

If he remains cold too long, put along each side of the body two or three hot water bottles, or bricks heated in an oven and wrapped in flannel, then cover the whole over with a few more blankets. The patient should be allowed to remain in the whole body pack and perspire as long as he can stand it. This may be from ten to thirty minutes or more, but should not be extended too long as this might exhaust the patient unduly.

The removal of the pack must be followed by a quick, cold rub, standing up in the bathtub or in a washtub; or, if the patient be too weak for this, by a cold friction rub in bed.

8. **Head Bandages.** These bandages are much in favor for relieving headaches and earaches. A towel or strip of muslin or linen cloth is wrung out of tepid or cold water and wrapped around the head or over the ears in order to draw the blood to the surface and relieve inner congestion. This, however, is a doubtful proceeding for treating headaches or pains in the head, because all wet bandages have a tendency to draw the blood to the part where they are applied. In this case, though the head bandage may draw the blood to the surface of the skull, at the same time it has a tendency to draw the blood from other parts of the body to the head, thereby increasing congestion.

For this reason I always advise using the body leg, or throat pack in order to draw the blood away from the head. Besides, these packs cover a greater surface of the body and therefore have greater power to relieve the inner congestion in the head, as well as anywhere else in the body. At the same time the head, face and neck may be frequently washed or sponged with cold water. The

evaporation of the water on the hot surface has a very cooling, refreshing effect.

9. **Throat Bandages.** A piece of linen, muslin, towel, or soft cotton, from two to four inches wide, according to the length of the neck, wrung out of cold water and wrapped from two to four or six times around the throat is a splendid application in cases of sore and inflamed throat, tonsils and glands of the throat and neck. It also has a very cooling effect on the circulation in general, because the blood passes through the neck, back and forth through the large arteries and veins which supply the head and brain. Here large masses of blood course nearer to the surface than anywhere else in the body, and therefore it is the best place for extracting the heat from the blood through cold water bandages, packs or compresses.

10. **Throat Pack.** The throat pack consists of a wet throat bandage plus a covering of dry flannel or woolen material.

11. **Chest Bandage.** This is of great benefit when the lungs are affected by acute bronchial catarrh or pneumonia. The cold wet strip of muslin must be wide enough to cover the chest from the armpits to the border of the small ribs, and must be long enough to go around the body from one to four times, according to the amount of heat in the body, the vitality of the patient and his power of reaction.

12. **Chest Pack.** The chest pack consists of the wet chest bandage plus a covering of dry flannel or woolen material.

13. **Trunk Bandage.** The trunk bandage is applied the same as the chest bandage, the only difference being that it extends from under the armpits to the upper bor-

der of the hip bone or to the pubis. The full length, from armpit to pubis, must be applied in cases of the inflammation of the bladder, appendix or ovaries. When any one of the organs is severely inflamed extra cold compresses may be placed in under the body pack and over the inflamed organ. This compress should consist of from two to six or even eight layers of muslin or toweling, and may be from six to twelve inches square, according to the size of the inflamed area and according to the heat in the parts. All bandages must be removed and renewed when hot and dry. The extra cold compresses may also be applied, under the chest or body pack, to inflamed areas in the lungs, liver or stomach.

14. **Trunk Pack.** The trunk pack consists of the wet trunk bandage plus a covering of dry flannel or woolen material.

15. **Eye Compress.** The cold wet compress is very beneficial for relieving congestion and inflammation in the eyes. For this purpose a small compress made of several layers of muslin or linen is dipped in cold water and applied over the eyes. The compress is held in place by a dry bandage. Better than the water compress in cases of serious inflammation of the eyes is a poultice made of grated raw potatoes. The grated potato is wrapped in linen or muslin cloth and placed over the affected eye. The poultice is kept in place in the same way as the water compress. This treatment has proved very beneficial in cases of glaucoma and gonorrheal inflammation.

16. **Ankle, Knee and Hand Packs.** These are applied the same as all other wet packs, and are indicated in all local inflammations in the ankles, feet, toes, hands, wrists and arms. They are especially valuable in relieving inflammation in cases of inflammatory rheumatism. The

results of the wet pack and general cold water treatment in the most violent cases of inflammatory rheumatism are little short of miraculous.

17. **Leg Pack.** This may be applied from the hip to the knee to the ankle, or may cover the entire leg from the hip to the toes. The method of application is the same as in all other packs. First the wet bandage, and around this the wrappings of dry material.

18. **T Pack.** This consists of a narrow strip of muslin, adjusted as a belt about the abdomen just above the hip bone, to the back of which is attached a bandage, cut a little narrower in the center. The wet bandage with its flannel covering is drawn forward between the legs and fastened to the belt in front with safety pins. This pack is especially valuable in inflammations in the rectum and genito urinary organs. In cases of high temperature, extra cold compresses may be inserted inside the pack.

19. **Shoulder or Scotch Pack.** This pack requires a bandage and flannel covering, six and eight inches wide respectively, and two and one-fourth yards long. The one who applies the pack stands in front of the patient and holds equal portions of the strip of muslin or flannel in each hand. The strip is placed around the body under the armpits of the patient, the ends crossed in the back and brought up over the shoulders to the front, crossing again over the chest.

After the shoulder pack itself has been applied it may be surrounded on the body by the chest or trunk pack. This pack is very valuable where the upper lobes of the lungs are affected by acute bronchial catarrh or pneumonia.

CHAPTER XIX

MUD AND CLAY TREATMENT

Certain localities in Europe and in this country have attained considerable fame by the so called mud bath treatment. We tried this form of treatment for several years in one of our institutions but with indifferent success. The effect of the treatment is very much the same as that of the wet packs.

The effect of the wet pack, poultice or compress is very much the same whether the material used be mud, clay, water, cottage cheese, flaxseed or any other mild acting substance. The beneficial results are brought about because the cool moisture in and under the packs or poultices relaxes the pores of the skin, draws the blood into the surface, relieves inner congestion and pain and promotes heat radiation and elimination of morbid matter.

I have found that on the whole the water applications produce fully as good results as mud, clay or other materials; besides, it has the advantage of being more cleanly and more easily applied. However, it is true that in many cases of chronic inflammation resulting either from internal disease, bruises or sprains, clay packs have proved of great benefit. The one advantage I have found in them is that this substance retains moisture and coolness much longer than a water pack or compress. They are, therefore, of special benefit in cases of subacute and chronic inflammations, of persistent soreness, and for all night packs or bandages.

1. **Clay Packs.** The best way to apply clay packs is the following: Take yellow, or still better, blue potter's

clay, macerate in warm water until it is reduced to a smooth paste. When cold spread this with a wooden paddle or broad knife over a strip of cloth wide enough and long enough to cover the part to be treated, then surround the clay bandage with a few wrappings of toweling, flannel or other protecting material. The clay packs or bandages may remain in place until they become hot or dry.

2. **Mud or Clay Baths.** The mud or clay baths are applied in a manner similar to that of the clay packs but on a larger scale—to the entire body from neck to feet. The mud or clay must first be macerated and sifted so as to remove all pebbles, twigs or other foreign materials. The siftings are then mixed with hot water and reduced to a smooth paste. Mud or clay does not heat on the body as readily as a water pack, therefore it is best to heat the clay to 70 degrees F. before it is applied. The warm paste is spread on a sheet and this is wrapped around the body. One or two blankets, according to the warmth of the treatment room and the reactionary power of the patient, are then wrapped around the mud pack. The mud bath is applied like the full sheet pack, the only difference being that the sheet, instead of being wrung out in water is covered with a layer of mud or clay as described under clay packs.

Care must be taken that the mud or clay used for such treatments is free from impurities. It should not be taken from localities contaminated by human refuse. The mud or clay bath is followed by a cleansing warm spray and rub, and finished with a quick tonic cold spray.

While it is true that many people suffering from rheumatism and kindred acid diseases have found temporary relief by patronizing the popular mud bath resorts, it is

also true that these "cures" are not permanent. The reason is that in these places practically no attention is paid to diet. The patrons live on the ordinary hotel and restaurant food which produces hyperacidity almost as fast as the mud baths reduce it.

Neither do such patients receive the benefit of hydropathic, manipulative and other natural methods. The result is that after resuming at home their accustomed mode of living, the "cured" patients soon again experience the old rheumatic aches and pains and other symptoms of hyperacidity. Many of our patients suffering from such ailments had time and again tried the various mud cures but experienced only temporary relief. It required the strict pure food diet, hydropathic and manipulative treatment, sun and air baths and the outdoor life to produce real and permanent cures.

CHAPTER XX

EPSOM SALT TREATMENT

I have received numerous inquiries from readers of **Nature Cure Philosophy and Practice**, many of these from practicing physicians, asking why I have neglected to mention Epsom Salt treatment, which has proved so efficacious for the cure of acute and chronic diseases. I have had ample opportunity to observe the good and bad effects of Epsom salt upon the system, and will briefly state the result of my experience.

The use of Epsom salt (magnesium sulphate, $MgSO_4$) internally and externally, is in harmony with the Natural Therapeutics in so far as the alkaline magnesium tends to neutralize and to eliminate negative pathogenic substances, such as carbon and nitrogen compounds, from the system. While Epsom salt taken internally as a laxative, or externally in the form of baths, packs and compresses, is a powerful neutralizer and eliminator of acids, ptomaines and xanthins, we must not overlook the fact that the **inorganic minerals** it contains have a strong tendency to accumulate in the system and to form deposits which may in time become as harmful as the morbid materials which the salts are meant to eliminate from the system.

Some time ago, one of our house physicians attended, at the Cook County Hospital, an autopsy performed on a woman who had died from chronic rheumatism and heart disease. It was found that the woman's heart muscle contained deposits of magnesium salts of carbonate of

sodium, which she had taken through many years as a cure for acidosis and rheumatism.

I have seen the symptoms of sodium, iron, potassium, calcium and magnesium poisoning in people who had used these minerals in the form of medicines, or who had absorbed them in alkaline drinking water.

In our work we do not employ these doubtful agents which may in the long run work more harm than good, because we have other means and methods to accomplish the same results in a less harmful and more natural way. A well balanced vegetarian diet will prevent excessive formation of pathogenic substances in the system.

The best way to eliminate these morbid materials, after they have created disease conditions, is to take in sufficient amounts of the positive alkaline mineral elements in the foods classified under Group 5 (Food Table). These mineral elements when taken in the live organic form are the best neutralizers and eliminators, and they will not accumulate and form deposits in the system even when taken in excess. In addition to the alkaline diet we use hydrotherapy and other methods of natural treatment to eliminate negative, pathogenic encumbrances from the system.

I do not mean to intimate, however, that I condemn the use of Epsom salt under all circumstances. On the contrary, we quite frequently make use of it in the form of external applications in order to attain quick results in acute and emergency cases. Epsom salt baths, packs and compresses are very useful in cases of acute inflammatory rheumatism, gout, pneumonia, Bright's disease, appendicitis, ptomain poisoning and in all other feverish diseases, but under no circumstances would I use or recommend the salt for long continued treatment.

The therapeutic action of magnesium sulphate, or common Epsom salt, consists in stimulating the eliminative activity of the skin, its pores and glandular structures. This result is also obtained in a lesser degree by ordinary table salt (sodium chlorid, NaCl) and by sea salt.

The Epsom salt may be applied to the skin in warm or cold solutions, in the form of local applications in wet packs or compresses, as a general sponge bath, whole body bath or as a sitz or hip bath. The solution should contain from one to two ounces of magnesium sulphate ($MgSO_4$) to one quart of water. The bandages or compresses may be soaked in the solution and applied in the ordinary way.

One of the most beneficial applications consists in sponging the entire body with the solution for from five to ten minutes and going to bed without drying. This draws the blood into the cuticle, makes the skin more alive and active, opens the pores and draws the pathogenic matter to the surface. It acts as a powerful stimulant to the glandular structures of the skin, promotes elimination and relieves the poisoned and overburdened heart and other vital organs. In similar manner it relieves the heat-regulating center in the medulla and thereby reduces the temperature in febrile conditions.

Undoubtedly a great part of the beneficial effect is due to the action of the water itself in the ablutions and compresses. The Epsom salt solution may be applied also in the form of cooling hip or sitzbaths, or in the natural bath. In all cases the salt will heighten the tonic effect of the water.

One reason why I do not recommend the continued use of the salt in such applications is because we find that the cold water alone, used continuously in the form of tonic

applications, is powerful enough to suffice for the requirements of the various regimen in health and disease. In acute febrile conditions, however, when rapid neutralization and elimination of pathogenic materials becomes imperative, tonic applications of sea salt and Epsom salts will be found very beneficial.

CHAPTER XXI

ENEMAS, KLYSMAS OR COLONIC FLUSHING

Injections of warm water into the rectum are taken in order to relieve the constipated intestines of accumulations of fecal material and thus to prevent the reabsorption of morbid matter and systemic poisons.

The necessity for enemas is a sure sign that the person who needs them has not been living the natural life. If he had, he would not be constipated.

We make use of enemas only in the treatment of acute diseases, during fasting and in stubborn cases of chronic constipation, in the beginning of treatment. We look upon enemas as a necessary evil, or "crutch" to be used only until, through natural living and treatment, the intestines have become more alive and active.

Enemas taken habitually have a weakening effect upon the intestines. As the saying goes, they make them "more lazy." The reason for this is obvious. Dryness of the fecal matter is the stimulus for the secretion of mucous fluids by the membranous linings of the bowels. When the intestines are constantly flooded with water injected through the rectum, the stimulus to secretion is lacking and the cellular linings and glandular structures of the intestines become more inactive. Any function of the organism which we do not use atrophies.

Continued flooding with warm water has a very relaxing effect upon the intestines. The tone of the muscular tissues is lowered from day to day and the intestines become distended, forming pockets for the retention of putrefying fecal matter. Like drugs and laxatives, the "inter-

nal bath" in the long run creates the very condition which it is supposed to cure, namely, greater inactivity and atrophy.

The only way to restore the natural activity of the bowels in cases of chronic constipation is through natural diet, fasting when indicated, and through the use of suitable bulk food additions to the diet.

Temperature of Enemas. The water for enemas or for internal douches should never be cold, as many books and certain doctors advise. This is very dangerous. The sudden internal chilling may produce depression of the vital activities, collapse, and even death.

A year ago I was called to attend a boy eight years old. I found him in the advanced stages of cerebro-spinal meningitis. The physician who was in attendance told me she kept the fever down easily by giving three or four cold enemas every day. I prescribed pack treatment and fasting instead of the cold enemas and "stuffing." The little patient made a perfect recovery.

The water used for enemas or internal douches should be about blood temperature, from 90 to 100 degrees F. If no thermometer is at hand test the temperature by dipping the bare elbow into the water. The heat of the water should be just endurable to the sensitive tip of the elbow. The temperature will be about blood heat. For vigorous persons and in high fevers the temperature of the enema may be as low as 85 degrees. The lower the vitality and temperature of the patient the warmer must be the water. In cases of subnormal temperature, collapse and suspended animation, hot enemas of from 100 to 110 degrees F. act as powerful tonics. The tonic effects are increased if the water contains about one teaspoonful of salt to a pint (normal salt solution).

Application of Enemas. Enemas should never be taken in the sitting position nor while lying on the right or left side. When attempting to take an enema in either of these positions the rubber mouthpiece of the syringe strikes the sigmoid flexure and the tube coils up. The best positions for taking enemas are lying on the back, and the knee-chest position. The former is more suitable for bed-fast patient too weak to assume the knee-chest position. The patient should lie on a bed or a couch or board with the knees raised. The head must lie lower than the feet. This can be attained by raising the lower end of the bed, couch or board.

Knee-Chest Position. The knee-chest position is the best of all, provided a person is strong enough to assume it. It offers the least resistance to the passage of the warm water through the sigmoid flexure, descending colon and transverse colon. Under favorable conditions the water may descend even into the ascending colon.

Care should be taken to dip the hard rubber nozzle of the tube into olive oil and the tube should not be inserted until all air has been expelled and until the water flows from the nozzle at the proper temperature. In cases where old, hard incrustations have to be softened, a little castile soap may be dissolved in the water. The water should be retained in the intestines for five or ten minutes in order to allow the hardened fecal matter and incrustation to soften.

Directions for Colon Flushing. Apparatus necessary: a douche bag, or can with rubber hose, and a flexible rubber tube about twenty-six inches long. The latter is fitted to the end of the rubber hose by means of a hard rubber connection. Fill the bag with about two quarts of warm

soapy water (the soap used should be super-fatty soap free from alkali, or, better, a good quality of castile soap).

Lubricate the colon tube with olive oil. After allowing the water to flow until it comes from the tube at the right temperature, stop the flow and insert about two or three inches of the tube into the rectum. Release the clip on the hose and allow the water to flow. Then slowly and carefully work the tube, pushing it in two or three inches more and withdrawing it about half that distance. Continue this until the greater part of the tube is within the colon.

If any obstruction is met with while the tube is being inserted, withdraw the tube and allow the patient to evacuate the contents of the rectum and then begin over again. Should the accumulation of too much water in some particular part of the colon cause pain, shut off the flow by pinching the tube, have the patient take a full breath, draw in the abdomen and hold it so until the pain passes, after which again allow the water to flow.

Some difficulty may at first be experienced by the patient in following out this method. However, no disappointment should be felt if the results are not satisfactory from the first or second trial. The can should be placed only two or three feet above the level of the anus. No force is necessary. Should any distress be felt during the operation, it should be abandoned for the time and taken up again the next night. Continue these colon flushings for two or three nights in succession. The last night, instead of using soapy water, use one level teaspoonful of salt to a pint of water.

If there is a feeling of too great relaxation in the rectum, or a feeling of irritation, the patient should apply cold cloths to the rectum or take an after injection of

from one half to a full cupful of cold water, inserting the tube only about two inches.

After the patient has become somewhat experienced in the use of the colon flushings, he should endeavor to retain the water for ten or fifteen minutes, while lying on the back and massaging the abdomen.

Enemas in Acute Diseases. In all acute, inflammatory, febrile diseases we give enemas in the beginning daily, and after that at longer intervals, according to the nature of the case and the vitality of the patient. Fasting in acute disease and increased heat in the abdominal organs usually produce constipation. We overcome this difficulty by enemas. This empties the lower intestines of morbid accumulations and prevents reabsorption of poisonous excretions. The bowels should be emptied as nearly as possible during the early stages of a fever, as long as the vitality is unimpaired.

Enemas While Fasting. While fasting the bowels usually cease moving, though I have seen remarkable exceptions where the bowels kept moving daily for a few weeks although no food was taken. If they cease to move soon after the fast is entered upon, it is best to give enemas in order to evacuate the intestines and prevent reabsorption of morbid and poisonous excretions.

Note: Where the accessory bulk food fast is indulged in, bowel movements will be regular. It heightens the use of the fast considerably.

CHAPTER XXII

MISCELLANEOUS TREATMENTS

1. **Treatment for Retention of Urine.** Retention of urine may be due to many different causes, and the treatment must vary accordingly. It occurs frequently as a result of inflammation of the kidneys, bladder, or urethra. These inflammations may be caused by

- a) toxic conditions created by almost any form of acute disease especially by acute or chronic gonorrhea;
- b) certain drug poisons;
- c) toxic condition of the system resulting from hyperacidity or from large amounts of ptomaines, alkaloids, xanthins and other systemic poisons excreted through the kidneys;
- d) mechanical obstruction;
- e) spastic or paralytic contraction;
- f) inactivity of the kidneys.

The best and most efficient remedies in all such cases are cold bandages, compresses, packs, and cold hip and sitz-baths. When the urinary organs are in a state of high inflammation the patient may remain in the hip or sitz bath for an hour or more at a time. While the bath must be cooling, care should be taken not to chill the parts. The temperature must vary according to the condition of the patient and his power of reaction. The greater the internal heat, the colder may be the water and the oftener it must be renewed.

Although the water of the bath is cold at the start, it

will quickly warm up to the body heat of the patient, and when it loses its coolness fresh water should be added.

If the patient is too weak to use a sitz bath or an ordinary bathtub, cold compresses, bandages and packs will be the best substitutes. The packs and compresses must be changed when they become dry or hot, and should always be followed by a quick cold rub with a rough towel dipped in cold water.

In cases of great weakness or collapse, where the skin is cold and pale and the pulse weak, hot enemas of normal salt solution have a vivifying effect. In such cases a brisk cold rub should be given all over the body immediately after the hot enema. If suppression or retention of urine is caused by weakness and prostration, the hot enemas are the best means of stimulating the urinary organs to renewed activity. The temperature of these hot enemas may range from 100 to 115 degrees F., according to the endurance of the patient. Warm enemas are usually followed by a more copious flow of the urine, indicating that they have a relaxing effect upon the kidneys and the bladder.

In cases of weakness, prostration and atrophy of the urinary organs, tonic neurotherapy treatment is always of great value.

2. **The Treatment for Retention of Urine Due to Mechanical Obstruction.** Obstruction to the passage of the urine may be caused by stones, large clots of blood, or by profuse excretion of mucous matter. In such cases the warm and even hot sitz bath may be of good service on account of their relaxing effect upon the tissues of the urinary organs. The passage of solid substance through the ureters and the urethra may be greatly facilitated

by gentle downward stroking and manipulative treatment.

3. **Treatment for the Retention of Urine Due to Spastic or Paralytic Conditions.** This occurs frequently after the use of irritating diuretics and in the wake of hysteria and hypochondria. In all such cases lukewarm but cooling sitz baths will be beneficial.

4. **Treatment for Retention of Urine Due to Inactivity of the Kidneys.** This condition may be the result of chronic nephritis or of a clogging of the kidneys through long continued food, drink and drug poisoning.

In order to cure this as well as all other chronic diseases the entire system must undergo a complete regeneration through natural living and treatment. But meanwhile the activity of the kidneys may be increased by the use of mild stimulants such as juniper berries eaten raw or in the form of tea. Kneipp's favorite prescription in such cases was as follows: Take three berries the first day, five the second, seven the third, and so on until the daily dose amounts to twenty-one berries. Then the dose is reduced in the same way at the rate of two berries per day. After the course is completed a rest is taken for a few weeks and then the treatment is repeated if necessary.

5. **Juniper Berry Tea.** This is prepared in the following manner: Upon half a dozen or more macerated juniper berries pour half a cupful of boiling water. Let this draw, and sip while warm. A little honey or maple or brown sugar (unrefined) may be added if desired. Two such doses, or, in severe cases, three doses may be taken in twenty-four hours.

6. **Asparagus Tea.** The water in which fresh asparagus has been boiled for from ten to fifteen minutes is also

a mild and harmless diuretic. It may be taken in half teacupful doses three or four times a day.

These special treatments for retention of urine should always be accompanied by the general natural treatment, which tends to overcome the constitutional diseases back of the local trouble.

CHAPTER XXIII

AIR, LIGHT AND SUN BATHS

What Is the Cause of Poor Skin Action

Man is naturally an "air animal." He breathes with the pores of the skin as well as the lungs. However, the custom of hiding the body under dense, heavy clothing, thus excluding it from the life giving influence of air and light, together with the habit of warm bathing, has weakened and enervated the skin of the average individual until it has lost its tonicity and is no longer capable of fulfilling its natural functions.

The compact, almost air tight layers of underwear and outer clothing made of cotton, wool, silk and leather prevent the ventilation of the skin and the escape of the morbid excretions of the body. Underwear, if worn at all, should be light and of porous weave, just close enough to absorb the perspiration but not close enough to prevent free escape of the poisonous exhalations of the skin. Thorough ventilation of the skin insures perfect evaporation of the perspiration, and this not only promotes cleanliness but has a wonderfully cooling effect upon the body in the heat of summer.

1. The skin is an organ of absorption as well as of excretion; consequently the systemic poisons which are eliminated from the organism, if not removed by proper ventilation and bathing, are reabsorbed into the system just as the poisonous exhalations from the lungs are reinhaled and reabsorbed by people congregating in closed rooms or sleeping in unventilated bedrooms.

Who would think of keeping plants or animals continuously covered up, secluded from air and light? We know they would wither and waste away, and die before long.

Nevertheless, civilized human beings have for ages hidden their bodies most carefully from sun and air, which are so necessary to their well being. Is it any wonder that the human cuticle has become withered, enervated and atrophied, that it has lost the power to perform its functions freely and efficiently? Undoubtedly, this has much to do with the prevalence of disease.

In the iris of the eye the atrophied condition of the skin is indicated by a heavy, dark rim, called the "seurf rim." It signifies that the skin has become anemic, the surface circulation sluggish and defective, and that the elimination of morbid matter and systemic poisons through the skin is handicapped and retarded. This, in turn, causes systemic poisoning and favors the development of all kinds of acute and chronic diseases.

2. The Importance of the Skin as an Organ of Elimination. Of late physiologists have claimed that the skin is not of great importance as an organ of elimination. Common experience teaches us differently.

The favorite method of diagnosis employed by Father Kneipp, the great Water Cure apostle, was to examine the skin of his patients. If the "jacket," as he called it, was in fairly good condition he predicted a speedy recovery. If he found the "jacket" shriveled and dry, weakened and atrophied, he would shake his head and inform the patient that it would take much time and patience to restore him to health. He, as well as other pioneers of the Nature Cure movement, realized that elimination is the keynote in the treatment of acute and chronic diseases.

3. **How to Take the Airbath.** Everybody should take an airbath daily, for twenty minutes or longer, if possible. It may be advantageously combined with the morning cold rub and exercises.

Sixteen years ago we constructed the first open air bath on the roof of our Chicago Sanitarium. I predicted in the Nature Cure Magazine that the time would come when every up to date residence would have its airbath as well as its facilities for water bathing. This prediction is already being fulfilled. As a result of Nature Cure propaganda, open air sleeping porches, sun parlors and airbaths are rapidly increasing in popularity. All the hospitals built in the neighborhood of our Chicago Sanitarium have brick and iron enclosures on the roofs, similar to airbath construction. Their patients, however, still take the air and sun while heavily clothed and thus fail to receive the full benefit of air and sunlight.

A regularly constructed airbath is open above (without roof) and surrounded by shutter-like walls constructed of outward and downward sloping slats mortised in the upright posts so as to allow free passage of air and exclude any view of the interior from neighboring buildings. If surroundings permit, it is better to have the airbath on the ground for reasons explained later. This allows not only nude exposure to the air but also nude contact with the earth which, in itself, is highly beneficial.

An airbath on the level ground may be enclosed by shutter work, by solid board walls, or by canvas sheets. If possible, spend the hours of rest, and perform such daily tasks as may be feasible, in the airbath.

If an open airbath cannot be provided, expose the body to air and light in a room best located for the purpose. In the seclusion of this room remain nude as much as pos-

sible. But, after all, the air of a room cannot have the effect of moving currents of open air breezes, saturated with ozone and sunlight. Many naturists, having experienced the benefits of lying nude in bed, never again wear night clothing even though the bedroom be swept through the night by vigorous breezes. These are the people who have lost the habit of catching cold.

Only those who habitually practice air bathing can appreciate its soothing and tonic effect upon the millions of nerve endings all over the surface of the body. This explains the splendid results obtained by air, sun and cold water bathing in cases of nervousness, neurasthenia, and emotional and mental disorders. Several of the largest sanitariums in Europe depend upon nothing but air bathing and rest for their curative effects in the treatment of nervous disorders.

Enjoying the luxury of an open air bath one need not envy the bathers at the seashore where police restrictions will not permit the appearance of women without shoes and stockings.

Even among the adherents of natural healing methods there are those who think that air and light baths should be taken out of doors in warm weather only, and in winter time only in well heated rooms.

This is a mistake. The effect of the air bath upon the organism is subject to the same law of action and reaction which governs the effect of water applications.

If the temperature of air or water is the same, or nearly the same, as that of the body no reaction takes place,—the conditions within the system remain the same. But if the temperature of air or water is considerably lower than the body temperature there will be a reaction.

In order to react against the chilling effect of cold air

or water, the nerve centers which control the circulation send the blood to the surface in large quantities, flushing the skin with warm, red, arterial blood. The flow of the blood stream is greatly accelerated and the elimination of morbid matter on the surface of the body is correspondingly increased.

4. **Sun Bathing.** All the good effects of air bathing are intensified by the influence of sunlight. We will see that the effects of sunlight cannot be overestimated when we consider that without it life on this planet would be impossible. Everything that draws the breath of life depends for vital energy upon the life-giving rays of the sun.

Beginners, however, must be careful not to expose the body to intense heat and light for too long at a time. This might cause overstimulation with its inevitable reaction, or serious burns. From ten to fifteen minutes may be sufficient to begin with. Dark skinned people, having more protective pigment, can stand more exposure than can light skinned people. As the skin bronzes or tans, exposure can be lengthened to twenty or thirty minutes, and gradually to several hours at a time. In the summer time, many of our patients spend all their leisure time in the air bath.

If possible the airbath should contain a spray so that a cold shower can be taken in warm weather while exposed to the air and sun. Allow the body to dry in the sun and air. The alternating influences of air, sunlight and water are as beneficial to the human body as to plant and animal life. Never miss an opportunity to take a nude rain bath.

People who are exceedingly sensitive to the effects of sunlight may at least temporarily wear a wrap of white

gauze, or seek shelter in shady spots. In bright sunlight it is best to protect the head by a straw hat. Those who are subject to excessive blood pressure to the brain should lay a towel wrung out of cold water over the head.

5. **Earth Magnetism.** While in the air bath, if we lie flat on the earth on the back or stomach, we absorb the magnetism of Mother Earth. It is best to lie with the head towards the north in the direction of the magnetic currents of the earth. Such magnetic earth treatment is wonderfully soothing and refreshing. A good deal of the beneficial effect of barefoot walking is due to magnetic contact with the earth.

In many cases of chronic constipation we have observed splendid results from lying on the stomach on the bare ground. The earth magnetism has a tonic effect upon the solar plexus and other nerve ganglia of the sympathetic. Good effects may be obtained while clothed, but nude contact with the earth is better.

6. **Dry Brush Rub.** While taking an air or sun bath rub the body thoroughly with a dry bristle brush, beginning with one not too stiff. The movements should be in one direction only. Sensitive persons prefer the stroking in the direction of the nerves, from the spinal cord outward. This dry rub not only stimulates skin action and circulation, but also removes dead cuticle and impurities from the surface of the body.

CHAPTER XXIV

CORRECT BREATHING

The lungs are to the body what the bellows are to the fires of the forge. The more regularly and vigorously the air is forced through the bellows and through the lungs, the livelier burns the flame in the smithy and the fire of life in the body.

Practice deep, regular breathing systematically for one week and you will be surprised at the results. You will feel like a different person and your working capacity, both physically and mentally, will be immensely increased.

A plentiful supply of fresh air is more necessary than food and drink. We can live without food for weeks, without water for days, but without air only a few minutes.

1. **The Process of Breathing.** With every inhalation, air is sucked in through the windpipe or trachea which terminates in two tubes called bronchi, one leading to the right lung, one to the left. The air is then distributed over the lungs through a network of minute tubes to the air cells, which are separated only by a thin membrane from equally fine and minute blood vessels forming another network of tubes.

The oxygen contained in the inhaled air passes freely through these membranes, is absorbed by the blood, carried to the heart and hence through the arteries and their branches to the different organs and tissues of the body, fanning the fires of life into brighter flame all along its course and burning up the waste products and

poisons that have accumulated during the vital processes of digestion, assimilation and elimination.

After the blood has unloaded its supply of oxygen, it takes up the carbonic acid gas which is produced during the oxidation and combustion of waste matter, and carries it to the lungs where the poisonous gases are transferred to the air cells and expelled with the exhaled breath. This return trip of the blood to the lungs is made through another set of blood vessels, the veins, and the blood, dark with the sewage of the system, is now called "venous" blood.

In the lungs the venous blood discharges its freight of excrementitious poisons and gases, and by coming in contact with fresh air and a new supply of oxygen, it is again transformed into bright, red arterial blood, pregnant with oxygen, the life sustaining element of the atmosphere.

This explains why normal, deep, regular breathing is all important to sustain life and as a means of cure. By proper breathing, which exercises and develops every part of the lungs, the capacity of the air cells is increased. This, as we have learned, means also an increased supply of life sustaining and health promoting oxygen to the tissues and organs of the body.

2. **Bad Effects of Shallow Breathing.** Very few people breathe correctly. Some, especially women with tight skirtbands and corsets pressing upon their vital organs, use only the upper part of their lungs. Others breathe only with the lower part and with the diaphragm, leaving the upper structures of the lungs inactive and partially collapsed.

In those parts of the lungs that are not used, slimy secretions accumulate and the tissues become devitalized.

Thus a luxuriant soil is prepared for the tubercle bacillus, pneumococcus and other scavenger germs.

This habit of shallow breathing which does not allow the lungs to be thoroughly permeated with fresh air, accounts in a measure for the fact that one-third of all deaths result from diseases of the lungs. To one individual perishing from food starvation thousands are dying from oxygen starvation.

Lung culture is more important than other branches of learning and training which require more time and a greater outlay of money and effort. In the natural regimen breathing exercises play an important part.

All important as are the elements of the air in the vital functions of the body, we take in something with the breath that is more essential to life than oxygen, and that is life itself.

3. General Directions. The effectiveness of breathing exercises and of all other kinds of corrective movements depends upon the mental attitude during the time of practice. Each motion should be accompanied by the conscious effort to make it produce a certain result. Much more can be accomplished with mental concentration, by keeping your mind on what you are doing, than by performing the exercises in an aimless, indifferent way.

Keep in the open air as much as possible, and at all events sleep with windows open.

If your occupation be sedentary, take advantage of every opportunity for walking out of doors.

While walking, breathe regularly and deeply, filling the lungs to their fullest capacity and also expelling as much air as possible at each exhalation. Undue strain should, of course, be avoided. This applies to all breathing exercises.

Do not breathe through the mouth. Nature intends that outer air shall reach the lungs by way of the nose, whose membranes are lined with fine hairs in order to "sift" the air, thus preventing foreign particles, dust and dirt, from irritating the mucous linings of the air tract and entering the delicate structures of the lungs. Also, the air is warmed and moistened before it reaches the lungs by its passage through the nose.

Let the exhalations take about double the time of the inhalations. This will be further explained in connection with rhythmical breathing.

Do not hold the breath between inhalations. Though frequently recommended by teachers of certain methods of breath culture, this practice is more harmful than beneficial.

4. The Proper Standing Position. Of great importance is the position assumed habitually by the body while standing and walking. Carelessness in this respect is not only unpleasant to the beholder, but its consequences are far reaching in their effects upon health and the well being of the organism.

On the other hand, a good carriage of the body aids in the development of muscles and tissues generally, and in the proper functioning of cells and organs in particular. With the weight of the body thrown upon the balls of the feet and the center of gravity well focused, the abdominal organs will stay in place and there will be no strain upon the ligaments that support them.

In assuming the proper standing position, stand with your back to the wall, touching it with heels, buttocks, shoulders and head. Now bend the head backward and push the upper body forward and away from the wall, still touching the wall with buttocks and heels. Straighten

the head, keeping the chest in the forward position. Now walk away from the wall and endeavor to maintain this position while taking the breathing exercises and practicing the various movements.

Take this position as often as possible during the day, and try to maintain it as you go about your different tasks that must be performed while standing. Gradually this position will become second nature, and you will assume and maintain it gracefully and without effort.

When the body is in this position, the viscera are in their normal place. This aids the digestion materially and benefits indirectly the entire functional organism.

Persistent practice of the above will correct protruding abdomen and other defects due to faulty position and carriage of the body.

Breathing exercises are intended especially to develop greater lung capacity and to assist in forming the habit of breathing properly at all times. The different movements should be repeated from three to six times, according to endurance and the amount of time at disposal.

Breathing Exercises

5. With hands at sides or on hips, inhale and exhale slowly and deeply, bringing the entire respiratory apparatus into active play.

6. (To expand the chest and increase the air capacity of the lungs.)

Jerk the shoulders forward in several separate movements, inhaling deeper at each forward jerk. Exhale slowly, bringing the shoulders back to the original position.

Reverse the exercise, jerking the shoulders backward in similar manner while inhaling. Alternate the move-

ments, forcing the shoulders first forward, then backward.

7. Stand erect, arms at sides. Inhale, raising the arms forward and upward until the palms touch above the head, at the same time rising on the toes as high as possible. Exhale, lowering the heels, bringing the hands downward in a wide circle until the palms touch the thighs.

8. Stand erect, hands on hips. Inhale slowly and deeply, raising the shoulders as high as possible, then, with a jerk, drop them as low as possible while exhaling.

9. Stand erect, hands at shoulders. Inhale, raising elbows sideways; exhale, bringing elbows down so as to strike the sides vigorously.

10. Inhale deeply, then exhale slowly. While exhaling clap the chest with the palms of the hands, covering the entire surface.

(These six exercises are essential and sufficient. The following four may be practiced by those who are able to perform them and who have time and inclination to do so.)

11. Stand erect, hands to sides. Inhale slowly and deeply, at the same time bringing the hands, palms up, in front of the body to the height of the shoulders. Exhale, at the same time turning the palms downward and bringing the hands down in an outward circle.

12. Stand erect, the right arm raised upward, the left crossed behind the back. Lean far back, then bend forward and touch the floor with the right hand, without bending the knees, as far in front of the body as possible. Raise the body to original posture, reverse position of arms, and repeat the exercise. Inhale while leaning backward and changing position of arms, exhale while bending forward.

13. Position erect, feet well apart, both arms raised.

Lean back, inhaling, then bend forward, exhaling, touching the floor with both hands between the legs as far back as possible.

14. Horizontal position, supporting the body on palms and toes. Swing the right hand upward and backward, flinging the body to the left side, resting on the left hand and the left foot. Return to original position, repeat the exercise, flinging the body to the right side. Inhale while swinging backward, exhale while returning to position.

Diaphragmatic Breathing

The diaphragm is a large, flat muscle, resembling the shape of an inverted saucer, which forms the division between the chest cavity and the abdominal cavity. By downward expansion it causes the lungs to expand likewise and to suck in the air. The pressure of air being greater on the outside of the body than within, it rushes in and fills the vacuum created by the descending diaphragm. As the diaphragm relaxes and returns to its original size and position, the air is expelled from the body.

15. To stimulate the action of the diaphragm, lie flat on floor or mattress, the head unsupported. Relax the muscles all over the body, then inhale deeply with the diaphragm only, raising the wall of the abdomen just below the ribs without elevating either the chest or the lower abdomen. Take about four seconds to inhale, then exhale in twice that length of time, contracting the abdomen below the ribs.

16. **Internal Massage.** Lie on your back on a bed or couch, knees raised. Relax thoroughly, exhale and hold the breath after exhalation. While doing so, push the abdomen out and draw it in and up as far as possible

each way. Repeat these movements as long as you can hold the breath without straining, then breathe deeply and regularly for several minutes, then repeat the massage movements.

Next to deep breathing, I consider this practice of greater value than any other physical exercise. It imparts to the intestines and other abdominal organs a "wash-board" motion which acts as a powerful stimulant to all the organs in the abdominal cavity. Internal massage is especially beneficial in chronic constipation.

This exercise may be performed also while standing or walking. It should be practiced two or three times daily.

Breathing Exercises to Be Taken in Bed

17. With hands at side, inhale slowly and deeply, as directed in Exercise No. 1, filling and emptying the lungs as much as possible, but without straining. Practice first lying on the back, then on each side.

18. (Use one or two pound dumb-bells.)

Position recumbent on back, arms extended sideways, dumb-bells in hands. Raise the arms with elbows rigid, cross arms over the chest as far as possible, at the same time expelling the air from the lungs. Extend the arms to the sides, inhaling deeply and raising the chest.

19. Lie flat on the back, arms at sides. Grasping the dumb-bells extend the arms backward over the head, inhaling. Leave them in this position for a few seconds, then raise them straight above the chest, and lower them slowly to the original position. Exhale during the second half of this exercise.

As a variation, cross the arms in front of the body instead of bringing to sides.

CHAPTER XXV

PHILOSOPHY OF EXERCISE

Next to overeating, lack of exercise in the natural way is one of the leading causes of weakness and ill health. This is true because Nature in her wisdom so planned the mechanics and physiology of animal life that activity is essential to maintain normal conditions.

In all our preventive and curative work it is of the greatest importance that we study carefully Nature's laws and Nature's methods and provide conditions as nearly as possible in harmony with them. In this we may derive much help by studying the wonderful correspondences between vegetable, animal and human life based on the unit of life, the primitive single cell.

In the plant kingdom we find that activity or exercise of the unit cell is provided for by the wind, rain, and by changes in temperature and light. In the animal kingdom exercise is called forth by the search for food, by play and by aggressive and defensive warfare. In the human kingdom exists the same necessity for activity in search for food, provision for shelter, in play, and in defense against Nature's destructive forces and against animal and human enemies.

But man, loving leisure better than exertion and being a free moral agent, has followed the lines of least resistance. He enslaved the horse to draw his vehicles; invented railroad carriages, automobiles, bicycles and all kinds of labor saving machinery in order to gain speed and to avoid the necessity for physical exertion. The unnatural conditions of civilized society have overburdened some with

hard physical labor and condemned others to indoor, sedentary occupations which compel almost complete physical inactivity.

Systematic, corrective exercises are needed to counterbalance both extremes.

Most persons who have to work hard physically are under the impression that they need not take special exercise. This, however, is a mistake. In nearly all kinds of physical labor only parts of the body are called into action, certain sets of muscles are exercised while others remain inactive. This favors unequal development which is injurious to the organism as a whole.

It is most necessary that the ill effects of such one sided activity be counteracted by exercise and movements that bring into active play all the different parts of the body, especially those that are neglected during the hours of work.

Hard gymnastic exercises such as weight lifting, boxing, wrestling and athletic feats which require great physical exertion are not conducive to normal development and longevity. On the contrary, steady, hard physical labor and severe, long continued gymnastic and athletic training overstimulate and overdevelop the muscular structures of the body at the expense of the vital organs and of the brain and nervous system. They cause a "muscle bound" condition which means congestion of the blood in the fleshy parts and a deficiency in the vital organs, the brain and nervous system.

This tends to coarsen the body. The animal nature in time reveals itself in outward appearance in the coarsening of the features, in the disproportionate and distorted physique, and in stunted intellectual and esthetic development.

For these reasons Nature Cure philosophy does not favor strenuous physical and physiological exercise, but advises the lighter forms of physiological combined with psychological exercise.

CHAPTER XXVI

PHYSIOLOGY OF EXERCISE

Aside from breathing gymnastics, general exercises should be taken every day. In case of illness or deformity special corrective and curative exercises should be taken.

Physical exercise has effects upon the system similar to hydrotherapy, massage and neurotherapy. It stirs up the morbid accumulations in the tissues, stimulates the arterial and venous circulation, expands the lungs to their fullest capacity, thereby increasing the intake of oxygen, and most effectively promotes the elimination of waste and morbid materials through the skin, kidneys, bowels and the respiratory tract.

Furthermore, well adapted, systematic physical exercises tend to relax and soften contracted and hardened muscles and ligaments and other connective tissues and to tone up those tissues which are weakened and abnormally relaxed. Such exercises should always be prescribed during and after the correction of lesions of the spinal column and of other parts of the framework of the body.

Regular physical exercise means increased blood supply, improved nutrition and better drainage for all the vital organs of the body. By means of systematic exercise, combined with deep breathing, the liberation and distribution of electro-magnetic energy in the system is also greatly promoted.

Increased physical activity means increased oxidation of fuel and of waste materials which in turn necessitates a greater intake of oxygen and compels deeper and more rhythmic breathing. This means not only a fuller intake

of the elements of the air, but also a greater inflow of the life force itself. This primary force of all forces comes and goes, ebbs and flows in all living beings with inspiration and expiration.

Systematic physical exercise is an absolute necessity for brain workers and those following sedentary occupations. They not only need breathing gymnastics and corrective movements mornings and evenings, but should take regular daily walks no matter what the condition of the weather. Unless they do this faithfully their circulation will become sluggish and the organs of elimination inactive. The cells and tissues of the body will gradually become clogged with morbid encumbrances and this will inevitably lead to physical and mental deterioration.

General Rules

a) Weak persons and those suffering from malignant diseases such as cancer, tuberculosis, heart trouble, asthma, or from displacements and ruptures, or who are liable to apoplectic seizures, etc., should not take these or any other vigorous exercises except under the supervision of a competent physician.

b) At least twice a day all parts of the respiratory apparatus should be thoroughly exercised. Deep breathing should accompany every corrective movement, whether it be a special breathing exercise or not.

c) Begin the exercises each day with light movements and change gradually to more vigorous ones, then reverse the process, ending with light, relaxing movements.

d) When beginning to take systematic exercise do not make the separate movements too vigorous or continue them too long. If any of them cause pain or considerable strain omit them until the body becomes stronger

and more flexible. The muscular soreness often resulting from exercise at the beginning is, as a rule, of little consequence and soon disappears. The various movements should be practiced in spite of it, because that is the only way to relieve and overcome this condition.

e) Stop when you begin to feel tired. Never overdo. You should feel refreshed and relaxed after exercising, not tired and shaky.

f) Do not take vigorous exercise of any kind within an hour and a half after eating, nor immediately before meals. It is a good plan to rest and relax thoroughly for about fifteen minutes before sitting down to the table.

g) Whenever practicable exercise out of doors. If indoors perform the movements near an open window or where there is a current of fresh air.

h) Exercise undressed, if possible, or in a regular gymnasium suit that gives free play to all the muscles. If dressed, loosen all tight clothing. Women preferably should wear bloomers and loose blouse or smock. Of course no corsets should be worn, and but a single union undergarment of loosely knit light weight cotton. If a dress is worn it should be a simple, loose, one piece garment, short and full enough of skirt not to interfere with free leg movements. If shoes are worn they should be without heels, like tennis or gymnasium oxfords, wide enough to allow the toes to spread naturally when the weight is upon them.

i) Always relax physically and mentally before taking exercise.

j) Apparatus is not necessary to produce results. However, dumb-bells, wands or Indian clubs may be used but they should not be too heavy. One pound dumb-bells are sufficiently heavy in most cases. The exercises here de-

scribed are intended for muscular control, flexibility, improvement of the circulation and increased activity of the vital functions rather than for mere animal strength.

In the following paragraphs we offer a selection of corrective movements graduated from the more simple to those requiring considerable agility and effort.

In practicing these exercises, it is best to alternate them, that is, to select, say, six or seven movements suited to individual conditions with a view to securing all-around general development and special practice for those parts and organs of the body that need extra attention. The time at your disposal will also have to be considered.

Practice these exercises daily for a week. For the following week select six different exercises, then six more for the third week and so on, supplementing the list here given as may be required by your particular needs. Then start all over again in a similar manner.

This is better than to do the same stunts every day. It promotes all-around development of the body and keeps the interest from flagging.

Corrective Gymnastics

1. Raise the arms forward (at the same time beginning to inhale), upward above the head, and backward as far as possible, bending back the head and inhaling deeply. Now exhale slowly, at the same time lowering arms and head and bending the body downward until the fingers touch the toes. Keep the knees straight. Inhale again, raising arms upward and backward as before. Repeat from six to ten times.

For exercising the muscles between the ribs and the abdominal muscles in the back.

2. Inhale slowly and deeply, with arms at side. Now

exhale and at the same time bend to the left as far as possible, raising the right arm straight above the head and keeping the left arm close to the side of the body. Assume the original position with a quick movement, at the same time inhaling. Exhale as before, bending to the right and raising the left arm. Repeat a number of times.

For making the chest flexible. Also excellent for the digestive organs.

3. Chest Stretcher. This exercise must be performed vigorously, the movements following one another in rapid succession.

Stand erect. Throw the arms backward so that the palms touch (striving to bring them higher with each repetition), at the same time rising on the toes and inhaling. Without pausing, throw the arms forward and across the chest, the right arm uppermost, striking the back with both hands on opposite sides, at the same time exhaling and lowering the toes. Throw the arms back immediately, touching palms, rising on toes and inhaling as before, then bring them forward and across the chest again, left arm uppermost. Repeat from ten to twenty times.

This is an excellent massage and vibratory movement for the lungs.

4. Exercises for filling out scrawny necks and hollow chests:

- a) Stand erect. Without raising or lowering the chin and without bending the neck, push the head forward as far as possible, then relax. Repeat a number of times. Push the head straight back in similar manner, making an effort to push it farther back each time. Do not bend the neck. Repeat.

- b) Stand erect. Bend the head toward the right shoul-

der as far as possible, then relax. Do not rotate the head. Repeat.

Bend the head to the left shoulder in a similar manner, then alternate the two movements.

c) Stand erect. Bend the head forward as far as possible, making an effort to bring it down farther each time. Relax.

Bend the head backward as far as possible.

Bend the head first forward, then backward. Repeat.

5. For exercising the muscles of the chest and the upper arm:

Stand erect, elbows to sides, hands closed on chest, thumbs inward. Thrust out the arms vigorously and quickly, first straight ahead, then to the sides, then straight up, then straight downward, then backward. Repeat each movement a number of times, then alternate them, each time bringing back arms and hands to the original position quickly and forcefully.

As a variation, raise the elbows sideways to shoulder height with fists on shoulders, then strike vigorously as before, opening the palms and stretching the fingers with each thrust. Repeat from ten to twenty times, or until tired.

6. Stand erect, hands on hips. Keeping the legs straight, rotate the trunk upon the hips, bending first forward, then to the right, then backward, then to the left. Repeat a number of times, then rotate in the opposite direction.

These exercises are especially valuable to stir up a sluggish liver.

7. Lie flat on your back on a bed or, better still, a mat on the floor, hands under head. Without bending knees, raise the right leg as high as possible and lower it slowly. Repeat a number of times, then raise the other leg, then

alternate. As the abdomen becomes stronger, raise both legs at once, keeping knees straight. It is important that the legs be lowered slowly.

This and the following exercise are especially valuable for remedying female troubles, for exercising the abdominal muscles and strengthening the pelvic organs.

8. Lie flat on back, arms folded on chest. Place the feet under a chair or bed to keep them in position. Raise the body to a sitting posture, keeping knees, back and neck straight. Lower the body slowly to its original position. Repeat from five to ten times, according to strength.

Special Exercises for Reducing Flesh and Strengthening the Abdominal Organs

21. Lie flat on stomach, heels and toes together, hands stretched out in front. Fling head and arms upward, at the same time raising the legs, knees straight. Avoid straining.

22. Same position, hands clasped on back, feet together. Roll from side to side.

23. Lie flat on back, seize a bar (bed rail or rung of chair) just behind the head. Keeping the feet close together, raise the legs as high as possible, then swing them from side to side. As a variation, swing legs in a circle without flexing the knees.

24. Same position. Raise and lower the legs without letting them touch the floor, keeping the knees straight.

25. Lie flat on the back, fold the hands loosely across the stomach. Raise and lower the upper body without quite touching the floor.

26. Stand erect, heels together, arms raised above the head. Bend forward and downward, endeavoring to place

the palms of the hands on the floor in front of the body without flexing the knees. Return slowly to original position and repeat.

27. Stand erect, hands on hips. Keeping the body motionless from the hips downward, sway the upper part of the body from side to side and forward and backward, and in a circle to right and left.

28. Stand erect, raise the arms above the head. Rotate the trunk upon the hips with extended arms, bending as far as possible in each direction, but avoiding undue strain. There are strenuous movements and should not be carried to excess or performed very long at a time.

Physical Exercise for Invalids

29. Persons who are very weak and unable to be on their feet for any length of time need not, for this reason, forego the benefits to be derived from systematic physical exercise.

A low chair, with straight or very slightly curved back and no arms, or a rocking chair of similar construction with a wedge placed under the rockers in such a manner as to keep the chair steady at a suitable angle, is well adapted to the practice of a number of corrective movements, such as rotating of hips and waist, forward and sideward bending of the trunk, the various arm and neck exercises, bending and twisting of feet and toes, and the internal massage.

All in all, the best exercise is play. Adopt a game, a hobby, a sport. Play your way to exercise, to health. Walk.

CHAPTER XXVII

NATURAL EXERCISE

Regular outdoor work sufficient to produce good perspiration, where one is in closest touch with Mother Nature, is the best of all exercise for human beings. The work itself should be constructive to the extent that it provides some of the necessities of human life and calls forth the best instincts of human nature. There is none better than the tilling of the soil for the production of vegetables, fruits and flowers.

Elimination through perspiration produced by vigorous outdoor work,—bareheaded and barefooted,—is best of all. Such natural activity should precede eating.

Numerous experiments have demonstrated that perspiration resulting from actual work or play is far more effective in the elimination of morbid matter from the human body than perspiration induced by steam baths, hot air, electric light baths or other artificial contrivances. It is also true that actual outdoor exercise in the shape of work or play produces much better results than exercise taken with special apparatus in heated buildings.

Next to the tilling of the soil, outdoor play is one of the best forms of exercise—such games as lawn tennis, golf, volley ball, football or baseball bring into activity the whole muscular system, provide the best possible exercise for the lungs, the heart and the vital organs, and at the same time call forth intense brain activity and concentration of mind by the competition and rivalry.

Next to outdoor sport, the best natural form of exercise

is walking. To attain the best results walks should be taken not alone but in company with some congenial companion. Select some objective point and make the walk vigorous and rapid, the arms swinging free from the shoulders, the breathing deep and vigorous, the carriage of the body erect. Now and then take a "chest lift." This is done while walking. Hold the entire body erect, draw in a breath; after a few seconds, without exhaling, draw in another and after a further interval of a few seconds, still another. After the third inhalation vigorously expel all the air. The object of this is to inflate the chest to its fullest capacity.

Four or five miles are not too much for a good vigorous walk, although one or two miles a day may be all the average city dweller can afford. To get the best results from any form of exercise the clothing should be removed immediately afterward and a cold rub or cold sponge bath taken, followed by a brisk rub with a dry towel. This in turn should be followed by a few minutes rest or thorough relaxation in order to allow the system to resume its normal functions.

Since a large proportion of people who live in cities find it absolutely impossible in their regular daily life to take natural exercise in the shape of work, play or walking, they must have some substitute in the way of indoor exercise. Many people believe that the chief object of exercise is to develop large muscles and unusual strength, and for that purpose all kinds of special apparatus, weights and various other contrivances have been devised and sold at fancy prices.

Apparatus is entirely unnecessary for good physical development and for maintaining normal health. The leading authorities on physical culture agree that best

results may be obtained by the simple exercises, resisting, tensing and relaxing, without the use of weights or special apparatus.

Exercise in order to produce best results must be regular. Set aside a certain time each day for this purpose and adhere to it. The body becomes accustomed to duties of this kind, performed at regular times each day. The entire reserve force of the organism is brought into play at these times and great benefit is derived not only from the physical effects but also from the concentration of mind and will on the work in hand, and this will gradually extend to all other forms of physical and mental occupations.

The following simple movements cover the whole range of psychological exercise. They may be modified or added to according to individual needs. The number of times each shall be done also depends upon individual conditions and requirements. Never hold the breath while exercising. At first continue the exercises until slight fatigue is felt. On an average fifteen to twenty times will be enough for each movement.

As a final warning, remember that tensing in the sense used in these directions does not mean straining. Tensing to the point of straining and exhaustion would be decidedly harmful.

Psychological Exercises

1. Stand erect, hands on chest, extend arms forward with a jerk, horizontally from the shoulders, tensing all muscles at the end of the movement. This should be done at the rate of about one movement per second.
2. Same as No. 1, except that the arms are extended downwards at the sides full length.

3. Strike out from the shoulder alternately with each arm, aiming at some imaginary point in front of you.

4. Clinch the fist tightly and strike a vigorous blow from the left hip towards the right ear and across the shoulders. Alternate with the right. As before, end the movement by tensing all muscles.

5. Stand erect, bring up the knees alternately as high as possible, stopping the movement by tensing all the muscles.

6. Stand erect, make a vigorous kick toward the front, first with the left and then with the right. Bring the leg to a sudden stop by tensing all the muscles. Extend the toes as far forward as possible when making the kick. The value of this exercise depends on the energy put into it. Do the same by kicking toward the rear.

7. Stand erect. Clinch the right fist, contract the arm, and bring the hand up under the right shoulder, raising the shoulder in the meantime as far as possible, and tensing all the muscles at the end of the stroke. Do this alternately with the left hand. While tensing one arm, relax the other.

8. Take an ordinary bath towel, grasp one end in the right hand, over the right shoulder, pass the left hand around below the waist and grasp the other end. Now raise the right arm to an extended position, resisting with the left arm. Change to the left arm over the shoulder and the right arm down to the hips. The resistance must be continuous from the starting of the movement to the return to the first position.

9. Grasp one end of a Turkish towel with the right hand raised to the shoulder, and the other end with the left hand raised to the shoulder, the towel passing behind the neck. Extend the right arm full length, resisting

with the left arm. Return to first position, continuing the resistance until the movement is ended. Repeat this exercise with the towel passing in front of the neck.

10. Stand erect, with both arms extended downward; tense the muscles of the upper forearm, hand extended, and raise the right hand to the shoulder, resisting the biceps muscles in the upper arm by the triceps muscles. Return to the original position, still tensing above muscles, at the same time raising the left arm to the shoulder.

11. Extend the arms out to the sides in horizontal position, tense all the muscles of the arms and shoulders, and bring the arms down to the body. Repeat.

12. Raise the arms high above the shoulders and a little backward, tense all the muscles, and circle the arms outward and down in front of the body, crossing the hands in front of the abdomen.

13. Raise the hands straight above the head, inhaling a full breath; gradually assume a squatting position as close to the floor as you can get, with the arms down between the knees, the head bent over, and the diaphragm muscle contracted. This is for the purpose of expelling all the air from the lungs.

14. Stand erect, with arms high over the shoulders. Bend over and touch the floor in front of the feet with the hands, the feet remaining flat on the floor, and the knees stiff. On returning to upright position tense the muscles in the small of the back.

15. Stand erect, raise the right arm fully extended, swing it up over the head, bend the body as far as possible straight to the left, keeping both feet solid upon the floor; then swing the body as far as possible to the right, raising the left arm and lowering the right. Keep both

feet solidly on the floor. Tense the muscles of the arms while doing the exercise.

16. Stand erect, place the hands on the hips, the feet firmly on the floor. Twist the body slowly to the right and then slowly to the left. Do not move the feet. Tense the muscles of the back and abdomen at the extreme end of each movement, and turn the head as far as possible in the direction of each movement.

17. Lie flat upon the floor or upon a bed, arms extended above the head. Raise the arms and the head and shoulders as far as possible from the floor contracting or tensing the muscles of the abdomen. Relax, and lie again upon the floor. Raise the hollow of the back from the floor, drawing the hips up towards the shoulders, contracting or tensing the muscles of the back.

18. Lie flat upon the floor, arms extended above head. Now raise both feet up over the chest, tensing and contracting the muscles of the abdomen. This exercise may be made more strenuous by tensing the muscles of the legs and raising them up and down from five to ten times without touching the floor. Also extend the arms above the head and grasp an iron bedstead or any other apparatus available, with the hands; then raise the legs from the floor and gradually the hips, until the legs pass over and beyond the head. You may also swing the legs from one side to another or in circle.

19. Stand erect. Have the head well poised; bend it as far forward as possible till the chin touches the chest, and then as far backward as possible, without moving the body. Second, have the head well poised, and turn the head over to the right as far as possible, endeavor to touch the shoulder, then to the left as far as possible.

20. Have the head well poised and turn it to the right

and left alternately without moving the body. While doing this exercise tense the muscles of the neck, and if desired, you may resist the neck movements by either hand.

21. Stand erect, heels close together, raise the body on the toes as high as possible. Resume normal position, lift the feet, the heels remaining on the floor. Repeat this with the feet ten inches apart. Repeat again with the feet eighteen inches apart.

22. For cold feet sit upon a box or bench or chair high enough so that the feet swing clear of the floor; work the ankle joints vigorously, raising the ball of the foot as far as possible toward the knee, and then lowering it as far as possible. Do this for about one minute to begin with, and gradually increase to from two to five minutes. This will start the circulation of the blood in the feet.

23. Raise arms horizontally at sides, palms up. Contract right arm bringing fist toward head and turning the face toward it simultaneously, resisting biceps muscle with triceps muscle, left arm extended outward relaxed—reverse.

24. Hands on chest. Raise elbows up as high as possible and down again. Inhale while raising. Exhale while lowering. Then reverse.

CHAPTER XXVIII

NATURAL TREATMENT FOR THE EYES

The health of the eyes, as well as that of all other parts of the body, depends upon perfect nutrition, drainage and nerve supply. Diseases of the eyes, unless caused by external injury, excessive strain under inadequate light or by exposure to brilliant light, are due to constitutional conditions.

The sensory organs do not weaken and become diseased unless there is something wrong with the three primary life requirements—nutrition, drainage and nerve supply. Most of the work of eye specialists, as long as they do not treat constitutional causes, is, therefore, not curative but symptomatic and suppressive.

The delicate mechanism of the eye becomes easily obstructed with pathogenic encumbrances which cause interference with the free circulation of blood, lymph and nerve currents. Cataract is nothing but an infiltration of the lense with pathogenic materials.

The same uric acid, oxalic acid and crystalloid earthy substances that form deposits in the rheumatic joints also accumulate in the lenses of the eyes and cause them to become milky and impervious to light. All the various forms of inflammations of the eye, if not caused by injury from without, are due to pathogenic obstruction, like all other forms of inflammation in the body.

The natural treatment of the eyes, therefore, aims to remove pathogenic encumbrances and to adjust the mechanical lesions or abnormalities in such a way as to establish perfect nutrition, drainage and nerve supply. This

accomplished, ailments of the eyes become a thing of the past and good sight may be maintained to the end of life.

From the foregoing it follows that the treatment of the eyes must begin in the first place with the natural treatment of the body as a whole. This is accomplished by faithful adherence to the regimen for wholesome living.

Many people have come to us for the treatment of chronic constitutional diseases, not expecting their weakened eyes to be especially benefited, believing this to be impossible. They were most pleasantly surprised when they found that together with constitutional improvement came also much better eyesight and keener hearing.

But hand in hand with constitutional regeneration should also go special treatment of the eyes themselves. This consists in an adaptation of several important natural methods of treatment; namely, hydrotherapy, eye gymnastics and massage. In many cases it may be necessary to supplement this combination by neurotherapy in order to correct mechanical lesions and abnormalities in the spinal column and nerve tissues which may interfere with the blood and nerve supply of the eyes and with adequate drainage.

1. **Water Treatment.** For the eye bath the temperature of the water should be as cold as the sensitive eyeball can stand, but not cold enough to cause serious discomfort. A few grains of salt may be added to make the water slightly saline.

a) Submerge forehead and eyes in a basin of water, open and close the lids under water from six to eight times. Repeat a few times.

b) Fill a glass or aluminum eye-cup (which can be bought in any drug store or department store) with water, bend the head forward and press the cup securely against

the eye; then bend backward and open and shut the lid a number of times.

c) Bend over a stream of water running from a faucet or over a large dish containing cold water of natural temperature as it comes from the hydrant or well; then scoop up the water in the hollow of the hands and throw it into the open eyes, at the same time move the eyeballs sideways in circular or up and down motion. This is done in order to permit the water to reach all parts of the eyeball equally.

The cold bathing is continued until the eyes cease smarting and perfect reaction is established. This may require about a minute.

2. **Massage and Vibratory Treatment.** We have learned in other parts of these volumes that massage has very much the same effect upon the circulation of the blood, lymph and nerve currents as hydropathic treatment. It stirs up the pathogenic deposits in the tissues and actually squeezes them into the lymphatic and venous circulation, thus allowing a free inflow of the red arterial blood with its freight of life sustaining oxygen and other elements of nutrition. Like the cold water, it stimulates the flow of the sluggish, pathogen laden lymph and venous blood towards the heart and the organs of elimination.

Another very important effect of the massage of the eyes lies in the fact that it makes the eyeball more elastic and resilient, thereby correcting abnormal depressions and inequalities of the surface; in other words, it rounds the eyeball more perfectly. This is a simple and natural way of curing astigmatism, which the oculist tries to overcome by specially ground lenses. It is easily to be seen which of these methods is the more natural and rational. The one endeavors to overcome a symptom; the other

removes the cause and actually corrects the abnormal condition.

Both massage and hydropathic treatment, aside from their mechanical effects upon the circulation, nutrition and drainage, also arouse and stimulate the latent electromagnetic energy. This, together with a more liberal supply of alkaline mineral elements in food and drink, raises the positivity of the organism, which means greater vitality and recuperating power. The best massage movements adapted for the eye treatment are the following:

3. **Massage Movements.** (a) **Kneading.** In order to execute this movement, press the eyeballs out of their sockets with the tip of one or two fingers of each hand. Continue this until the eyeballs have received a thorough kneading, as far back in the sockets as possible. You need not be afraid of injuring the eyes by this treatment unless you exert undue or excessive force.

b) **Vibrating.** Vibrate the eyeball all over its surface as far as you can reach it, first with one, then with two and lastly with three fingers—the thumb, forefinger and middle finger brought to a point. The movement is executed by a quick vibratory motion of the hand in the wrist joint. It may require some practice before perfect vibratory motion is attained, but when once acquired it is very beneficial for the purposes described in this treatise. After thoroughly vibrating the eyeball for about a minute, finish with the stroking movements.

c) **Stroking.** This movement is executed by stroking the eyeball, first gently, then gradually more and more strongly, with one and later two finger tips. The stroking proceeds over the upper and lower lids from the inner corners of the eyes outward; then reverse and stroke from the outer corner of the eye in a half circular motion

to the inner corner. These movements also are repeated from a dozen to two dozen times, according to the endurance and time available.

The stroking is applied first gently and with gradually increasing pressure until the eyeball has become seemingly insensible. As before stated, none of these treatments, if executed with a little care and common sense, can possibly inflict any injury. Although the mechanism of the eye is very complicated and highly sensitive, it is at the same time very tough and resilient. Cures of serious eye troubles which are little short of miraculous have been effected by this simple treatment. If faithfully applied at least twice a day, or, if possible, in conjunction with the general regimen for natural living and with neurotherapy, it will do away in a great many cases with the necessity for the wearing of glasses, and will preserve excellent eyesight under strenuous usage, even to extreme old age.

4. **Eye Gymnastics.** After the eyes have recovered sufficiently from the cold bathing, practice eye gymnastics. Stand erect, or if too weak, assume a comfortable relaxed position in a chair, then move the eyes upwards and downwards, as far as the mobility of the eyeballs will permit, along an imaginary vertical line on the wall opposite you. Repeat this from twelve to twenty-four times.

Then in like manner move the eyeballs as far as you can force them from right to left and left to right on an imaginary horizontal line in front of you on a level with your eyes. Move the eyeballs in similar manner diagonally from the highest point on the right to the lowest point on the left, and then reverse.

Finally roll the eyeballs in circular motion from right to left and then from left to right. Each one of these

movements should be repeated from twelve to twenty-four times, according to the time at your disposal.

The special value of these eye exercises lies in the fact that the movements of the eyeball are regulated by four sets of muscle which pull the eyeball upward, downward, to the right and to the left.

The ordinary use of the eyes in certain occupations such as reading, playing the piano, etc., may exercise the eye muscles unequally and thus overwork and strain some of them while others are weakened through lack of exercise. In time this is bound to result in unequal development of these muscles and in one-sided strain. This in turn results in unequal focusing of the eyes, which seriously interferes with normal vision. This is usually corrected by fitting lenses specially adapted for this purpose, but it is obvious that the better adjustment consists in equalizing the strength of the four muscles which control the movements of the eyeball.

CHAPTER XXIX

CONSTIPATION

Constipation is characterized by sluggish action of the bowels. For some reason the evacuation of waste matter from the large intestines has become difficult. Normally an individual should have a copious movement of the bowels twice in twenty-four hours—3 times is better, or after every meal.

Constipation has become so common among people of civilized countries that this has been called "the age of constipation." At least three-fourths of the chronic patients that come to us for treatment, suffer from chronic constipation in its worst forms. Many of them tell us that they have not had a natural movement of the bowels for many years. This alone is sufficient to show that the ordinary methods of living and of treating human ailments are faulty and inadequate.

While itself only a symptom of failure on the part of the muscles of the large intestine, constipation becomes in turn one of the primary causes of other constitutional diseases. Inactivity of the eliminating organs, the skin, kidneys, and bowels causes retention of waste and morbid matter which results in body poisoning or auto-intoxication. Any system of treatment which cannot restore the normal activity of the organs of cleansing cannot accomplish anything else.

Results of Pill Using

The medical treatment of constipation, consisting largely in the administration of laxatives and cathartics,

gives only temporary relief and tends to benumb and paralyze the intestines more completely. All laxatives and purgatives are poisonous to the system, or they would not produce their peculiar drastic effects. They do not act upon the system but the system acts upon the drugs. Being poisons, the body tries to expel these enemies to health and life by copious excretions from the liver and from the walls of the intestines. This eventually produces an evacuation of the contents of the bowels, but every time such violent artificial stimulation is restored, the liver, the membranous linings of the intestinal tract and the nerves which supply them, become more benumbed and inactive. Many cases of inflammation of the intestines, called "colitis," etc., are simply inflammation injuries, due to the use of drastic drugs.

Inflammation of the tender lining of the intestines is only one evil. The violent and drastic stimulation following drugging causes the muscles of the digestive system to shrink, shrivel up, and become flabby.

The lower end of the bowel may become so benumbed and flabby that it protrudes from the body, toneless and with no power.

We find this frequently in people who have habitually used calomel or have taken other mercurial laxatives. Quinine and the derivatives of opium also have a very paralyzing effect upon the digestive tract. The acute catarrhal conditions characterized by frequent purging are indicated by recurring attacks of diarrhea, mucus passing in the stool, etc.

Causes of Constipation

Causes of constipation are (1) congestion of the liver, causing deficient or abnormal production of bile; (2) in-

interference with the blood supply of the intestines, causing insufficient secretion of mucus, thus reducing lubrication and causing excessive dryness of fecal matter; (3) interference with the motor nerve supply to the muscular walls of the intestines (partial paralysis) thus reducing the peristaltic action of the intestines, which in turn causes stagnation and fermentation of fecal matter; (4) spasm of the sphincter muscles of the rectum, inhibiting the act of evacuation; (5) sluggishness and flabbiness of the muscles of the stomach and intestines (muscle tissues comprise the majority of tissues of this part of the body).

Congestion of the Liver

Hyperactivity, due to excessive overwork, is always followed by corresponding weakness and gradual flabbiness. The ordinary high protein and starchy diet produces, as we have learned, excessive amounts of poisonous wastes, ptomaines, alkaloids, xanthins (collectively called toxins). These morbid materials are powerful stimulants.

This results at times, when the digestive organs become clogged with waste matter, in periodic diarrheas. This is the rule during infancy and youth. Gradually, however, continual irritation and overstimulation, with the attendant purging, changes, in accordance with the laws of action and reaction, into the opposite condition of chronic constipation which is aggravated and made more stubborn by the use of laxatives and cathartics.

Constant clogging of the liver with the morbid by-products of a high protein and starchy diet leaves that organ in a congested and inactive condition. This interferes with the secretion of bile which in turn causes dryness

of the contents of the bowels and deprives them of the lubricants necessary for easy evacuation of the feces.

The factor of overwork enters also. The liver manufactures and stores a form of sugar prepared from starchy foods such as bread, potatoes, macaroni, cereals, etc. A person who lives exclusively on this class of food, in time breaks down the liver from overwork.

Meats, fish, eggs, beans, peas, and lentils, the protein foods, are converted into urea and other products by the liver. It follows that the individual who lives almost exclusively on highly protein foods will cause liver overwork and congestion, consequently an interference with bile production and constipation.

Lack of Bulk

Continual over-irritation and over-stimulation resulting from toxic poisoning and the use of laxatives and purgatives also benumbs and paralyzes the motor nerves which supply the muscular walls of the intestines, resulting in partial paralysis and diminished muscular action. This is aggravated by the continual intake of food materials deficient in cellulose and woody fibre, such as white flour products and polished rice. The hulls of cereals, which act as natural stimulants to the peristaltic action of the bowels, are removed in the modern "refining" milling process.

The particles of hulls of cereals, the roughage or cellulose part of foods act as "bulk," a substance upon which the muscles of the stomach and intestines can fasten and hold. The average American diet is totally deficient in roughage, it is a pasty soft mucilaginous diet. It provides no work for the intestinal muscles—consequently they shrink, atrophy, and become soft. They fail to move

wastes and food from the digestive tract, this we call constipation.

It is for this reason that the followers of Nature Cure have always advocated the use of whole grain foods and the liberal consumption of fruits and vegetables whose fibrous waste serves as scouring material for the intestinal tract and as a natural stimulant for peristaltic action.

Nervous Constipation

Spasm of the sphincter muscles of the anus, or spasm of the rectum, is usually caused by long-continued over-irritation with systemic poison or by the paralyzing effect of drug poisons. Many such cases I have traced back to nervous, mental and emotional conditions. The nervous, jumpy, fretful individual always has a tight, tense rectal sphincter (outside muscle).

The opposite of spasm, too much relaxation, is met with in victims of the chronic enema habit.

Mental and emotional conditions exert a powerful influence upon the alimentary tract. Certain emotions have a benumbing, others a stimulating, effect upon the secretions and the peristaltic action of the bowels. A few days ago I read about certain experiments made with living animals. X-ray pictures were taken of a healthy cat whose peristaltic movements were normally active. The animal was suddenly confronted with an angry dog barking at her fiercely. Instantly, as the hair on her body and her tail went up as a result of sudden fright and anger, the peristaltic action of the stomach and bowels ceased entirely and did not revive until the animal had thoroughly recovered from its emotional excitement. It also has been proved by experiments on living animals

that sudden emotional excitement stops the secretion of the gastric and pancreatic juices.

A Strange Case

The most remarkable case of constipation that has come under my observation was that of a woman suffering from a severe attack of appendicitis and general peritonitis. She had been under Christian Science treatment for six days, her condition in the meantime becoming more aggravated until she was in a dying condition. Cold water compresses and manipulative treatment relieved her intense suffering almost instantly. We tried to empty the colon by repeated flushings, but without success. The bowels did not move for twenty-eight days, then they moved naturally without artificial aid. From that time on the patient made a rapid and perfect recovery.

During the four weeks she had received no food whatsoever. The usual hydropathic and manipulative treatment controlled the fever and gradually revived the peristaltic action of the paralyzed intestines. Eating at any time during the period of constipation would have meant sure death.

Effects of Constipation

As before stated, habitual constipation means not only deficient elimination but also reabsorption of toxins from the putrefying materials in the intestinal canal, especially in the descending colon and rectum. Appendicitis is practically always preceded by an inactive, flabby condition of the intestines, which favors the accumulation of bowel matter in the first part of the large intestine, which in turn leads to inflammation of the appendix.

In the urine of people suffering from chronic constipation we usually find considerable amounts of indican, a poisonous substance which forms in putrefactive processes in the intestines. This is absorbed into the general circulation and partially eliminated through the kidneys. In like manner many other products of putrefaction are absorbed from the stagnant, putrefying materials in the sluggish intestines, causing headache, nervousness, muscular fatigue, sluggish mentality and many other ailments. Arteriosclerosis, Bright's disease, diabetes and premature old age are caused or aggravated by the continual absorption of intestinal toxins.

Post mortem examinations often show the lining membranes of the colon, cæcum, and of certain parts of the small intestines covered with adhesive, putty-like fecal materials. Such a clogged condition of the intestinal membranes interferes with assimilation as well as with elimination. This leaves the blood in an impoverished condition and overcharged with systemic poisons, causing on the one hand, nerve starvation and, on the other hand, nerve poisoning.

Frequently when I tell patients that their intestinal tract is in a clogged and atrophic condition, they seem surprised, saying there is nothing the matter with their bowels because they move regularly. This, however, is not evidence that the bowels are in a normal condition or that the individual is free from intestinal autointoxication. As before explained the intestines, particularly the colon down as far as the sigmoid flexure, may be encrusted with adhesive bowel matter, leaving a clear way in the center for the passage of recently formed waste products. In such cases it is necessary to resort to meas-

ures which are somewhat drastic in order to quickly and thoroughly cleanse the colon.

Treatment

1. It must be understood that the first requisite in the treatment of any disorder, and especially of constipation, is a change of diet. The diet for an individual suffering with constipation must be of such a nature as to preclude the possibility of the formation of toxins and at the same time to assist in the removal of morbid accumulations from the alimentary tract. Finally, the diet must contain the positive mineral elements necessary to neutralize the negative pathogenic substances in the circulation and in the tissues of the body.

Excesses of starch or protein, fried foods, white bread, pastry and all other white flour products must be strictly avoided, as also the habitual use of condiments, spices and white sugar.

A raw food diet, rich in fruit and vegetables, low in proteins, starches and fats, is best adapted to quickly bring about the desired results. All kinds of fruit, fruit juices and leafy, juicy vegetables are of the utmost value. Salads, consisting of lettuce or other leafy vegetables, and raw carrots, turnips, parsnips, celery, young onions and radishes, with a dressing of lemon juice and olive oil, should form the basis of the diet. Bran biscuit, health bread, steamed wheat, dates, figs, raisins, grapes, acid and subacid fruits and berries will furnish sufficient nourishment and will serve to stimulate the peristaltic action of the bowels.

2. **A Sample Diet.** BREAKFAST, any kind of acid or subacid fruit or berries. LUNCHEON, raw vegetable salads with dressing of lemon juice.

raisins and a small amount of either whole wheat bread, bran biscuit, shredded wheat or whole steamed wheat. DINNER, raw vegetable relishes and salad of green, leafy vegetables with raw grated carrots or turnips; a cooked leafy vegetable such as spinach, cabbage or Swiss chard; one potato, or in place of it a slice of whole grain bread; some sweet, alkaline fruit for dessert; buttermilk or yogurt. Fruit juices, either pure or diluted, may be taken between meals. This diet should be followed for two or three weeks, after which a regular diet may be followed.

3. **Natural Laxatives.** The treatment of constipation may be improved by the use of accessory natural foods such as bran in certain cases, agar-agar, the lubricant seeds, etc.

In order to soften and to remove old, hard fecal encrustations from the colon a few colon flushings may be taken at the beginning of the treatment. While it is permissible to resort to a few thorough colon flushings at the beginning of the treatment, I am strongly opposed to the habitual use of enemas. This is bound to result in greater weakness and atrophy of the intestines. Filling the lower part of the intestinal tract habitually with large amounts of warm water not only dilates the already weakened intestinal wall but takes away the natural impetus to secretion. In other words, as the popular expression goes, "the more you flush, the more lazy the bowels become."

I have met many victims of this weakening practice who assured me that the longer they used the "rubber doctor" the more relaxed and weakened the intestines became and the more they suffered from indigestion, fermentation, gas formation and the effects of systemic

poisoning. Therefore we resort to colon flushing only as a "crutch" in the beginning of treatment until the intestines become alive and active under natural diet and treatment. We advise patients to resort to flushing only when it becomes absolutely necessary.

CHAPTER XXX

THE MODERN TREATMENT OF CONSTIPATION

By Victor H. Lindlahr, M.D., N.D.

Dr. Henry Lindlahr felt that the basis of most disease was internal uncleanness. He regarded elimination through the skin, lungs, kidneys and intestines secondary in importance only to correct eating. Correct eating and adequate elimination was his formula for the treatment of most chronic diseases. For 30 years he labored to perfect the comparatively crude Nature Cure methods of the old time Nature Curists. The whole world has learned to adopt many of the Nature Cure principles. Dr. Henry Lindlahr's work was that of a pioneer who greatly enhanced Nature Cure philosophy and practice.

In the sanitarium first attention was always given to proper bowel action. Constipation was considered the fore-runner and producer of most of the troubles from which the chronic cases that visited the sanitarium suffered. The Nature Cure diet was liberal in bulk and laxative foods. Additions to the diet were made of various so-called accessory foods such as bran, flaxseed, psyllium seed, agar-agar. Patiently different combinations of these accessory foods were experimented with and tried. It was his idea that some simple combination of bulk and lubricant accessory food could be produced which would supply those defects of modern diet which civilization produces.

For 2,000 years the men of medicine have tried to solve the problem of constipation. Practically every mineral and plant known to man has been tried, discarded or

adopted as the case might be. Herbs, drugs, minerals produced catharsis but did not cure constipation. Some 40 years ago the work of Dr. Graham, (inventor of graham crackers) opened the eyes of alert physicians to the value of accessory foods, roughage, bulk and lubricant foods, foods which would not be digested but which would faithfully serve the purposes of "mechanical" digestion.

Every meal needs in it some indigestible substance which will produce "action" of the intestines! The barnyard fowl eats gravel to get bulk and stimulus to the intestinal tract. The house cat nibbles at blades of grass, as does the house dog. All animals use accessory foods. Only man has been too busy and too civilized to adopt this natural means of promoting elimination. The introduction of a balanced accessory food is one of Nature Cure's greatest contributions to the health and welfare of mankind. The fascinating study which led up to perfection of a bulk food which would be palatable, which could be added to the meal without great trouble, which would be comparatively inexpensive and which would wean mankind away from drugs, purgatives and laxatives has been completed. It is a crowning glory to Dr. Henry Lindlahr's work. It is a duty to devote a chapter to this subject, and it is a privilege to acknowledge that the patient work, experience and study of Dr. Henry Lindlahr are responsible for evolving the perfect accessory food. The momentous labor he undertook in the study of people's eating habits and trying this accessory food, in checking results, in failing and in recouping, in adopting and discarding brought us to the threshold of this new discovery.

To find a simple food to prevent constipation, a food

laxative, not a drug laxative, was sought because a basic cause of constipation is wrong eating. While purgatives or physics will forcibly expel waste material, they are not curative, but harmful. They fail completely in the treatment of this disease which saps the health and well-being and devitalizes uncounted millions of sufferers.

An accessory lubricant and laxative food was created and because it worked, because it accomplished far more than the modest claims put forward, it found a ready acceptance by thousands of sufferers; ever-growing numbers became familiar with the virtues of the preparation—not through glaring advertisements, but simply through word of mouth, by the assurance of satisfied users that EDROLAX, the name given the preparation, could be depended upon to perform its mission.

EDROLAX is a combination of three natural ingredients; (a) Dextrine processed under my own formula. (b) Genuine Japanese Agar-Agar. (c) Selected improved high grade Plantago Psyllium Seed blended together with two other Plantago Seeds.

Psyllium has been used from time immemorial by the natives of Greece and Asia Minor as a laxative food and lubricant. It is composed of tiny seeds which when submitted to the warmth of the body absorb water and emit a natural oil supplying lubrication as well as roughage. Agar-Agar is a dried Japanese sea-weed which, when swallowed, absorbs water and swells into a pulpy mass which combined with psyllium supplies mass, roughage and lubrication. The processed fruit ingredient contained in EDROLAX is in itself a dextrine. It supplies essential food to the necessary germ life in the bowel, creating the tonic state which is essential to the functioning of the colon.

Knowledge of the human body and how it works is a profound mystery to far too many people. Let us consider, in its simplest phases, the gigantic task which our digestive system performs in taking the foods we eat, digesting them, assimilating the nourishment which they contain and rejecting the waste, and then expelling this poisonous matter from the body; why it does so, and what can be done about it.

Food passes from the stomach directly into the small intestines, where the process of digestion is continued. Millions of blood vessels in the intestinal wall carry the blood to this feeding ground, where the proteins, fats, sugars, starches, mineral salts, and all the nourishing ingredients of the foods we eat are absorbed by the blood and carried throughout the body. The remainder—waste—is carried along to the large intestine, or colon, where it is forced along upward through that part of the colon which commences at the lower right-hand side of the body, then across the body just below the stomach; then down the left-hand side, and on to the rectum whence it is expelled.

The total distance to be covered in this journey is over thirty feet. Since this course is both tortuous and contrary to the force of gravity along some of its length, some other force must be exerted in this work of expelling the body's poisons. This force is called "Peristalsis." It is when your peristaltic action is faulty that you become Constipated.

PERISTALSIS is the continuous waves of the muscles of the intestinal wall—a series of contractions which force the contents of the intestines onward. This muscular action is purely involuntary; Nature intended the entire

function to be performed without conscious effort on our part.

The only proper remedy for constipation is one which stimulates normal, natural peristalsis. Laxatives, physics, cathartics and similar drugs cannot do this. Some achieve their results by irritating the intestinal wall, causing a copious watering similar to that of the eye when a foreign substance enters. This water serves to carry waste along with it and out of the body. Still others whip up the peristaltic muscles to furious and unnatural activity in the manner of stimulants. However, these muscles gradually become accustomed to the action of these stimulants and require larger and larger doses before responding. Finally they become so used to stimulants that they will not work without them—and later still, refuse to work entirely.

Obviously, these emergency measures, for that is all they are, do nothing to correct the condition which causes constipation, and afford only a temporary relief. In addition, because they tend to tear down the intestinal system rather than to build it up, they are highly dangerous.

Still another "emergency" measure which involves danger is the enema; the poisonous filth of the body, diluted, but none the less poisonous, is carried high into the intestines, absorbed by the blood and eliminated from its accumulation in the colon only at the expense of sending it widespread throughout the body. If you have ever had occasion to observe the immediate after effects of an enema, you will have noted that a headache becomes perceptibly worse just after administering this treatment—the result of this rapid spread of the poisons of auto-intoxication throughout the system. Enemas are also condemned because constant use tends to weaken and

eventually destroy the power of the muscular tissue of the bowels.

To understand how and why EDROLAX stimulates normal peristalsis, let us examine the causes for the suspension of peristalsis. Nature intended the bulk in the foods we eat to stimulate the muscles of the intestines to do their work. The modern diet of highly refined foods, designed for easier assimilation, has robbed the contents of the intestines of the necessary bulk. Instead of working properly, these muscles become flaccid and lazy through lack of exercise; they work less and less, slower and slower, until finally their ineffectiveness results in CONSTIPATION, auto-intoxication, and the other dread diseases which follow naturally when the body is weakened through constant absorption of the poisons formed in the colon.

EDROLAX produces peristalsis naturally because it supplies both bulk and lubrication. The seeds and the agar-agar which it contains, swollen to many times their original size by the absorption of water, and practically unaffected by the process of digestion except for the lubrication which they give off, supply the bulk which the lack of proper roughage in our diet has taken away. When this well-lubricated and bulky mass passes into the colon, the peristaltic muscles find that they have something to work on—and they get to work!

The result is a thorough, natural and complete movement of the bowels; an elimination made easy because it is perfectly natural, and because the wonderful lubricating qualities of EDROLAX make passage of the body's waste smooth and effortless. Since the peristaltic muscles, like all the other muscles of the body, are benefited and

strengthened by exercise, this restoration of normal peristalsis helps the colon regain its full power and health.

Dr. William F. Havard, well known author of "The Curative Diet," says: "The test of natural bowel evacuation is the character of the stool. A well-formed stool indicates that the action was in accordance with Nature's dictates. A loosely formed stool indicates force and probable injury." Here is another Nature-test by which you can determine the efficiency of bulk-food. It not only produces regular elimination, but it also does it naturally!

First of all—and this may be a shock to a great many of you—**ONE ELIMINATION A DAY IS REALLY NOT ENOUGH!** (John Harvey Kellogg of Battle Creek is the authority for that statement.) If you eat three meals a day, it means that waste matter reaches your intestines three times a day. If you only eliminate once a day, the poisonous waste from two of your meals lingers in the body too long. It would be better for your health if you had two or three complete and thorough evacuations each day—if your body eliminated its waste as soon as it accumulated. Here is why.

The intestines are not alone the sewerage system of the body; they are also the feeding ground of the blood! Innumerable tiny blood vessels honeycomb the intestinal walls; the blood conducted there by these blood vessels feeds on the nourishing elements of the food we eat—at the very spot where these elements have been separated from the waste matter which this food contained. As long as waste is eliminated promptly and the intestines kept clean, the blood absorbs only nourishment. Let us see what happens when waste matter is allowed to accumulate.

You have observed what happens to food when it is

kept too long in a warm place—it spoils, turns putrid and rots, and becomes unfit to eat. Practically the same process goes on when waste accumulates in your intestines. Swiftly, due to the body's heat, this waste decomposes; rotting and putrefying ever so much more rapidly than it would outside of the body, the waste matter throws off acute toxic poisons which, in large quantities, are actually deadly! The blood, led to the intestines to take on nourishment, is also loaded down with these poisons and carries them widespread throughout the body. Headaches, dullness, and auto-intoxication are the immediate results; but that is only half the danger. It is the function of the blood not only to rebuild and to nourish every organ of the body; it must also fight the germs of disease.

Weakened by the constant battle against the poisons absorbed from the intestinal tract, the blood is unable to defeat the disease germs which it must also fight. You become the easy victim of some malignant disease which, if you were in really good health, your blood would have no difficulty in throwing off.

Can you see the far-reaching effects of so apparently unimportant and common an ailment as Constipation; the tremendous importance of complete and thorough internal cleanliness?

CHAPTER XXXI

HEADACHE

Headache is usually but a symptom of disease somewhere in the body, though it may be due to local irritation by systemic or drug poisons. Diseased conditions and irritation anywhere in the system are telegraphed to headquarters in the brain and there manifest in the form of various symptoms, the most frequent of which is headache. Sometimes it is caused by defects of vision, or eye strain and may be alleviated by properly fitted glasses. This, however, cannot take the place of removing constitutional causes. Frequently the wearing of "eye crutches" prevents the locating and removal of the underlying causes and thus condemns the individual to the life long use of glasses, to constantly weakening eyesight and to chronic constitutional disease.

One of the most common causes of headache, as well as of eye trouble, is uric acid or pathogen poisoning. A typical uric acid headache is migraine or one-sided headache, particularly annoying in the morning when the blood is loaded with pathogenic materials.

1. **Bilious or Sick Headaches.** Another common type is the so-called bilious headache. While usually attributed to an inactive liver, it may be caused in various ways. Pathogenic clogging of the liver will interfere with the elimination of bile products; these will remain in the circulation and cause general symptoms of biliousness, jaundice, nausea, vomiting and headache.

Pathogenic obstruction may be due to overeating, to the excessive intake of starchy, proteid and fatty food, and

to a deficiency of fruits and vegetables in the diet; or the discharge of the bile may be obstructed by sticky, colloid accumulations in the gall bladder and bile duct. In other cases the bile duct is contracted and obstructed through inflammation in the duodenum.

Anything that interferes with bile formation in the liver or its discharge from the gall bladder or bile duct, not only causes surging back of the bile into the general circulation but also a deficiency of it in the intestinal tract, which in turn gives rise to acidity of the intestinal contents, indigestion, constipation, fermentation and gas formation. This intestinal toxemia is reflected to the brain in the form of congestion and headache, and favors the formation of emboli (obstructive plugs) and the development of apoplectic strokes. Anything that tends to cause constipation and thereby intestinal toxemia or auto intoxication will also help to produce acute or chronic headaches.

The headaches so far described are of the congestive type, characterized by excessive blood pressure to the brain. Anything that tends to raise the blood pressure will therefore create or aggravate these ailments. A common cause is pathogenic obstruction in the capillary circulation, which results in active congestion in the internal organs and the brain; or pathogenic obstruction in the lymphatic or venous drainage which interferes with the flow of the blood from the brain and thus causes passive congestion.

The foregoing remarks explain the effectiveness of a simple manipulative treatment which any layman can apply. The subject assumes a sitting position. The operator stands on either side, applies the thumb and

the first and second fingers of one hand firmly to the base of the skull, while with the other hand under the jaw he lifts the head and stretches the neck gently but firmly upward and backward. The stretching should continue from thirty to sixty seconds. The movement kinks the arteries and straightens and drains the veins, thus relieving the congestion in the brain. After slowly releasing the pressure, the operator firmly strokes the neck downward along the course of the main arteries and veins, on both sides. The stretching should be followed by a magnetic treatment. The operator takes the head of the patient between his hands and with his thumbs stretches the skin of the forehead outward, half a dozen to a dozen times, and then makes the regular magnetic strokes from the forehead downward and outward along the neck and arms.

2. **Anemic Headache.** This type of headache is caused either by great impoverishment in the quality of the blood or a deficiency of it in the brain. This condition frequently obtains in cases of anemia, leucemia, pernicious anemia, or where the flow of the blood to the brain is interfered with by a tumor, aneurism or other mechanical obstruction. While the congestive headache has violent, throbbing, paroxysmal pains, the anemic headache is accompanied by extreme dullness and lassitude. The former is characterized by heat and redness of the face, the latter by coldness, clamminess and pallor.

The manipulative treatment for the anemic headache is similar to the other. The hands are applied to the nape of the neck and under the jaw in the same manner, but instead of stretching the neck upward and backward, it is stretched upward and forward. This movement kinks the veins and straightens the arteries, thus allowing a

greater flow of blood to the brain. The magnetic, mental and psychic treatments are the same in either case.

In all types of headaches the dietetic treatment must build up the blood on a natural basis and eliminate pathogenic encumbrances. In headaches of the congestive type, fasting is of particular value. If the trouble is caused by indigestion, biliousness and a fetid condition of the stomach, copious draughts of water as warm as it can be swallowed sometimes gives quick relief. If the "warm water flushing" causes vomiting, so much the better.

3. **Nervous headaches** may be caused by sudden fear, shock, excessive worry or anxiety. But even for nervous headaches constitutional treatment is essential. Persons in perfect physical condition are not likely to suffer from nervous, mental or emotional disorders of any kind.

4. **Drug Poisons.** The most obstinate and severe types of chronic headaches are caused by drug poisoning. Nature has made ample provision for the elimination of systemic waste, but she never intended that the many forms of powerful poisons given under the guise of medicines, tonics and stimulants should enter human bodies. Therefore the organs of depuration have not been constructed for the elimination of these poisons. They accumulate in the system in certain parts and organs for which they exhibit special affinity, and there become the source of constant irritation, frequently of actual destruction. We have traced hundreds of cases of stubborn chronic headache to the action of powerful drug poisons in the brain itself or in other organs.

The only way to overcome such headaches is to remove the poisonous irritants and stop their destructive effects by thorough systematic natural treatment as outlined under the section dealing with chronic diseases.

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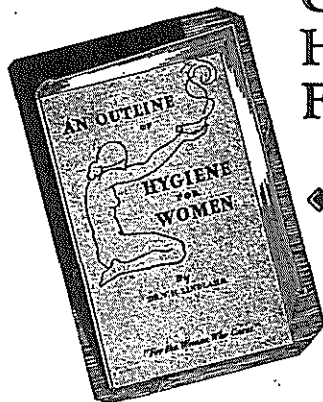
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