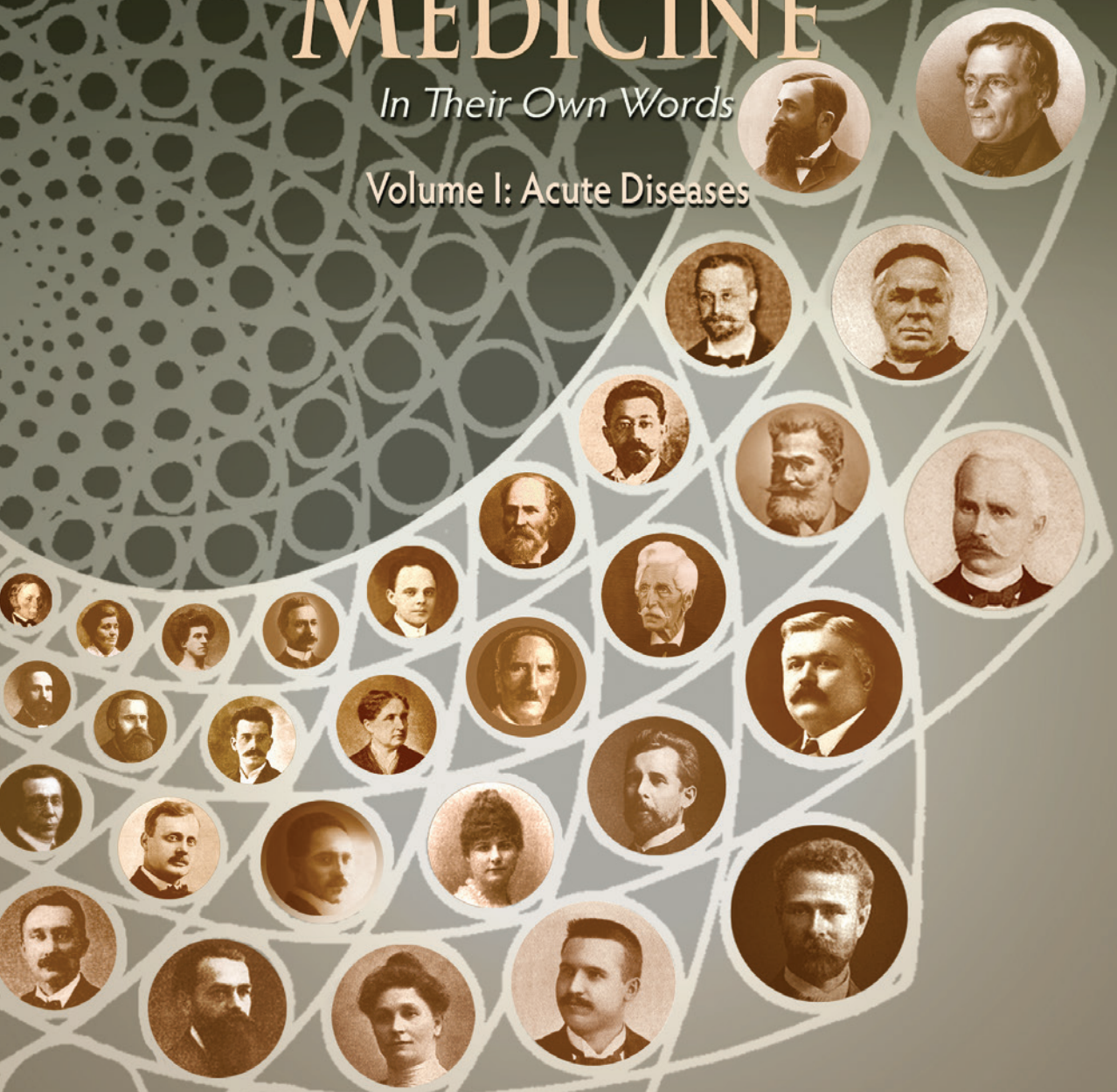


The Hevert Collection

CLINICAL PEARLS *in* NATUROPATHIC MEDICINE

In Their Own Words

Volume I: Acute Diseases



EDITED BY **SUSSANNA CZERANKO, ND, BBE**

FORWORD BY CATHY ROGERS, ND

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MEDICINE

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PORTLAND, OREGON

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3rd row: Louis Kuhne, Henry Lindlahr, Ludwig Staden, Carola Staden, William F. Havard, Fredrick Collins, Harris H. Luntz

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Clinical Pearls in Naturopathic Medicine, Volume I: Acute Diseases is dedicated to the generations of patients who choose natural medicine and to the naturopathic doctors who provide this Freedom of Choice.

“People want treatment, not cure, if cure costs them personal effort. Nature cure places the responsibility for disease and cure too close to home to suit the average person. He demands to be told that something outside of himself is responsible for his ills and he still vainly hopes that something outside of himself will do the curing. As long as this is the limit of his reasoning, those who can capitalize his suffering will never exert themselves to learn and apply the truth.”

—Benedict Lust, 1921, 267

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FOREWORD

Clinical pearls are meant to articulate stripped-down, “just-the-facts” strategies to deal successfully with medical issues presented to a clinician. This volume documents and preserves varied and specific approaches of Naturopaths at the turn of the 20th century, to acute diseases dominant in that era: pneumonia, appendicitis, whooping cough, influenza, blood poisoning, ulcers, meningitis, and the like. (Dr. Czeranko’s edit includes a useful summary of the main points of the “pearl” in italicized entries at the end of each section.)

Reading through the old language, I notice the verve with which the doctors present the cases, vociferously promoting the essential naturopathic philosophy-in-action based on support of the body’s natural attempts at healing. Most of the physicians are influenced by German hydropath Father Sebastian Kneipp and his Five Pillars of Health system—diet, movement, herbs, and hydrotherapy, founded on a spiritual connection (*Ordnung*). I am engaged by the focus on hydrotherapy in this case-oriented work, the first line of approach for the problems presented. I veer off in a reverie.

I am a prospective naturopathic student sitting in an unembellished classroom over the storefront clinic of National College of Naturopathic Medicine on 45th Street in Seattle. It is 1971. Standing in front of the six students in his botanical medicine class, Dr. John Bastyr (1912-1995) is smiling and saying, “This little herb grows along roadsides and in muddy ditches . . . ” and he meanders on to describe various uses of the plant for healing. I notice a feeling of congruence in myself. Subtle oscillations awaken my body.

Though I had never heard of naturopathic medicine, nor ever had the slightest interest in studying medicine at all, suddenly I catch a vivid glimpse of a kind of doctor broadly grounded in understanding the body, its function and cellular activity, who also has a unique resonance with Nature and skill in applying its forces to renew and restore health. Here is a medicine that sees the *person* through the “disease” and trusts the healing power of a person’s becoming more of who they are with support from real foods, plants, movement, air, breathing, light, earth, body therapies and water. Here’s a profession rooted in the vitality of the natural world and the soul’s path. Wow! Sign me up!

As a student at NCNM, I learn that Dr. Bastyr, a gentle, earthy man, has a palpable grasp of wholeness; he teaches us, verbally and nonverbally, about the unity of disease and cure articulated by the early NDs. Like them, he has a certitude in his actions that appears to come from a curious and open attitude; a trust in himself, in Nature and in the person before

him; and his mastery of the simple remedies he uses. He most values touch in his healing work. He is our connection to these early voices.

As for clinical pearls, Dr. Bastyr had a million of them. His first and foremost was: “Listen to your patient.” Speaking these words in his soft voice again and again, raising an index finger for emphasis, disclosed the centrality for him of the patient’s story, revealed by her words and his keen observation of the body’s communication. He is able to see “disease” as the body’s effort to restore the patient to health; a universal and profoundly individual process.

It is clear from this volume with *Acute Disease* as the focus that the early doctors’ most reliable resource for healing is water in its many forms. Their language is full of washings, affusions, ablutions, steams, hip friction, sitz baths, wraps and the like, applied frequently and interwoven with rest, fresh air, and a strengthening diet. They had excellent results.

I have no recollection of Seattle’s NCNM in the early ‘70s teaching the specifics of water therapy; however, in my second year, I hatch a dream of a “bath house,” a place of healing and relaxation for ordinary folk. I find a place and begin to work on it. Being a student with a toddler and a job, alas, I don’t get that far in manifesting the vision. The only explanation for my attraction to this endeavor is that the water therapy in a holistic retreat setting is in the DNA of naturopathic medicine.

After being in practice for ten years or so, I do mountains of research on the healing spa form and retreat-based practice and write a thorough business plan for the vision. During this long period, I have a vivid experience on a steep trail to the shore of Lake Washington in the conifer forest at St. Edward State Park (next to the Bastyr campus in Seattle).

I am age nine meandering about in the conifer forest across the road from the inlet of Puget Sound where I live. I am small among towering fir and cedar, with sounds of the trickling creek moving around the beaver dam. Pungent smells of salt and of the thick pine-and-mushroom forest floor surround me. I am full of curiosity; a child’s version of gratitude and oneness with all that is rises in my chest; my heart is full. I am one-in-myself and calm.

I come to realize that this vivid experience brought forth my now 40-year practice of naturopathic medicine, focused on depth psychotherapy, hydrotherapy and lifestyle change. I realize that all my research and years of effort to set down a plan for a healing spa operation actually comes down to my own deep desire to foster an experience of self-connection and transformation.

After nearly twenty years in practice, in 1998 I attend the World Congress of Medical Hydrology in the Czech Republic. I see for myself and experience the forms of restoring health at the healing spas at

Marienbad and Karlovy Vary and among ordinary folk taking the waters in an ancient Turkish bath in Budapest.

In 1999 I create my long-time dream of a healing spa—Chico Water Cure Spa—offering attended therapeutic bathing in Nature on a small inlet of Puget Sound near Seattle. The attended bath is a generalized treatment, a three-hour sequence including dry brushing the skin, two rounds of heating (sauna, then herbal steam), each followed by a brisk plunge in the cold Sound, then a warm salts/seaweed/herbal bath in a claw foot tub outdoors overlooking Dye's Inlet and Mount Rainier; followed by rest in the open air, swaddled or nude in the sun; or indoors, depending on weather. I operate Chico Water Cure for fourteen years.

Our efforts as physicians and teachers are in service of a profound connection: body, mind and spirit interacting with; supporting; uncovering; challenging; even resisting a potent vitality—nothing less than the embodied expression of one's very soul and life purpose.

My clinical pearl: Know what you're good for and allow it to work its way with you.

Cathy Rogers, ND
Red Hook, New York

Advise and teach your children to breathe through the nose and to keep the mouth closed.

—Benedict Lust, 1902, 81

More diseases are hatched by fear than by all the microbes in the world.

—Agnes Hunter, 1904, 241

A body which is loaded with foreign matter is a standing invitation to the coming of all kinds of germs, and as is well known, the germs which are present everywhere are attracted to anything which is food to them.

—Walter E. Elfrink, D.O., 1906, 136

The question can logically be asked, why should disease be steadily increasing, in spite of the best efforts of ever developing science? Surely this is a question that must cause every honest physician grave concern.

—A. E. Witting, 1912, 175

The Naturopathic methods overcome the worst kind of heredity and build up perfect physical, mental and moral health, not by making human bodies the dumping ground for all sorts of virulent poisons nor by mutilating them on the operating table, but simply by teaching and practicing the natural methods of living and of healing.

—Henry Lindlahr, 1914, 252

After all these expositions, you will now feel convinced that all acute fevers are simply an effort of the system to regain health, by expelling the foreign matter which does not belong there. We should therefore welcome every such acute fever. It is, in reality, a curative crisis.

—Louis Kuhne, 1917, 299

Disease is a state in which the body has either taken in more than it can use, and has accumulated more waste than it can eliminate, or it has been deprived of the elements necessary to repair the waste of cellular activity and support the life processes.

—William F. Havard, 1921, 169

Now the true philosophy of our teaching is this: there is a living power within us which controls matter; it is always striving to heal.

—New Jersey Society for Naturopaths, 1923, 136

PREFACE

My first exposure to the Benedict Lust publications was during a research expedition to the Canadian College of Naturopathic Medicine library in Toronto, sometime in early 2005. I was writing an article for the Naturopathic Foundations Project on the history of breathing therapies in naturopathic medicine. During my exploration I stumbled upon a box of old magazines with pictures of Benedict Lust on their covers in a locked book case amongst other historical books. The sum total of old and rare books in CCNM library was housed in two book cases, more for display than focused on research or general access. During my days as a student at CCNM these books were seldom referenced by faculty, and rarely perused by students.

The box of the Lust publications contained a few dozen issues. Scanning through these strange archival magazines, I was startled by the emergent wisdom tucked inside their covers by various authors. The more I perused, the more I wanted to read; the closer I read, the more the information became tantalizing. I had uncovered unbelievable nuggets and the nuggets led to longer articles, spanning pages. Where had this literature been when I was a student? Why had I not known about it after I started practicing medicine? The excitement in this rediscovery of a treasure, unsure of its practical and philosophical value, was indeed sweet. Over time though, that abundance became for me a sad statement about how naturopathic medicine has eschewed much key content from its origins.

My next encounter with the Lust publications occurred when in 2007, I moved to Portland, Oregon, and began working as a faculty member at National College of Natural Medicine. I was also strongly involved in the advancement department, reaching out to companies and individuals who could help us grow the school and the profession. My tasks led me to explore the college's "Rare Books Room". That room became a revelation, just as the two book cases at CCNM had been only two years earlier.

The Rare Books Room drew me in like a magnet. I began scoping it with all its rare volumes, journals, equipment, charts, old diplomas, medicine bottles and unfamiliar equipment. I was in awe of the enormity of that book collection. Rather than just two book cases of books, there was an entire room organized in many cases of treasured books, serial publications, manuscripts and more. In fact, NCNM (now NUNM) has almost the entire fifty years of publications that Benedict Lust produced from 1896 to 1945. These magazines are secured in glass book cases available for anyone who is physically present and has permission. It was a return to sacred space for me to read the Benedict Lust publications. The bounty of clinical pearls tucked away in these magazines was dazzling.

Thus, the genesis of the **Hevert Collection**. *Clinical Pearls*, the final two volumes, really mean that I've circled back to the beginning in order to finish the project of reintroducing this outstanding literature to the profession within the vagaries and vicissitudes of 21st century Naturopathy. Naturopathic medicine is still here. And this remarkably prescient, old literature is still here.

What I had gleaned on my first encounter with Lust magazines was a hodge podge of lingo and therapies that should have been part of my clinical collective, but alas felt more foreign than familiar. The question loomed: "What clinical pearls were hiding within the thousands of pages of these old naturopathic magazines?" A second question followed, "What therapies and modalities have we lost?"

The **Hevert Collection** indeed evolved from these questions. These pearls for acute and chronic presentations represent a snapshot of the driving force for the emergence and growth of naturopathic medicine a century and more ago. What began as curiosity became a quest and kept me parked in that Rare Books Room for almost a decade, in my journey to learn what the old time Naturopaths knew. Any single question, say, about hydrotherapy, or dietetics, or old forgotten therapies, went viral in my imagination and in my world.

One question leads invariably to answers but also to many more questions. As more consistent scientific activity expands our knowledge base, what have we lost in the process? Surrounding my alarm about how much material had been dormant for so long, I was nagged by the notion that even the advance of science, credible or suspect, has not meant that we are less ill in our culture. What clinical pearls have we wantonly and perhaps foolishly discarded along the way? Here are to be found exquisite pearls lying around in the literature, telling us how the pioneering Naturopath treated a simple cold or a fever; how acute disease presentations met their match with earth, air, sun and water techniques which had not made their way into the next century.

It is my hope that your clinical questions are answered in this book too. My first objective was to learn about those clinical gems, to rediscover those women and men who practiced at a time when their marginal dispensaries and apothecaries were very limited, and to delve into the origins of clinical naturopathic practice when often lives hung by a thread.

At the outset of this book project, just as the Hevert Company was committing to its range and intent, there were only seven titles on my radar. It soon became apparent that seven books would not be enough to do justice to the abundant material contained in the Lust's publications. Initially, *Clinical Pearls in Naturopathic Medicine* was to be a single

volume. However, the file containing the original hard copies of the articles pertaining to case studies and protocols was soon bursting at the seams. In a perfect world, there was more than enough material for three volumes but two were planned.

The eleventh and twelfth books, *Clinical Pearls in Naturopathic Medicine, Volume I and II*, are the culmination of my quest, examining protocols and cases reports of acute and chronic conditions in Benedict Lust's publications from 1900 to 1923.

Reading about history expands our understanding and helps bring meaning to our present. What a difference between reading "about" and reading the "actual" documents of history. I hope that you can experience some of the "aha moments" as I did when studying this material from the last century. Reading these documents is one thing; another is to have actual experiences of therapies that were common place in the early naturopathic paradigm. I have visited many of the sites where some of these authors in this book studied, lived and worked. Being in these healing centers is like being immersed in sacred space, where the people who inhabited these places are still present, continuing to show the way for us. These experiences have left unforgettable impressions on the importance of these lost therapies. Hydrotherapies, earth cures, sun and air baths continue to be powerful now as then.

To experience the past in the present is also a treasure that I had the auspicious opportunity to experience. In 2007, I moved to Portland, Oregon and after a short time in this wonderful city, I felt exhausted and depleted. Both my husband, David Schleich, and I were feeling this fatigue. We had accumulated a list of major stressors that included moving to a new country and navigating the legal landscape of attaining work permits, changing jobs, adjusting to rain every day, living in a moldy rental house, and so many new faces and beginnings to contend with. We had been told of Dr. Cathy Rogers' healing retreat by our dear colleague, Dr. Joe Pizzorno who raved about his experiences at Chico Spa. No longer operating, Chico Spa, a healing hydrotherapy spa was then located on the shores of Puget Sound near Seattle, Washington State.

On our arrival, we were graciously welcomed by Dr. Cathy Rogers. Her clinic and home were beautiful, exuding an air of purity that pulsed with healthy vibrations. We were led to her clinic and this walk was a true Forest Bath. The therapies that we experienced that day were right out of the pages of Benedict Lust's publications. After six hours of hydrotherapies that included neutral baths, steam baths, air baths, seaweed baths, cold plunges, saunas, friction baths, herbal teas, and rest, we left with indelible experience of restoration. At the end of our sessions, I remember Dr. Rogers giving us a mirror to look at our faces. We looked and felt ten years younger and felt deeply rejuvenated.

From the moment Dr. Rogers graduated from NCNM in 1976, she has been a force within the naturopathic community, bringing change, stability and growth. She was one of founding members of the AANP, a prominent leader in the early days of John Bastyr College, and committed to the traditions of naturopathic medicine in her hydrotherapy spa practice. Fellow colleague, Dr. Mark Swanson, interviewed Dr. Rogers in 2016, and her wisdom shines brightly about naturopathic medicine:

As NDs, we are trained to diagnose the patient and apply the rich and varied techniques of naturopathic medicine: nutritional medicine, herbal treatments, bodywork, hydrotherapy, homeopathy, and many more. Our intention behind the remedies we apply is to stimulate the patient's own self-healing power. It is ultimately patients' self-knowing awareness, embodiment of self-compassion, and good enough self-care that move them toward wholeness. (Swanson, 2016)

Her practice embraced the core philosophical tenets of naturopathic medicine for over 40 years. "Dr. Rogers' keen intuitive ability and grounding in the science and art of interactive emotional regulation come together to help her clients heal the mind to heal the body." (Swanson, 2016) In her own words, she speaks of the *Vis Medicatrix Naturae*: "As important as it is to understand the pathophysiology of a person's symptoms and offer useful remedies, we have an opportunity to hold and prize the person before us, and to interact with them in a way that communicates acceptance and loving kindness. This in itself is healing." (Swanson, 2016)

My dear friend and colleague, you and all of your work exemplify the true art of naturopathic healing and model the roots of naturopathic practice.

There are Naturopaths among us whose efforts, long forgotten, were focused on building strength and endurance for the profession at a time of fragility and small numbers. One such person, Dr. Richard Finley, continued the spirit of those early pioneers and is a doctor of our era who was already an advocate of Naturopathy fifty years ago. He was one of the first Naturopaths to practice in Alaska before becoming an actual State. In the several conversations Dr. Finley and I have had about the most recent past of Naturopathy, he has shared stories of the profession's struggles to gain legitimacy within the healthcare landscape. During those same conversations he enthusiastically recounted cases cured with the most ingenious means. I want to thank you, Dr. Finley for your decades' long passion for Naturopathy.

I am truly grateful, then, to Drs. Rogers and Finley and to everyone who has made this book possible. To the students at National University

of Natural Medicine, no words can express my gratitude for the work that you have done to make this book happen. The number of articles typed were all worthy and clinically relevant, yet space limitations meant that some did not make it through to print.

I want to acknowledge every NUNM student who typed articles while navigating her or his intense course loads and juggling personal lives. The complicated rigor of student life makes inhuman demands that leave me in awe of my students who shared a love of history and completed tasks when asked. I applaud your willingness to answer my calls for help. I especially want to acknowledge with heart-felt thanks **Karis Tressel** and **Kristen Carle** who typed a majority of these articles at a time when this book was only a faint idea. I kneel with thankfulness to **Aaron Potts**, **Adam Dombrowski**, **Alla Nicolulis**, **Allison Brumley**, **Amber Klampferer**, **Ashley Benson**, **Cadence Wong**, **Cody Strodtman**, **Delia Sewell**, **Erin Conlon**, **January Bourassa**, **Katie Clements**, **Lacy Nuckols**, **Laura Weldon**, **Lauren Geyman**, **Lucy-Kate Reeve**, **Mackenzie Clark**, **Meagan Hammel**, **Megan Danz**, **Meredith Trump**, **Michelle Brown-Echerd**, **Misty Story**, **Node Smith**, **Rebecca Jennings**, **Renae Rogers**, **Rhesa Napoli**, **Sierra Carey**, **Stephanie Woods**, **Susan Manongi**, **Tiffany Bloomingdale**, **Tiny Dreisbach**, **Tristian Rowe**, and all those whom I am inadvertently missing here. I applaud **Mackenzie Clark** and **Amber Klampferer** for scanning so many images for this book. And, as this book project moves into the last lap, my appreciation for the invaluable early organizational help that I had received from **Dr. Karis Tressel** continue to bear fruit. I am deeply grateful for her profound love of the traditions and history of Naturopathy and for her inspiring, loving tenacity with this project.

The schedule of a student is packed with studying, never ending tests, and fearsome final exams leaving little room for anything else. Yet, the day will arrive when the NUNM phase of your professional journey will come to an end and you will be walking across the stage to receive your degree. The skills and healing gifts that you have worked so diligently to acquire will be exactly what patients are searching for. You have so much to offer as Naturopaths. You have chosen a path of sacred work steeped in a valiant and honourable history. You will be loved and cherished by your patients because you listen and truly care. Remember to trust Nature's power of healing, the *Vis medicatrix naturae*! Listen carefully to your patients and they will feel enlivened and grateful to have found their way to you. And never forget for an instant the first generation of Naturopaths. Like you, they believed so fervently that people deserved a choice in health care and in medical freedom. Naturopathy is more than capable of meeting the challenges of your patients. With your knowledge and tools, go into your communities and heal.

This book would not have been created if it were not for the gener-

ous support of the Hevert Corporation in Germany. Mattias and Marcus Hevert, thank you for being part of this vision to re-ignite the work of Emanuel Felke, Kneipp and so many other pioneers of Naturopathy! Much gratitude to the unwavering, behind the scenes support of the Board of NUNM, of Jerry Bores, and Kathy Stanford who understood the importance of this book project from the very beginning. Thank you from me.

Working on this book with Fourth Lloyd Productions, Nancy and Richard Stodart is absolute sheer joy. As my consummate mentors, Nancy and Richard have once again crafted with wizard precision another book that is exquisite. I feel so lucky to be able to work with this designer team whose skills astound me. Their expertise and wisdom bring order and beauty which I am enduringly grateful for. I am so happy that our paths have intersected in this important book project. Blessings from the heart to you, Nancy and Richard.

To my David, who shares my love of history as passionately as I do. There have been times when I capitulate to the exhaustion of editing and continuing with yet another book. You know how to inspire me to continue, to keep, as you say, “one eye on the stairs and one eye on the future”. Your unconditional love and support help me strive to do my very best and continue until I am done. My day to day reality is set upon the stage of the 19th and early 20th centuries and you listen to my historical tales with constant delight. You are simply the best, and I could not do what I do without you!

What you will discover in reading *Clinical Pearls in Naturopathic Medicine, Volume I: Acute Diseases*, is that our foremothers and forefathers forged a path in natural health using the simple, effective set of tools at their disposal. They used hydrotherapy, diet, exercise, herbs and peloids fearlessly to help their patients combat in some cases, impossible conditions. Their patients, like our patients, were desperate for recovery, for health, and for wholeness. Often they had navigated all the available allopathic options looking for help and at the end of the day and sometimes at the end of the line, they find us, after all of the high tech tests and procedures and pharmaceuticals that biomedicine provides. We have the wisdom of Nature in our camp to help our patients. Trust the *Vis medicatrix naturae*!

Blue Sky Blessings,
Sussanna Czeranko, ND, BBE
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INTRODUCTION

Clinical Pearls in Naturopathic Medicine has been divided into two volumes. Volume I: Acute Diseases, which is the eleventh book in the **Hevert Collection**, presents the protocols and case studies of acute diseases. Volume II: Chronic Diseases, the final book, will focus on how the early 20th century Naturopaths treated chronic diseases of their day.

The vision of making available to fellow colleagues the information contained in the Lust publications is the persisting mission. As contemporary Naturopathy embraces its future, its leaders know well that as the profession continues to form in a landscape dominated by orthodox allopathic medicine, it is more vital than ever for us to retain, even rediscover the principles of naturopathic practice and keep them intact. Our principles differentiate and define us. Our modalities have always been undergoing change and revision, and their roots are an essential foundation for what continues to emerge.

We are always exploring to find the best and safest way to help our patients. The early Naturopaths had no delusions in regards to what means were needed to confront disease and help patients regain their health. Naturopathy and its embracing of sunshine, water, fresh air, earth, plants, healthy food, meaningful work and exercise are enduring tenets, which when followed with care, can assure good health.

All of the men and women who took the time from busy practices to write down in an era decades before word processing what they knew of natural healing are our heroes. Theirs is a precious, enduring gift as we navigate our own clinical journey in an age of reductionism, chronic disease and rising cost. When organizing the material for this collection of acute diseases, I was impressed by the conviction and certainty with which these early Naturopaths approached very serious and life threatening diseases. Exemplary and astonishing clinical outcomes for diseases that today might cause major grimacing and even fear, are worth reviewing closely. With the tools at their disposal, the early Naturopaths succeeded in providing what we now call primary care to their patients. A century later our apothecaries have expanded to include hundreds of nutraceuticals including IV cocktails, each with its own important, highly researched and authenticated healing properties. At our finger tips today are new modalities such as prolotherapy, and in some jurisdictions, pharmaceuticals; and then there is the plethora of new medical devices that defy cataloguing. As well, there are new specializations within Naturopathy that include diseases and body systems, such as SIBO, cancer, immunology, pediatrics, gerontology, etc., etc.

The tools of the early Naturopaths were less prolific, by and large,

and largely within the realm of Nature and abiding with the laws of Nature: water, sunshine, fresh air, Mother Earth, plants and wholesome food. The laws of Nature implied that health was attainable if one would sleep adequate hours, move and exercise, eat healthy food, drink plenty of fresh water, walk in Nature feeling the earth beneath our feet and breathing in fresh air. Instead, in the words of Dr. Carl Strueh spoken over a century ago,

Most of us are living unnatural lives. We spend most of our time indoors away from sunlight and pure air and exposed to an overheated and impure atmosphere, we lack exercise or, on the other hand, overwork ourselves physically, or mentally, we do not eat the proper food or eat it in the proper way, we indulge in all sorts of excuses, deny ourselves natural sleep, we worry most of the time, in short, live wrong in every way possible. (Strueh, 1913, 170)

Despite all of the new tools at our beck and call, though, we have not become healthier overall. Our populations are sedentary, over eat, make bad food choices, spend too much on screen time, and worry themselves sick. On my drive home, there is a giant billboard with a photo of Bob Moore in his familiar red coat, advertising healthy food from Bob's Red Mill, a company he once owned but gifted to his employees on his retirement. The message is simple: "Good food starts simple". The fabulous success of his company attests to how many people believe that message. As you read through the cases and protocols used over a century ago, you will discover that healing entailed the simplest methodologies, the basics.

In the previous books in the **Hevert Collection**, each "Introduction" offered a summary of the book and every article's key messages were highlighted. When preparing the articles found in this current book, *Clinical Pearls in Naturopathic Medicine, Volume I*, I recognized the density and detail contained in each one and realized that an approach different from the previous ten volumes was needed. Rather than the earlier format, I have chosen to fill in the back story of medical highlights, social events, and people found in this book, showing up as foot notes and in the descriptions of images. Space precluded my being able to address every acute illness presented by the various authors and do justice to their work in abbreviated bullet points.

As well, I have provided a chart in the Appendix outlining well over 120 conditions and disorders with the various treatments in use by the early Naturopaths who wrote for Benedict Lust's remarkable magazines. In this chart, one will note that a century ago our forebears were already generating an "integrative" approach to health care, even though they

did not call it that. Their prescient work, as evidenced by the numerous therapeutic modalities employed for each ailment, is strikingly contemporary. Rarely did Naturopaths use just one modality in treating an ailment, but rather relied upon all of the tools they had on hand. For example, asthma treatment involved the use of air baths, dietary recommendations, numerous water applications, exercise, sun and light baths, and massage. The hydrotherapies recommended for asthma, for example, included cold water applications such as ablutions, half baths, sitz baths, foot baths, water treading, walking in the dew, the upper gush, short packs, and also alternate hot and cold hand and foot baths.

Significantly, the literature shows that Hydrotherapies dominated the therapeutic interventions. On closer examination, the column under Hydrotherapy is overshadowed by the different and numerous water applications used. The early Naturopaths not only understood the water cure methods brought to them from Vincent Priessnitz, Louis Kuhne, Friedrich Bilz, Sebastian Kneipp, Adolf Just and others, but were consummately adept at using the full gamut of water applications when treating their patients. Their expertise in water for diseases resulted in successes unknown to the allopathic practitioner. Hydrotherapy for the early Naturopath was the preeminent therapy and constituted the foundation for naturopathic practice.

And, what an exciting foundation and beginning that was. For example, in 1922, at the 26th Annual Convention of the American Naturopathic Association held October 5th to 9th, at the Hotel New Willard in Washington, D.C., the reputation of this new medical system had reached inside White House itself. It was the first and only time that the A.N.A. (American Naturopathic Association) or any other naturopathic association would be invited to dine with the President. President Harding received the American Naturopathic Association at the White House on October 7th, at 1:00 pm.

Over six hundred Naturopaths from across the globe attended this Convention and many were turned away. At this historical event, a proclamation was made by the A.N.A. establishing the seven major and seven minor therapeutic modalities essential in a naturopathic practice. True to their philosophical tenets the seven essential modalities included atmospheric cure, light cure, hydrotherapy, dietetics, earth cure [peloids], meaningful work and mental culture. The seven minor therapeutic modalities consisted of mechanotherapy, psychotherapy, electrotherapy, physiotherapy, phytotherapy, biochemistry and orthopedic surgery [bloodless surgery]. (Lust, 1922, 583-584) Oddly, the therapeutics that were once considered the most important have been relegated to the compost heap and rarely do we use them.

Almost a century later, supplements, and nutraceuticals dominate our

dispensaries today. Back then, those same shelves were virtually bare in comparison. In their stead, a plethora of hydrotherapies, and importance of being in Nature, for example, were central to the Naturopath's toolkit, bringing immense relief for those patients who sought the care of a Naturopath. Hydrotherapies were never a stand-alone treatment, however. They were used along-side sun and air baths, dietary recommendations, earth cures, physical exercise, (mechanotherapy), body-mind medicine (psychotherapy), botanical remedies, electrotherapy and nutritive salt therapies (Biochemistry). It seems that over the past century, a shift has occurred. Contemporary Naturopaths have essentially thrown the baby out with the bath water, so to speak, as we witness an unrelenting trend to adopt new formulations concocted in a lab settings as the front line tools of healing. The popular and successful water treatments have been abandoned and replaced by the sophisticated branding of nutraceuticals. The **Hevert Collection** series has an underlying goal of restoring hydrotherapy as a powerful and enduring clinical application today. Another goal of this compilation of early works is to present the original text as it appeared in Benedict Lust's publications so that we can glean for ourselves the pearls left behind by our early pioneers of Naturopathy.

So much was written on the topic of diseases and how to treat them by a wide spectrum of practitioners. Chiropractors, Medical doctors, Osteopaths, Nutritionists, and Naturopaths happily contributed their pearls of wisdom in Lust's publications. Although the time period for this book encompasses just 1900 to 1923, those two dozen years of clinical pearls reflect decades of natural medicine theory and practice which came before. This extraordinary legacy was studied, embraced and shared by a new profession of Naturopaths. Because of their clinical acumen and their writing, that rich tradition with all its detail has found its way forward to 2019. Even though I have not captured all of the acute ailments that Naturopaths wrote about, these two final volumes of the **Hevert Collection** help fill in the gaps of our historical perspective and hopefully rekindle interest in successful clinical pearls that may be otherwise could remain isolated, and even lost in the locked book cases of the Rare Books Room at NUNM.

Lust's magazines attracted many different disciplines and he embraced them all. It is our intention to present as many points of view as space allows. You will notice that some diseases, for example, measles, flu, fever, and childhood diseases may seem to be repeated, but rest assured that each article has a different twist and its own clinical nuggets of wisdom. Clinical care in Naturopathy has often been labeled as eclectic. Within our naturopathic principles, we have respected the need to treat the patient and not the disease and in doing so, find that there is no one

protocol but many, depending upon the patient. So you will find this “many roads to Rome” approach in Naturopathy exists from its very inception.

In one of the earliest writings defining Naturopathy, acute and chronic diseases entailed important distinctions which essentially guided early naturopathic practice. Differentiating between acute and chronic diseases helped the early Naturopaths to understand better these clinical presentations, and helped them to determine and formulate a paradigm of healing which has persisted until the present, despite the pervasive dominance of the allopathic reductionist model so predicated on disease and symptomology. Along with principles that we are familiar with, such as *Vis medicatrix naturae*, *primum non nocere*, *tolle causam*, *docere*, etc., in 1902, Ludwig Staden is credited with being the very first person to make an attempt at defining Naturopathy by identifying no fewer than twelve principles. In this seminal article, “What is Naturopathy?” Staden outlined concisely the hallmarks of what constituted Naturopathy, including those that we recognize as the six core naturopathic principles today. Another added principle that Staden included made the distinction between acute and chronic diseases as the sixth principle: “The most important differences of form and symptoms in disease that Naturopathy recognizes are acute and chronic diseases.” (Staden, 1902, 16) This statement may seem insignificant and a given, however views of acute and chronic diseases were not shared by Allopaths and Naturopaths alike at the time. As a case in point, when treating an acute symptom, such as fever, Naturopaths and Allopaths were divided in how and why they treated fevers.

In his defining article on Naturopathy, Staden devoted the ninth principle exclusively to recognize the significance of the fever. He writes that Naturopathy “looks upon the fever as the greatest natural healing process, which should never be suppressed by poisons like quinine, antipyrin, etc., but should be guarded like a wild fire. ... The fever is the sick man’s greatest friend. (Staden, 1901, 17-18) The fever was not only valued in acute diseases, but was also important in the resolution of chronic diseases. The healing crisis often manifested, for example, as a fever, a discharge, or skin eruptions, first introduced by Vincent Priessnitz as a harbinger of a successful cure.

Vincent Priessnitz’ healing center was visited by thousands and consequently transformed his quiet hamlet into a bustling city. He was known for curing the incurables. Priessnitz brought something very extraordinary to the medical enigma of curing disease. Anyone who has ever discovered Priessnitz’ immense yet marginally recognized contributions to medicine and his understanding of diseases becomes a steadfast follower. I am in good company in my admiration for this man who anchored his

personal and professional life in prescient and powerful beliefs and convictions. The doctors who flocked to study with Priessnitz observed his safe and effective treatments of countless number of patients suffering acutely from mercury toxicity. Witnessing what Priessnitz was able to accomplish with severely ill patients without prescribing a single drug, these doctors recognized the sham, shame and travesty that allopathic medicine inflicted onto an innocent public. These writers had all studied with Priessnitz and were followers with a special fervor to teach others of his brilliance.

Allopathic medicine at that time had offered very little hope for the sick, especially when its tools included poisonous drugs such as calomel (mercury chloride) and the then golden standard, bloodletting. The allopathic approach of silencing symptoms suggests that they understood how to alleviate the symptoms of disease. However, those who followed Priessnitz pointed out the shortcomings in such practices.

Priessnitz viewed the presence of fever and inflammation as a sign of the body attempting to eliminate deleterious matter from the body. The fever and the heat produced brought to the skin surface the deleterious compounds all of which would be eliminated if the body were left to its wisdom. These symptoms of fever or inflammation were “the true signs of nature operating wholesomely”. (Schieferdecker, 1844, 28)

The books written by doctors who worked and studied with Priessnitz in the mid-19th century, while the great Father of Hydrotherapy was still living, point out that many of those who had exhausted the efforts of conventional medicine showed up at Graefenberg, “a small colony of some twenty houses and situated half way up a mountain”. (Shew, 1851, 11) Just as today, Naturopaths are often the last resort by many of our patients who have tried *everything under the sun*. The patients who came to see Priessnitz were desperate for health and the journey was arduous and difficult. For the majority of those who could afford the long travel, though the journey was not in vain. The prevalent use of mercury in the 19th century meant that most of those patients seen by Priessnitz were mercury toxicity cases. Schieferdecker reports that anyone who had been treated by an Allopath would almost invariably have been exposed to mercury.

What constituted a successful cure of mercury poisoning for Priessnitz? Schieferdecker continues: “The Hydriatric is that mode of curing, which, by the application of the coldest water alone, without the help of ice or any artificial means, entirely ejects all the material causes of disorders, under whatever form they may appear, from every part of the human organism.” (Schieferdecker, 1844, 51)

Schieferdecker adds, documenting the wisdom and guidance of the approach that Priessnitz followed:

In acute diseases, the tendency of the cure is directly to remove the causes of the disease, either by purging and vomiting (in gastric complaints), or commonly by bathing and sweating. In chronic diseases, on the contrary, the aim is to turn them into acute attacks—for these are the crises of the water cure by which the healing is easily and successfully obtained. (Schieferdecker, 1844, 66)

Vincent Priessnitz' concepts of the healing process migrated naturally into Naturopathy. Hydrotherapy constituted the principle means of influencing blood circulation, enhancing digestion and the immune system, while also activating the emunctories. In the 19th century, the primary acute diseases were most often related to an infectious agent which responded favorably to hydrotherapy.

Prior to the above mentioned article by Staden ("What is Naturopathy?" 1902), the word, "Naturopathy" had never existed before in the English language. In 1900 and 1901 issues of *The Kneipp Water Cure Monthly*, Benedict Lust's first venture into English publications, there is considerable interest by others in this new community, the momentum evidenced by the different medical specialties advertising in Lust's magazines: Osteopaths, Hydropathic Physicians, Chiropractors, Physical Culture practitioners, Naturarzt, Thure-Brandt massage, and many more. "Naturarzt", a German word meaning Naturopath, was used by one such writer and fellow colleague, Ludwig Staden, who operated with his wife, Carola, Brooklyn's first Light & Water Cure Institute. The Stadens followed the natural healing methods of Vincent Priessnitz, Sebastian Kneipp, Louis Kuhne, Arnold Rikli, Thure Brandt, Dr. Gebhard, and Lindner's Hygienic Institute.

In 1900, there were so many different groups, each with its unique title, committed to health. The distinctions and differences among such groups would slowly galvanize over the next decade. Beginning in the December issue, 1900 of *The Kneipp Water Cure Monthly*, Lust published an advertisement announcing his school, a Naturopathic Institute which specialized in Kneipp Water Cure, located at 111 East 59th Street in New York City. He listed himself as B. Lust, Naturopathic Physician. The significance is that this is the first time, Naturopathy was found in print in the English language in North America. When one studies the numerous advertisements in *The Kneipp Water Cure Monthly* and *The Naturopath and Herald of Health*, it becomes clear that once Lust placed his first ad in December, 1900, other practitioners followed suit and began using Naturopathic within their ads in 1901. For instance, John Scheel, who was credited with coining the new term, "Naturopathy"

itself, began using it to advertise his “*Naturopathic Sanitarium, Badekur*” located at 121 East 83rd Street in New York City. Scheel also had a nearby office at 970 Park Avenue. Scheel used water applications derived from Kuhne and Kneipp and advertised that he specialized in the treatment of chronic diseases such as rheumatism, nervous prostration, indigestion, catarrh, etc. (Scheel, ad, 1901)

One year later, Benedict Lust would transform the meaning of health care in North America by immortalizing “Naturopathy” with his new publication, expanding beyond “Water Cure” that was strongly associated with Father Sebastian Kneipp. In January, 1902, Lust unveiled *The Naturopath and Herald of Health* and abandoned his previous magazine, *The Kneipp Water Cure Monthly*. The train left the station! Naturopathy would be driven under its own power to capture the attention of those keenly interested in being healthy.

The new magazine attracted a lot of kindred spirits to share articles who acknowledged the power of Nature in healing. Staden, for example, elaborated on the importance of acute diseases in naturopathic practice in a subsequent article written for *The Naturopath and Herald of Health*:

A characteristic symptom of acute disease is the fever; it is a process of combustion of accumulated morbid matter in the entire system which has transformed in fermentation, it is therefore a self-healing and self-purifying process of Nature. It stands to reason that such a process should never be disturbed and suppressed by force but must be assisted and directed. (Staden, 1902, 69)

The distinction between acute and chronic diseases was described by another author in Lust’s publications, Per Nelson, N.D., of Harford, Connecticut. Nelson saw acute diseases as “simply Nature’s way of expelling poisonous waste matter from the system, and that chronic disease is caused by the sealing up in the body of these same substances.” (Nelson, 1920, 80) The treatment of all diseases was to eliminate these harmful substances from the body. Suppression of acute symptoms had the penalty of creating chronic diseases. Staden weighs in here, too, unravelling the etiology of chronic diseases. Staden writes: “Chronic disease are the result of acute diseases suppressed by medicine, or of acute diseases which have not become properly developed in consequence of too much accumulation of morbid matter and therefore very low vitality, or they are the consequence of vaccination.” (Staden, 1902, 70)

Acute presentations, today, are dealt with somewhat differently in the general population, largely because of a mindset focused on symptoms. Aspirin and acetaminophen, in this regard, are at hand, ready to extinguish the first signs of an acute fever, for example. In fact, so ingrained

is the medical paradigm to stop immediately the first signs of a fever that every North American medicine cabinet in any home has an OTC such as acetaminophen or acetylsalicylic acid. Important to recall is that in 1900, the leading causes of mortality were not heart disease or cancer, but acute diseases such as pneumonia or flu, followed by tuberculosis and then diarrhea. Pneumonia, flu and tuberculosis all had symptoms of some grade of fever that the Naturopaths welcomed as they treated these patients.

To grasp but also to savor the significance of *the fever*, leads us right to the very core of what the early Naturopaths believed about their healing paradigm. Nothing is more quintessentially naturopathic care than the management of the common fever. The fever was the Naturopathic torch song which separated them from the Allopath's persistent, often expedient reliance on drugs and surgery and the quick action on symptom suppression. The naturopathic understanding of the fever went in hand with the profession's deep respect for Nature. The literature of the period illustrates repeatedly how the fever was embraced and utilized successfully in the treatment of many maladies. Throughout the years 1900 to 1923 which *Clinical Pearls in Naturopathic Medicine* covers, the Naturopaths never lost sight of the importance of the fever. For these Naturopaths, the fever was a friend and Nature's way of housecleaning the body of accumulated morbid matter and ongoing, poor lifestyle choices.

Why was the fever so important and discussed so frequently by the early Naturopaths? The fever helped shape the therapeutic paradigm and to reinforce the very personal character of Naturopathic principles. For example, Lindlahr, who embraced Nature fundamentally, understood the power of the fever in restoring health. Henry Lindlahr states, "All acute diseases are uniform in their causes, their purpose and if conditions are favorable, uniform also in their progressive development." (Lindlahr, 1922, 77) Lindlahr hints too that by understanding the fever, one could harness its potential for healing.

William Havard, in the same vein, demystifies the dreaded fever and acute disease: "Disease is a state in which the body has either taken in more than it can use and has accumulated more waste than it can eliminate, or it has been deprived of the elements necessary to repair the waste of cellular activity and support the life processes." (Havard, 1921, 169) These were the conditions that were responsible for the chemical changes in the body that produced an increase in body temperature (the fever) accompanying acute disease.

This early Naturopathic view was not the accepted medical paradigm. This is a very critical point because the fever lay at juncture where Naturopaths separated from the Allopaths. The fever found in acute diseases was, in fact, a good sign according to Naturopaths and not something to

be ruthlessly battled. Fevers were managed by Naturopaths fearlessly, using a variety of water applications and tools from Nature. In *Clinical Pearls in Naturopathic Medicine, Volume I*, the subject of how to treat a fever presents many voices. Citations for fever in this book number more than 150, reflecting the numerous approaches to treating fever.

Sebastian Kneipp and Louis Kuhne had an immense impact upon the early pioneers of Naturopathy. Lust, recounting the protocols of his mentor, Sebastian Kneipp, recommends water applications such as ablutions, compresses, wet sheet wraps and half baths for fevers. (Lust, 1902, 432)

Cold air and good ventilation in rooms housing the sick with fevers, advocated by Theodore Jacquemin, also yielded excellent results for those with fevers. He reminded his colleagues that cold water helped to lower the body temperature, but so too could cold air. Jacquemin cited fear as the largest obstacle to such an approach. He writes,

The reason why cold air is not yet sufficiently used in cases of sickness is the fear of catching cold, especially in drafts. The experiences documented, for instance, at Gräfenberg (Silesia) teach that people walking in the fresh mountain air and also in the draughts of the house, do not suffer in the least; on the contrary, they are hardened and become fanatic apostles of draughts. (Jacquemin, 1908, 137)

E. Hasse describes a severe case of pleurisy that his wife experienced. Using the protocols devised by Kneipp, Hasse was convinced that his wife escaped death. The addition of vinegar to water helped to reduce and contain the fever, and was used in short bandages and ablutions. (Hasse, 1911, 311)

Chester Shewalter, speaking about managing fever in acute articular rheumatism, writes: “In treating this disease by purely natural methods, it is necessary to restrict the fever to some extent, and yet it must not be forgotten that the fever is an attempt of Nature to throw off the uric acid poisons, and that these poisons are more easily dissolved at high temperature than at low ones.” (Shewalter, 1916, 242) Shewalter would use water as low as 60° F/16° C to sponge the body to reduce the feverish inflammation of affected joints. He also used wintergreen oil on swollen joints.

John Luepke applied a multidisciplinary approach for fevers. He used water applications such as steam baths and Epsom salt baths, followed by cold applications for the purpose of closing the pores of the skin. For more aggressive fevers, cold sitz baths such as the friction hip bath popularized by Louis Kuhne and the natural bath by Adolf Just were his hydrotherapies of choice. Luepke adopted therapies from chiropractic and osteopathic manipulations too, along with dietary changes. Luepke

considered the absence of fever in the treatment of chronic diseases as 'hopeless'. (Luepke, 1916, 273-276)

Joseph Hoegen did not consider fevers as diseases, but rather as "an effort to rid the organism of a disease and to restore a normal condition". (Hoegen, 1916, 411) One of Hoegen's cardinal rules for fevers was to ensure that the patient's feet were warm. This was accomplished by rubbing or applying hot water bottles to the feet. Hoegen used wet sheet packs to reduce fevers that were not wrung out too much. After the pack, patients would be given a lukewarm bath or a sponge bath.

Louis Kuhne's contribution to Naturopathy has many facets. Kuhne (1835-1901) later in his life operated an enormous clinic setting at 24 Flossplatz, Leipsic, Germany. At 20 years old, though, he had been burdened with violent stomach and head pains. His father had died of stomach cancer and his mother warned her children against medical doctors whom she blamed for her miseries. At 29, he discovered prevailing Nature Cure treatments and began using compresses which gave him hope. However, in desperation, Kuhne had visited many regular practitioners throughout his life and despite the cold water compresses, his health grew gradually worse. Faced with stomach cancer, partially destroyed lungs, and head symptoms so severe that he only coped in fresh air, Kuhne began experimenting upon himself. He cites Mother Nature as the inspiration to guide him in formulating a theory of the origin and course of disease and its cure based upon the laws of Nature. Convinced that he had discovered a new science of healing, he had reached a crossroads of doubt. Should he leave his factory or should he be guided by his conscience to do the right thing? He writes:

For if I decided to devote myself to the practice of the new art of healing, I should be obliged to give up my factory, which had been 24 years in successful operation, in order to devote my undivided energies to another calling, which at the outset, at all events, would bring me but scorn, obloquy and financial loss. For years, the struggle endured between reason, which deterred me and conscience which urged me on to the fulfilment of my inner vocation. On October 10th, 1883, I at length opened my establishment. Conscience had triumphed. (Kuhne, 1901, 5)

Kuhne soon would treat thousands of patients successfully using his new methods of healing without drugs and without surgeries. His factory was converted into a sanctuary for healing in Leipsic and his armamentarium consisted of essentially two principle water applications. He began treatment with some type of vapor bath and ended with his signature invention, the friction hip bath.

Kuhne's theories were articulated in his 1891 book, *New Science of*

Healing. A second book followed, *Science of Facial Expression* (1895), which offered diagnostic tools to assess disease even before manifesting in the body. *New Science of Healing* would later be translated into English in 1901, expanding quickly into multiple editions in over 25 languages. Kuhne's book has enduring merit right into our era, and is incredibly valuable for contemporary doctors coping with our culture's headlong trajectory into a quagmire of environmental toxicity and climate change that challenge, overwhelm and confound all at the same time. His book encompasses the origin of diseases and provides explicit instructions about how to treat them, offering protocols and approaches that are perhaps more relevant today than even when Kuhne lived. Despite science's often haughty dismissal of politically and socially marginalized medical disciplines, an expression comes to mind for these circumstances: "The proof is in the pudding". Kuhne's treatments, simple as they were, resolved a wide spectrum of diseases, the outcomes of which effort, the record shows, were astounding. In the last chapter of *New Science of Healing*, Kuhne cites 133 cases, including cancer, epilepsy, scarlet fever, small pox, diphtheria, influenza, etc. Using his simple methodology, Kuhne was able to do the impossible, and cure diseases that stumped the allopathic profession of his time.

Fever accompanied childhood and adult diseases such as measles, scarlet fever, scarlatina, typhoid fever or diphtheria. Kuhne's strategy for fever was to induce perspiration. He writes, "We must endeavor to open the pores of the skin, so that the body perspires. In addition, we must draw away the heat by some cooling means." (Kuhne, 1917, 292) Kuhne's classical protocol involved abdominal steam baths immediately followed by friction sitz baths. Writing about fevers, Kuhne reminds us that despite the name of the disease, the etiology has a common root. He states: "Whatever name these fevers may bear, and under whatever form we may meet them, the reason for their outbreak and development is always the same, the fermentation of foreign matter." (Kuhne, 1918, 452)

Louisa Lust's modest contributions to her husband's publications were few in number, and mostly focused in the area of dietetics. She did, however, write on various other topics, including one about the fever. She once again reminds us: "Fever should never be suppressed." (Lust, 1923, 437) Like Kuhne, Louisa Lust advocated inducing perspiration by steam baths, but also would use sun baths and herbal baths to dissolve the morbid matter. Louisa Lust had a strong interest in women's health issues, actively providing women at Bellevue, and later at Jungborn, with naturopathic support. As a case in point, she and her colleagues knew that

women during childbirth were susceptible and the antiseptics designed to kill every imaginable germ were not the best or even first choice for the early Naturopaths for prevention of the puerperal fever. Recognizing the adverse effects of antiseptics, puerperal fever was prevented by sitz bath or “sitting baths of a temperature of 87° F/31° C, to be taken for about six weeks before the birth”. (Lust, 1905, 283) For cases of high fever, half baths using water 78° to 80° F/26° to 27° C helped to reduce body temperatures and if the patient was immobile, ablutions with water at a temperature of 60° F/16° C in bed were done.

Influenza, ranked as one of the leading causes of mortality in the early 20th century, was a dreaded infection. Those practicing water cure therapies were not afraid to treat flu and the cold water applications used by Kneipp may have been “a bit severe, perhaps, but [were] exceedingly successful and many a time perform a cure before a full day has passed”. (Gray, 1905, 8) Naturopaths had tools to treat the flu confidently and swiftly.

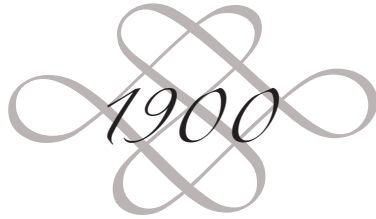
In 1918 the world was face to face with WWI and a flu epidemic that was instrumental in bringing the war to its knees. Estimates range from 50 to 100 million people who succumbed to the Spanish Flu worldwide. The medical professions continually learn in retrospect by their mistakes. In the case of aspirin, allopathic medicine has been able to admit its mistakes but on the other hand, medicine continues to believe that vaccines are the only true salvation for the treatment of infectious diseases despite the continuing controversies regarding safety.

Aspirin or acetylsalicylic acid, replacing salicylate drugs, began production in 1897 and would contribute hugely to the deaths of millions during the time when Spanish Flu ravaged the world. Aspirin, being the new wonder drug, was administered to influenza patients by medical doctors in gram overdoses. Doctors not schooled in the use of aspirin prescribed the average dosage of 1,000 mg every three hours. These data, derived from autopsy records of the period, indicate that flu patients died in droves from pneumonia instigated by aspirin toxicity. On the other hand, the data and the literature of the period show that by not using drugs, Naturopathic doctors had quite different but much more successful results in treating flu patients.

Although lessons have been learned to conduct clinical trials before mass-producing drugs, the allopathic paradigm continues to seek solutions that are either injected or swallowed. The acute diseases that are found in *Clinical Pearls in Naturopathic Medicine* had no use for drugs in treatment protocols. Instead, the use of air, sun, water, earth, herbs, diet, massage, physical exercise and rest was effective in rallying a body back to health. Some of the diseases a century ago have gone, no longer threaten-

ing or at least not threatening for developed countries. Infectious diseases of the past are now being replaced as the chief threats to health and life by new 21st century-diseases, including chronic presentations which persist, most notably in highly developed societies like the U.S. There are other new threats, such as the Zika virus, Ebola, West Nile, SARS, etc., all of which are life threatening for developing countries and the scramble is on to find the vaccine or magic bullet to combat them. The promised miracles that vaccines hoped for fail to materialize especially for populations so in need of magic cures. Perhaps, it's time to put the baby back in the bathtub and experience the powers that hydrotherapies have had in the past.

The time to recognize the value of our traditional armamentarium is now. The hydrotherapies that were used to successfully treat the deadly Spanish flu or tuberculosis, diphtheria, small pox, etc., can be used with confidence today, once again, as if for the first time. There is no shelf-life expiry date on the use of Hydrotherapy, for example. The protocols and approaches to treatment you will find among these “pearls” are ours to trust. We must re-familiarize ourselves with the tools that Nature provides and use them with confidence.



STAUNCHING BLEEDING OF WOUNDS

BENEDICT LUST

NOSE BLEEDING

F. J. BUTTGENBACH

ASTHMA

DIARRHEA, CONGESTION AND OVEREATING

ABDOMINAL COMPLAINTS OF WOMEN

BENEDICT LUST

BRIGHT'S DISEASE

FRIEDRICH EDUARD BILZ

THE KNEIPP CURE, DISEASES

ABSCESS

BENEDICT LUST

Amerikanische Kneipp-Blätter.



BELLEVUE.

*"Here the sparkling dews of morn
Tree and shrubs 'with gems adorn
Beauty all around.
Birds in joyous hours among
Hill and dale, with grateful song
Come, where joys are found!"*

Bade- und Schwimmpfad.

Louise Stroebele purchased 60 acres of pristine lands near Butler, New Jersey, and transformed the property into Kneipp-Sanatorium, Bellevue, in the late 19th century. She hired Benedict Lust to become the hydropathic physician and romance would lead to a wedding between Stroebele and Lust on June 11, 1901. Soon after the marriage, Bellevue Sanitarium became known as the Butler Yungborn in 1901.

STAUNCHING BLEEDING OF WOUNDS

by Benedict Lust

The Kneipp Water Cure Monthly, I (2), 27. (1900)



Benedict Lust (1872-1945)

There is hardly a working man whose occupation is such a safe one as to make accidental wounding impossible. Most human beings who toil for a living are in constant danger of wounding. The bleeding commences, and in such cases, the wounded and the people about him lose their heads instead of thinking how to staunch the bleeding immediately. Till a physician arrives, the bleeding is allowed to go on, for nobody thinks of or knows the simple process which will stop the loss of blood. This process is so simple that anybody will be able to render the first help to the wounded. Take a little cotton, dip it into hot water, put it on the wound and bleeding will stop in an instant. The effect will be surprising even in cases of wounding of arteries. Cotton and water have to be absolutely clean. Cotton alone or cotton dipped into cool water will not have any effect at all.

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NOSE BLEEDING*

by F. J. Buttgenback

The Kneipp Water Cure Monthly, I (3), 40. (1900)

HOW TO STOP IT AND HOW TO CURE IT

Question. How much blood has a person?

Answer. That is a very difficult question to answer quite properly. Every person who wants, likes, or claims to be healthy must have at least 16 percent of body weight in blood. This 16 percent of his body weight of blood must be in good condition and located in the right places in the body. It is sure that not one person or animal has one drop too much of blood or can have the blood too pure. It is a pity that too many persons have not enough blood and that too, in a bad condition, too thin, too thick, impure, or in the wrong place in their body. If somebody has a nose bleed once in a while and does not mind it at all, because he feels well after it, he deceives himself. When he or somebody else says: "A little nose bleeding is healthy", they don't know what they say, for every drop of blood that a person loses is a drop of his life and must be replenished. If a person is repeatedly troubled with blood losses, he will find out pretty soon the consequences of those losses are caused by his carelessness or ignorance.

Q. Why does anyone have a nose bleed?

A. Because one or more of those little blood vessels in the nose burst.

Q. Why do the blood vessels burst?

A. Because they are so tender and the pressure of the blood is so strong.

Q. Why is the pressure too strong?

A. Because the blood of a person whose nose is bleeding is not in the right place.

Q. How is this to be helped?

A. Very easily. If you have frequent attacks of bleeding of the nose, take a handful of shavegrass or horsetail (*Equisetum arvense*), make a tea of it, let it get cold, pour some of the tea in the hollow of your hand, draw it slowly up in your nose as high as you can without too much pain, and let it run out again. Do so three or four times every day, three or four days. Then, every time you wash yourself, draw up two or three hands full of cold water in the nostrils. This hardens the inside of your nose by

*This article was re-published by Benedict Lust in January, 1921 in *Herald of Health and Naturopath*, XXVI (1), 36-37. —Ed.

strengthening the little tender blood vessels, and prevents catching a cold and nose bleeds.

Q. How can the nose bleeding be stopped?

A. That is very easy, too. As is said above, the main cause of the nose bleeding is that "the blood is not in the right place; too much of it is in the head. Draw it out of the head and put it in the part where it belongs."

Q. How is that to be done, and where is the right place for the blood?

A. The only right way to draw the blood out of your head is thus: if your nose commences bleeding, lie down where you are, on your back, hands folded under your head, your breast as highly elevated as possible. If necessary put a brick or a big book under your back, the elbows close on the ground, the legs and feet close together; now blow the blood quickly out of the nostrils and draw air in your lungs quickly through the nose as much as you can and keep this air as long as you can in your lungs, the longer the better. If you cannot hold it any longer, blow it out quickly through the mouth and draw air in through the nostrils the second time as before; then the third time. If you do it in the right way and hold the air long enough in your chest, the bleeding stops after three times; otherwise, repeat a few more times.

As soon as the blood ceases to run, draw some of that shavegrass tea* up your nose, for it operates in a contracting manner and its effect is soon felt. Shavegrass is not poisonous. If you swallow a few drops of the tea, don't be alarmed. Gather some shavegrass, dry it in the shade and keep it so it may be quickly at hand. It is a very good remedy against other diseases also.

—Minerva, Oregon



Shavegrass
[*Equisetum arvense*]

*Shavegrass [*Equisetum arvense*] was a principle herb in the early Naturopathic doctor's armamentarium. For more information, see volume 8 of the Hevert Collection, *Herbs in Naturopathic Medicine*, page 48. —Ed.

ASTHMA

by **Benedict Lust**

The Kneipp Water Cure Monthly, I (4), 56-57. (1900)

There are many causes which lead to asthma or shortness of breath. The first sign of asthma is an inflammation of the trachea or wind-pipe and the patient breathes with difficulty. These difficulties may have different causes. Convulsions, spasms, nervous depressions as well as disorders of the organs of respiration may be the foundation of this sickness. A periodic attack of asthma is mostly the consequence of a nervous disorder, while a lasting attack is always caused by some disorder of the lungs or trachea. Some heart complaint may also produce asthma.

The most common form of this disease are convulsions in the branches of the trachea accompanied by attacks of suffocation. These attacks are more frequent during the night than during the day. Hypochondriacs and hysterical people frequently are subject to attacks of asthma. These attacks commence with a certain pressure in the abdomen, followed by a choking feeling in the chest. The patient tries to breathe deeply but cannot do it. He has an impression as if his chest is under the pressure of a tight fitting ring reaching around the whole body. He gets frightened, lifts himself up or jumps out of the bed to breathe with difficulty. A sort of rattle is heard even at a little distance. The patient turns either pale or red in the face and is covered with sweat. The skin becomes cool and the pulse beats very slowly, while the beating of the heart is violent and irregular. These attacks last from 10 to 15 minutes as a rule but may continue for one to two hours, and stop suddenly with coughing and the discharge of phlegm. In most every instant the patient feels well as soon as the attack stops, but there are cases in which the feeling of pressure in the chest lasts for some time and only disappears by degrees. The attacks may return at the same hour of the night for 5, 10, 15 or 20 days or even for a longer period, or may only appear once in a while; that is four or six times in a year. Such patients may live to old age in spite of their sickness.

Those cases in which some heart trouble has caused the asthma are more dangerous. For children, asthma is a very dangerous sickness.

Adults who suffer from this disease should live in the country, where they get plenty of fresh air. The climate must be a warm one, for cold and sharp mountain air, for instance, would make matters worse. For fat people dry warm air will be very beneficial, while thin people ought to seek a warm country, where there is always a certain amount of moisture in the air. All those who suffer from asthma should keep their bedroom windows open all night. Patients who are not too weak should go to the seashore. Smoke of any description is poison for one who suffers from

this disease. Digestion must be kept in good order by injections [enemas], half baths and short packings.

The food of the patient should consist of vegetables and dishes made of flour, milk or eggs. A principle rule is to eat as little as possible at a time. Supper must be taken as early as possible.

All exercise should be regulated according to the strength of the patient. Too much of it must be avoided under all circumstances. The whole body of the patient should be washed with water of a temperature of 77° to 81° F/25° to 27° C once every day. These washings are necessary to keep the skin in good order.

Sun, light and air baths of short durations, followed by half baths of 81° to 86° F/27° to 30° C will have a very beneficial effect. Every other day a bed vapor bath followed by a half bath of 81° to 85° F/27° to 29° C will do much good as well as cool washings of the chest, cold half baths of a duration of four to five seconds, cold sitting baths, cold foot baths,



A cold foot bath

walking in cold water or barefooted in the grass or on wet stones, etc. All these applications will harden the organism of the patient and assist Nature to overcome the sickness. Weaklings may start with leg or feet vapor baths to prepare their body for the cold applications.

Kneipp's upper gush is one of the best remedies for asthma. It loosens the phlegm in the bronchial tubes and should be applied once or twice daily.

Massage treatments of the chest and the back will assist the cure to a great extent, as well as a massage treatment of the whole body with an especially careful massage of the abdomen. Exercise according to each case will also help to strengthen the nature of the patient.

Children should also get as much fresh air as possible, plenty of milk, sour milk, buttermilk, hygienic bread and fruit. Their little bodies should be hardened as much as possible. Weekly, two or three bed vapor baths followed by half baths of 77° to 81° F/25° to 27° C will serve well for this purpose.

In sudden attacks of asthma, children should be lifted up and the upper part of their bodies bent forward. Face, back and chest should be sprinkled with cold water and the whole body rubbed dry with bare hands. The same treatment will also give ease to adults. Hot hand and foot baths alternately with cold ones, short packings, etc., should follow. Of course, an experienced Hydropathist should be consulted as soon as possible.



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The whole body of the patient should be washed with water of a temperature of 77° to 81° F/25° to 27° C once every day. These washings are necessary to keep the skin in good order.

Every other day a bed vapor bath followed by a half bath of 81° to 85° F/27° to 29° C will do much good as well as cool washings of the chest, cold half baths of a duration of four to five seconds, cold sitting baths, cold foot baths, walking in cold water or barefooted in the grass or on wet stones, etc., etc.

Kneipp's upper gush is one of the best remedies for asthma. It loosens the phlegm in the bronchial tubes and should be applied once or twice daily.

Children should also get as much fresh air as possible, plenty of milk, sour milk, buttermilk, hygienic bread and fruit. Their little bodies should be hardened as much as possible.

In sudden attacks of asthma, children should be lifted up and the upper part of their bodies bent forward. Face, back and chest should be sprinkled with cold water and the whole body rubbed dry with bare hands.



DIARRHEA, CONGESTION AND OVEREATING

by Benedict Lust

The Kneipp Water Cure Monthly, IV (4), 61. (1900)

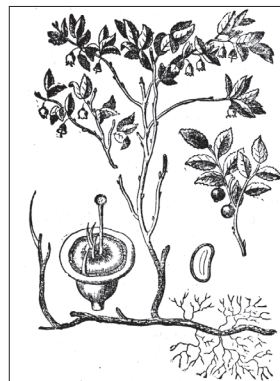
DIARRHEA

Diarrhea has always natural causes. The food is not properly digested because the nature of the little patient is too weak to perform its duty. Hardening and strengthening of the system are the best remedies. Dip a piece of cloth into a mixture consisting of half water and half vinegar. Place this cloth upon the abdomen for one to one and a half hours. This treatment will strengthen the organs of digestion and secrete all morbid matter which will be absorbed by the cloth. A half bath should follow the treatment daily for the beginning and should be applied every other day as soon as the little patient has improved sufficiently. The nature of the child is hardened hereby and will not allow the sickness to return. A small dose of tea of wormwood or centaury given every morning and evening will be very beneficial as well as a small dose of Kneipp's White Bone Powder given with every meal.

Twenty drops of extract of bilberry dissolved in two or three tablespoons of water, once but not more than twice a day, will stop diarrhea.

KNEIPP'S SHORT NOTES

- All improvements of the health of the family rest upon the mother.
- Mothers should harden their system and should understand the value of a cold water treatment, to bring up their children in a natural way.
- Of all occupations, the occupation of mother is the most important to



Bilberry
[*Vaccinium myrtillus*]

mankind. Able and healthy mothers are the best guaranty of a bright future of the human race for all times.

- A mother who wants sound and healthy children should look after her own health with the utmost care.
- Foolish fondness kills more children than one imagines.
- I would like to know how many children have been and are killed by overfeeding.
- A large number of children's graves are the best proofs that something is wrong in the congregations.
- Too much sympathy shown to children is a mistake.
- A cold bath of a duration of two or three seconds should be given to every child daily.
- The mother who really loves her children should give them plenty of fresh air and plenty of fresh water.

CONGESTION

This term is applied to an increased flow of blood to a certain part of the body, and particularly to the head.

TREATMENT

A derivative treatment should be applied to the parts of the body apposite to the congested parts, soothing or cooling compresses being at the same time applied to the latter. In case of a rush of blood to the head, for instance, the proper treatment would be to give stimulating neck or abdominal compresses, foot, leg, half or three-quarter packs, foot or half steam baths, hip baths, etc., together with soothing or cooling compresses on the head. Should engorgement of the blood in the throat from indurated or swollen glands, tumors, scars, etc., be the cause of the trouble, massage, rubbing, etc., of the affected parts should be resorted to. In acute congestion of the head, the neck should be well massaged—derivative applications being, of course, employed at the same time. See also "Congestion" in Kneipp's book, *My Water Cure*.

HOW TO TREAT THE EFFECTS OF OVEREATING

Dip a piece of cloth into cold water into which some vinegar has been poured. Wrap this cloth around the body of the little patient. It will secrete all gases and strengthen the whole nature. A few applications will be sufficient.



The "Children Asylum" was erected in Wörishofen for the exclusive treatment of children.

Hardening and strengthening of the system is the best remedy. Dip a piece of cloth into a mixture consisting of half water and half vinegar. Place this cloth upon the abdomen for one to one hour and a half.

A half bath should follow the treatment daily for the beginning and should be applied every other day as soon as the little patient has improved sufficiently.

Twenty drops of extract of bilberry dissolved in two or three tablespoons of water once but not more than twice a day will stop diarrhea.

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ABDOMINAL COMPLAINTS OF WOMEN

by Benedict Lust

The Kneipp Water Cure Monthly, I (5), 75-76. 1900

What remedies are not prescribed for women who complain of megrim, palpitation of the heart, dizziness, cardialgia [heartburn], and bombus, cold feet, etc.! One physician will prescribe antipyrin for the headache, the other bromide of potassium for the dizziness, the third salt of Karlsbad for the cardialgia, the fourth even digitalis for the palpitation of the heart, and the fifth will try to cure anemia with iron preparations, which will ruin the stomach entirely. It is a good fortune that Nature has a way again to get rid of these drugs by means of eruptions of the skin; otherwise, serious consequences would more often follow the use of these scientific remedies.

There are hundreds and thousands of women who look splendid physically but all the same complain constantly. The husband, friends and the physician laugh and take these constant complaints easy. One or the other of the above mentioned remedies is prescribed to remove the sickness which is complained of. This is done in quite all cases, but what about the cause, the origin of the evil? Those are not thought of at all. Consequently, the old complaints again appear after a little while.

After a confinement, many women commence to suffer from ailments which are incomprehensible to the members of their families.

A woman full of life and fun will all at once become fretful, shun the company of her friends and commence to hate the same members of her family whom she used to love dearly. All sorts of ailments of the nerves, the stomach and the muscles are complained of by the sick woman.

Mr. Physician says, the woman is hysterical and prescribes valerian essence, asafetida or castoreum.* But everything is given in vain. Even the prescription of the learned doctor does not do any good, and yet it

*Castoreum, an anal secretion in beavers that is used by them to mark their territories, has been used as a flavouring agent in food as well as a fragrance in cosmetics and perfumes. Labelled in medicine as a natural product, it is used as a calming agent for anxiety and disturbed sleep. —Ed.

would be so easy to help and cure the patient, if people would only try to remove the cause of the evil.

While in her last confinement the woman following the instructions of the midwife has neglected all rules of hygiene. Very little or no fresh air at all, no exercise and a wrong diet have produced unclean blood or blood of a defective composition. This bad blood produces weakness and weakness is the commencement of all diseases. This weakness is felt first in the muscular tissue of the womb. This muscular tissue becomes soft and flabby, the muscular ligament of the womb cannot hold the same in the right position, the womb bends and the trouble commences, for an army of diseases follows. These diseases are seldom treated right and more seldom is their cause removed. The unfortunate woman has to suffer for all her lifetime.

As soon as the womb commences to bend, all its nerves are pulled down too; consequently, all other nerves are reflected upon, especially those which move the blood vessels. Headaches, dizziness, palpitations of the heart, cold feet, cardialgia, etc., follow. In many cases the learned doctor dreams of a catarrh of the stomach and sends his patient to Karlsbad only to find the woman home again worse than she left.

Many women collect so much gas in their abdomens that they are not able to tie their aprons. Bleedings of the womb are often experienced in such cases, while all allopathic remedies seem not to be able to stop them.



The knee gush was the signature treatment devised by Sebastian Kneipp. Cold water was administered by a simple watering can or a hose to the knee and lower leg.

The Kneipp Water Cure possesses a remedy which will not only stop the bleeding but will also cure the evil and remove its cause. It is the knee gush and the upper gush. The knee gush influences the muscular tissue of the womb, contracts the tendinous ligament of the womb and therefore stops the bleeding, while the upper gush revulses the blood to the upper part of the body.

The back gush should never be applied in these cases, for it induces the bleeding.



The upper gush applies water to the front of the body and shoulders.

Should during the monthly period the bleeding become very strong, a packing of the lower part of the body will be very beneficial. For this packing, the linen should be put into water of 60° F/16° C and should be wide enough to cover the linen well. The thigh gush also is a good remedy as well as daily walking in water of a temperature of 45° F/7° C for three months. These are harmless and very effective remedies proven so in many cases of bleeding of the womb.

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It is a good fortune that Nature has a way again to get rid of these drugs by means of eruptions of the skin; otherwise, serious consequences would more often follow the use of these scientific remedies.

This bad blood produces weakness and weakness is the commencement of all diseases.

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[For menorrhoea] For this packing the linen should be put into water of 60° F/16° C and should be wide enough to cover the linen well. The thigh gush also is a good remedy as well as daily walking in water of a temperature of 45° F/7° C for three months.

BRIGHT'S DISEASE*

by Friedrich Eduard Bilz

The Kneipp Water Cure Monthly, I (5), 80-81. 1900

Bright's disease may occur both in an acute and chronic form. A disease and inflammation of the kidneys, which impedes and arrests the secretion of the urine, is understood by this term. In the most serious cases, the blood may become poisoned by urea.

SYMPTOMS OF ACUTE RENAL INFLAMMATION

Feeling chilliness, acute pain in the renal regions, scanty secretions of urine, constant desire to urinate, color of urine reddish-brown, thick and clouded, showing albuminous flakes when boiled. Further, vomiting, fever, pressure in the back, dropsical swelling of the face, abdomen, hands, testicles and nymphaea [genitals], damp and clammy skin. Bright's disease is often associated with inflammation of the lungs, of the peritoneum and pericardium, etc. It then becomes much more dangerous. Men are affected with it more frequently than women.



Friedrich E. Bilz
(1842-1922)

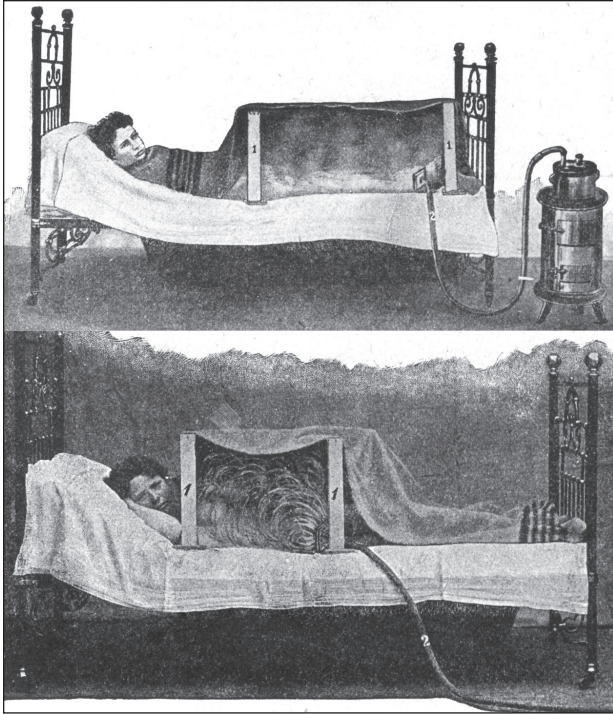
CAUSES

Catching cold, dissolute mode of life, also various diseases, more particularly infectious ones, such as typhus, smallpox, tuberculosis, ague, scarlatina, etc., and pregnancy. When it appears as a chronic disease, as it frequently does after the acute state, it is principally caused by medicine, frequent indulgence in alcoholic liquors, catching cold repeatedly, etc.

TREATMENT

Steam bath in bed daily, three hot water bottles, with extra (four to six fold) compresses on back in the region of the kidneys, the same also on the heart, until profuse perspiration ensues (duration about two hours). Then (88° to 90° F/31° to 32° C) lukewarm bath, with 81° to 84° F/27° to 29° C affusions, accompanied by vigorous friction of the skin; stimulating compresses, 77° F/25° C in the region of the kidneys (from half

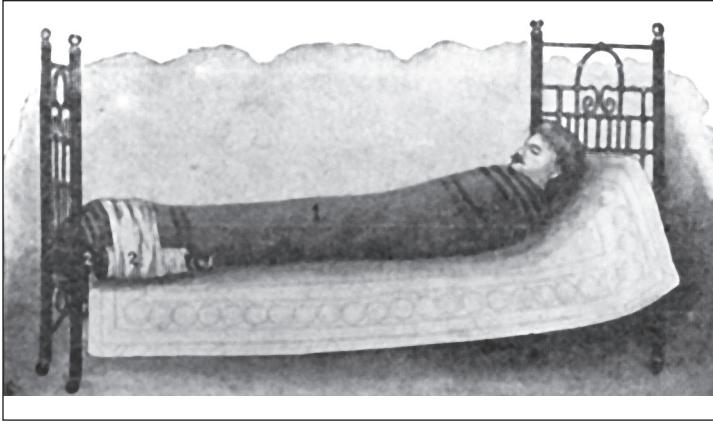
*This article contained a short section on chronic kidney disease. It was excerpted and appears with a similar 1906 article as part of *Clinical Pearls in Naturopathic Medicine, Vol. II: Chronic Diseases*. —Ed.



The bed steam bath using appliances to create steam while a patient is resting in bed.



An alternative bed steam bath using a modified wet sheet wrap with hot water bottles. Hot water bottles are wrapped in flannel and placed beside the patient's thighs, calves, and feet.



Full wet sheet wrap with hot water bottles. The modified and full wet sheet wrap methods required no specialized equipment yet achieved vapor for the resting patient.

an hour to an hour, according to requirement) and two or three hour calf packs. Every night, also, stimulating packs on calves and trunk, and T packs. If feeling suggests, the last two packs may be given also in a soothing form. When they are taken off, sponge bath of that part of the body follows. When an improvement is visible, one steam bath in bed each day, with packs on calves and trunk, and T pack at night are sufficient, or an 86° F/30° C (lukewarm) hip bath of 10 to 20 minutes duration daily. If steam baths in bed cannot be borne with comfort, only mild rubbing of the whole body with a wet towel, or several lavations may be taken daily. Persons whose cutaneous action is in a bad state (caused solely by want of proper attention to it) may benefit from dry packs combined with (72° F/22° C) wet, lukewarm trunk pack (one to two hours), but only as an experiment, after which 72° F/22° C sponge bath of the whole body, or an 84° F/29° C bath, with affusion. In addition, light, non-stimulating food, fluids should be sparingly partaken of, for preference milk or almond milk but not too cold, and alcohol strictly avoided. Procure regular motions by means of enema and fresh air. Improvement may be noticed in a week or two, but it may not be for months. The urine begins to be brighter and clearer, and comes in more copious quantities.

—Bilz, *The Natural Healing Method*

Steam bath in bed daily, three hot water bottles, with extra (four to six fold) compresses on back in the region of the kidneys, the same also on the heart until profuse perspiration ensues (duration about two hours). Then (88° to 90° F/31° to 32° C) lukewarm bath, with 81° to 84° F/27° to 29° C affusions, accompanied by vigorous friction of the skin; stimulating compresses, 77° F/25° C in the region of the kidneys (from half an hour to an hour, according to requirement) and two or three hour calf packs.

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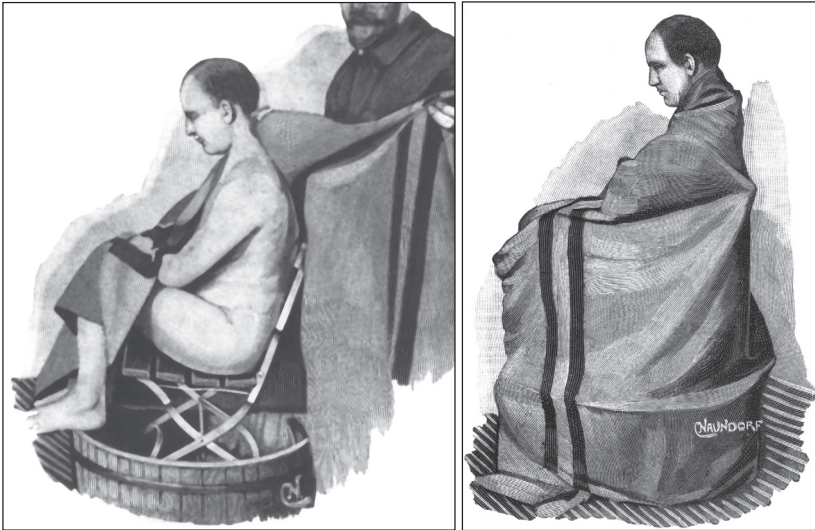
THE KNEIPP CURE, DISEASES

by Benedict Lust

The Kneipp Water Cure Monthly, I (10), 172-173. (1900)

AFFECTIONS OF THE BLADDER

For catarrh of the bladder, steam baths of shavegrass are the most effective remedy. For ulcers of the bladder, chair steam baths, three times a week, are particularly efficacious. After the steam bath, a full washing is given; or washing of the upper body or a half bath. Strong people may take a short and cold full bath. As a tea, an infusion of shavegrass is recommended or Wühlhuber #2,* which may now be had at any Kneipp Store. Care must be taken that the weaker the patient, the milder must be



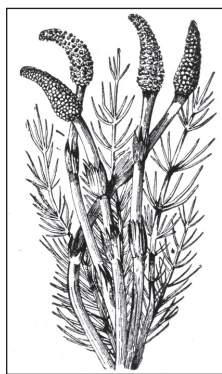
A chair steam bath. Boiling water is placed under a chair where a patient sits.

the hip or half bath, following the chair steam bath. This should at first be of the temperature of 66° and 56° F/19° and 13° C, afterward 60° and 56° F/16° and 13° C; finally the half bath, quite cold. On the days when a steam bath is not taken, a hip bath of 81°/27° C should be substituted, but only for five or ten minutes at first. Each time it should be less warm and of shorter duration, till at last it should be quite cold, and last only a few seconds. The diet must be nutritious, but at first vegetarian. Afterward, mixed fare for dinner may be the rule. For complaints of the bladder

* Wühlhuber #2 consists of the following: 2 Tbsp ground fennel, 3 Tbsp crushed juniper berries, 3 Tbsp powdered elder root, 1 Tbsp fenugreek, 1 Tbsp powdered aloe. Wühlhuber #2 acts on the kidneys and bladder and drives the morbid matter out in the urine. (Bilz, 1898, p.1954) —Ed.

and kidneys, Wühlhuber #2 tea is useful. It acts directly on the affected organs, and at the same time on the bowels, expelling morbid matter with the urine, and is always advisable in cases of uneasiness in the region of the bladder, of pain during urination, and of scalding sensation in the bladder and kidneys. The tea consists of two tablespoons of ground fennel, three of bruised juniper berries, and three of powdered aloes. A teaspoonful of this mixture suffices for a cup of tea, and weak persons will do well to distribute this one cup over two or three days, taking every evening from four to six tablespoons. A tea of dried hips and haws, the insides of which have been taken out, will purify the kidneys and bladder, and dissolve gravel and stone.

GRAVEL AND STONE IN THE BLADDER



Shavegrass
(*Equisetum arvense*)

This malady is generally treated by warm hip baths of a decoction of pewter grass [*Equisetum arvense*], and warm, lower packs steeped in a decoction of the same herb or of oat straw. Cane chair steam baths; steaming with the vapor of pewter grass and warm compresses on the affected parts are also applicable. Internally a tea of shavegrass [*Equisetum arvense*], which relieves the pain during urination or of juniper berries, ribwort, dwarf elder root, or hips and haws should be taken. Strawberries should be eaten in quantities by patients of this kind. A juniper berry cure is also recommended. As a matter of course, cold washing must always follow upon full steam baths and warm hip baths.

CASE, MALE, VESICAL CALCULUS

A young man was treated for vesical calculus, and the doctors most urgently advocated an operation. A cloth, folded several times and dipped in a decoction of common pewter grass [or shavegrass], was laid on the painful place, and covered with a blanket. The patient had to drink, three times daily, a small cup of tea of juniper berries and shavegrass. The latter herb, scalded and still warm, was applied to the affected parts several times during the day; and after five weeks the stone was dissolved and came away in pieces. Tea of ribwort [*Plantago lanceolata*], one or two small cups daily, has a great effect on this disease.

A man, upward of forty years of age, suffered for many years with this malady. The doctors declared it to be gravel and stone in the bladder. The pain, when the patient wanted to urinate, was so great as to cause him to cry out. For a week he had oat straw baths of 97° F/36° C for half an hour, which were immediately followed by a cold half bath, or washing of the

upper part of the body, for the duration of one second. He drank morning, noon, and evening, a cup of tea made of briar hips, shavegrass, and juniper berries. After a fortnight or so, the gravel began to dissolve; its discharge increased from day to day; and with it, the terrible pain disappeared. In continuation of the treatment, the patient took weekly a warm bath, succeeded by a cold half bath and washing of the upper parts of the body. He drank a cup of tea frequently, prepared from the same fruit and herbs as before. He was thus restored to perfect health and was never affected with the malady again. He was able, throughout the treatment, to adopt a mixed diet for dinner, with lighter but nourishing fare in the evening.

BLEEDING, VOMITING BLOOD

Decoction of shavegrass, one or two cups daily, takes effect after a few minutes. In cases of violent bleeding from the nose, the tea is drawn up into the nose.

A decoction of peppermint, prepared with vinegar, taken in spoonfuls now and then, arrests vomiting of blood; as does also an infusion of peppermint, mixed in equal quantities with shavegrass* or sandalwood. A decoction of mint, prepared with vinegar, is an excellent remedy for this complaint; one or two teaspoons now and then. This is most effective in all cases of bleeding from the stomach.



Peppermint
(*Mentha x piperita*)

IRREGULARITIES IN BLOOD CIRCULATION

Want of blood, or its sudden excitement is remedied by an infusion of centaury.

PURIFICATION OF THE BLOOD



Elder
(*Sambucus nigra*)

Strawberries with milk—one part strawberries to two parts milk—in all, about a pint daily. In winter, preserved strawberries or strawberry jam may be used.

Tea for purifying the blood. Six or eight elderberry leaves, cut up like parsley, are boiled for about ten minutes, and a cup of the decoction is taken the first thing in the morning an hour before breakfast for as long as it is considered necessary. The dried leaves may also be used, as well as the blossoms and berries. The free use of nettles is likewise a good remedy for purifying

*In the original text, grass was cited and based upon my readings, I suspect that Benedict Lust was referring to shavegrass. —Ed.

the blood. The leaves should be boiled like spinach. An excellent tea for purifying the blood is made of a mixture of wormwood, shavegrass and aloe blossoms (in equal parts). A small cup to be taken in the morning before breakfast, and just before going to bed.

BOILS

A Spanish mantle pack, every second day; and in rotation, in addition to the Spanish mantle, a half bath one day, and a whole washing the next. Fenugreek compresses on the boil itself; the herb being stewed to a pulp, spread on linen, and applied warm.

SWELLING OF BONE

Warm compresses of hayseed, fenugreek, or curds are the most efficacious remedy for bone swelling. Since in all conditions of this kind, the body is mostly feverish, the adjoining parts of the swelling are treated daily with a short, cold wrap; or a whole washing should be taken instead of a pack.

ULCERS OF THE BONE

These are cleansed twice daily with the infusion of chamomile and shavegrass, and a plaster of prepared clay loam is put on afterward.

PROTRUSION OF THE BOWEL (PROLAPSES)

The mucous membrane of the bowel will often protrude at the anus, as a result of long-continued diarrhea, which has a very weakening effect due to straining. In order to avoid inflammation and acute pain, with copious effusion of mucous matter, relief must, in most cases, be given by pressure. That is to say, the protrusion must be gradually and carefully pushed back within the sphincter muscle of the orifice by the fingers, previously well oiled, with or without the use of oiled rag or paper. A general strengthening treatment will be required to effect a cure. Hip baths, with the decoction of oak bark or hay added to the water, syringing with water, or washing the parts, and enema. A brew of mugwort (*Artemisia*), mullein, and wine should be made by boiling the mixture, and the patient should sit in it as hot as he can bear it.

INFLAMMATION OF THE BOWELS

This ailment may be brought on by a chill, by obstruction of the bowel by hard feces, by excessive physical exertion in riding or “wheeling” [riding in a car], by worms, by purgatives or by too active clysters [enema], among other causes. The desire to relieve the bowels, pain, passing mucous matter tinged with blood, sweating, constipation, and the

sensation of great weakness are symptoms of this trouble. The treatment consists in clysters, packs, and hip baths. The diet should be confined to mucilaginous soups and milk.

ANEMIA OF THE BRAIN

The upper affusion is an energetic and certain remedy for this complaint. The following curative gymnastic exercises are also recommended: rolling the head (head circles); bending the body forward and backward; and arm movements, bending, rolling, and circling.

INFLAMMATION OF THE BRAIN MEMBRANE

If creeping pains in the head, with feverishness, and the inclination to vomit are felt, and loss of consciousness, illusions and delirium supervene, inflammation of the brain is indicated. Full or three-quarter packs, or a long shirt, wrung out in cold vinegar and water (three parts water to one of vinegar) or in salt water are prescribed. Two or three such cold packs, each lasting three-quarters of an hour, will generally suffice to reduce the temperature. A dry wrapping sheet or blanket will, of course, be used to envelop each wet pack, so as to prevent the escape of heat. Immediately after the pack, and while the patient is still warm, a full affusion may be given. Particular attention should be paid to the feet, which must be kept continually warm, by artificial means if necessary. The best means of insuring the required continuous warmth will be to wrap the feet and legs, as high as the middle of the calves, in a very hot cloth wrung out in hot vinegar and water (one-third of vinegar to two-thirds of water); a mixture which should be boiled before use. Enemas must be given in case of constipation and cool compresses should be applied to the head, and changed as they get warm. Internally, a tablespoonful of decoction of aloe leaves should be taken every half hour, or failing the aloe leaves, a tablespoonful of water. The diet should be light and easily digestible.

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Aided by Reverend Albert Stroebele, Benedict Lust translated Adolf Just's book, *Return to Nature*, from German to English. This ad, announcing the upcoming book, appeared in Lust's publication in 1900.

Strong people may take a short and cold full bath

Care must be taken that the weaker the patient, the milder must be the hip or half bath, following the chair steam bath. This should at first be of the temperature of 66° and 56° F/19° and 13° C, afterward 60° and 56° F/16° and 13° C; finally the half bath, quite cold. [Bladder complaints]

The tea consists of two tablespoons of ground fennel, three of bruised juniper berries, three of powdered aloes

Internally a tea of the [Equisetum arvense], which relieves the pain during urination or of juniper berries, ribwort, dwarf elder root, or hips and haws should be taken.

As a matter of course, cold washing must always follow upon full steam baths and warm hip baths.

A decoction of peppermint, prepared with vinegar, taken in spoonfuls now and then, arrests vomiting of blood; as does also an infusion of peppermint, mixed in equal quantities with shavegrass or sandalwood.

Six or eight elderberry leaves, cut up like parsley, are boiled for about ten minutes, and a cup of the decoction is taken the first thing in the morning, an hour before breakfast, for as long as it is considered necessary. [Blood purification]

Fenugreek compresses on the boil itself; the herb being stewed to a pulp, spread on linen, and applied warm.

Full or three-quarter packs, or a long shirt, wrung out in cold vinegar and water (three parts water to one of vinegar) or in salt water are prescribed. [Brain inflammation]

[To warm feet] the best means of insuring the required continuous warmth will be to wrap the feet and legs, as high as the middle of the calves, in a quite hot cloth, wrung out in hot vinegar and water (one-third of vinegar to two-thirds of water); a mixture which should be boiled before use.

For a week he had oat straw baths of 97° F/36° C for half an hour, which were immediately followed by a cold half bath, or washing of the upper part of the body, for the space of one second. [Urinary stones]

ABSCESS

by **Benedict Lust**

The Kneipp Water Cure Monthly, I (12), 223. (1900)

An abscess is the result of some local inflammation which causes pus to form and develop in a confined space. There are two kinds: hot and cold abscesses. Sometimes the pus contained in an abscess sinks by its own specific weight to some distance from the seat of the inflammation.

SYMPTOMS

The symptoms of hot abscesses are redness, swelling, pain, loss of elasticity, increased temperature and feverishness. The cold abscess, which develops slowly without pain and shows a red color and higher temperature, is met with in persons whose “physique” is weakened, and who suffer from poor and diseased blood.

TREATMENT

If the abscess is only forming, try to mitigate and dispense it by steam baths in bed and extra compresses on the affected part. If in a more developed and matured state, it must be steamed several times, and covered before and afterwards with local tepid compresses, very wet (66° to 77° F/19° to 25° C), either soothing or stimulating,* according to the patient’s condition. The compresses must be changed when dry and troublesome to the patient. The linen used for the compresses must be folded two or three times, or even more. If the pain is excessive, only soothing compresses must be applied, and constantly changed if the pain increases. Lancing or pricking the abscess is rarely necessary. With this treatment, the abscess always opens of itself.

Lancing may sometimes be necessary in cases where the skin is hard and horny; e.g., in the palm of the hand, or if the pain, which often increases in violence, in consequence of increased collection of pus, becomes intolerable. The patient must confine himself to non-stimulating diet and avoid all spirituous liquors, as well as tea and coffee. When the abscess is of long standing, or returns repeatedly, give some stimulating full or three-quarter packs, and then apply steam and steam baths in bed, together with soothing extra compresses on the abscess. When the blood is bad—a frequent cause of cold abscess—formation of better blood must be aimed at by a strengthening or regenerative treatment.

* A soothing compress or treatment uses warmer water than stimulating applications.—Ed.

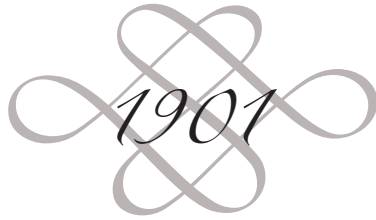


Three-quarter pack or short bandage.

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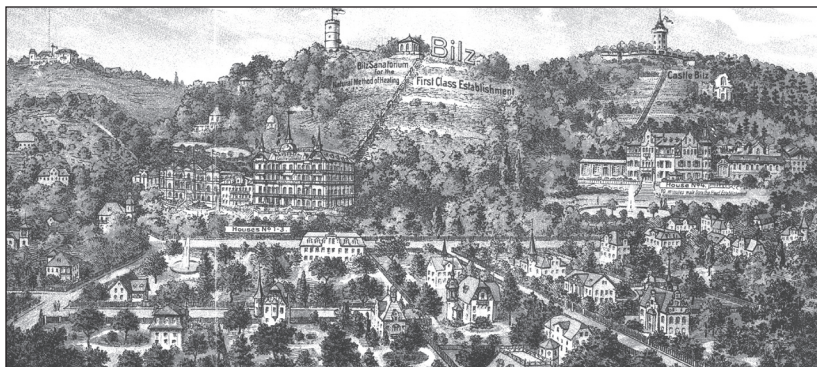
MEASLES

FRIEDRICH EDUARD BILZ



BLOOD POISONING AND EPISTAXIS

SEBASTIAN KNiepp



Friedrich Eduard Bilz was a devout follower of Kneipp's Water Cure. His success using water for healing was rewarded by an indebted and grateful patient with the gifting of four immense palatial buildings that would become the Bilz Sanatorium in Dresden-Radebeul, Germany.

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Friedrich Bilz' 2046 page book, *The New Method of Healing* (1898), offered a foundation for early Naturopaths in America using Kneipp therapies.

MEASLES

by Friedrich Eduard Bilz

The Kneipp Water Cure Monthly, II (1), 10-11. (1901)

Measles must be reckoned among the most frequently occurring infantile diseases, accompanied with cutaneous eruption and fever. This complaint, which is highly contagious, and appears mostly with children of two to ten years of age, frequently assumes an epidemic character, and its course may be mild or malignant.

The primary duty of parents is, therefore, on the outbreak of measles in their family, not to let their children have access to others attacked by it.



Friedrich E. Bilz
(1842-1922)

SYMPTOMS

The premonitory symptoms are irritation in the nose, tickling, sneezing, red and watery eyes, cough, expectoration, headache, insomnia, pains in the limbs, slight shivers, fever toward night, dread of light, and catarrhal affection of the respiratory passages, red spots on the mucous membranes of the mouth, [esophagus] and larynx. In many cases these symptoms are attended with fever. After three or four days, the eruption of the measles appears on the skin, accompanied by a peculiar odor. It shows itself first in the face and then spreads downward. It consists of small spots, the size of lentils or beans, of deep-red color. In the centre of each of them is a little vesicle, often perceptible only with pressure. The skin, therefore, exhibits red and raised spots, between which there are always and everywhere healthy and pale places, looking like islands between the red parts. These isolated healthy places form the distinguishing mark between measles and scarlatina. The stage of eruption generally lasts for twenty-four hours, during which time the fever usually abates. After a further three days, the eruption loses its color, gets pale, gradually disappears, and is exfoliated in a bran-like powder. With it the fever abates and the catarrhal symptoms take a favorable turn, i.e., the discharges of mucus become thicker, more abundant, more viscid, of a greenish color, and gradual improvement sets in.

Other diseases, especially those of the lungs, may appear simultaneously with the measles.

CAUSES

Generally infection, especially at the outset of the disease, mucus which has been coughed up, vitiated air, saliva, tears, and exhalations of the skin of patients affected with the measles are the agents of infection. Also, sleeping in thick feather beds [duvets] or with the windows closed, lack of attention to cutaneous action, eating too much animal food, etc., may cause the disease.

TREATMENT

Care must be taken in the first place that the eruption may follow its normal course. The skin, therefore, must be aided in its process of eliminating the morbid matter. The nerves also must be strengthened by keeping down the temperature.

The patient is, therefore, given a lukewarm bath (86° to 90° F/30° to 32° C), the whole body rubbed with the bare hands quickly and lightly at the same time, and then put to bed. Or he may have at once a tepid three-quarter or full vapor bath (72° to 81° F/23° to 27° C), duration from an hour to an hour and a half, or as long as the patient feels comfortable in it. If he finds the pack irksome, he should at once be taken out and given a bath as before. The steam bath in bed should be repeated, according to the patient's condition, once or twice a day.* Two enemata daily (77° to 81° F/25° to 27° C).

If the eruption is only partially developed or suppressed, quick, cool, wet rubbing of the whole body, followed by steam bath in bed, should be resorted to. In general, light, non-stimulating food, fresh air (a window



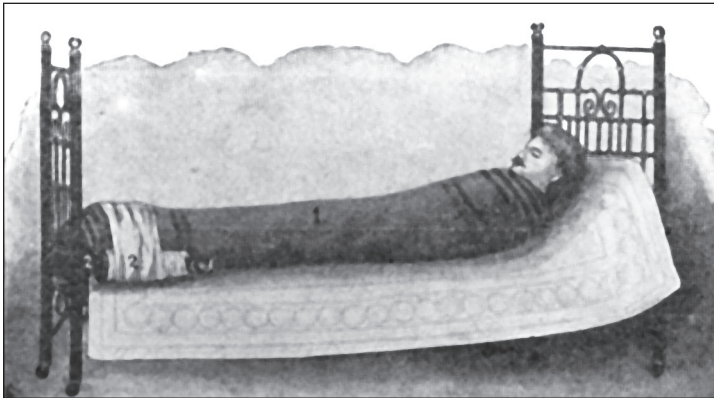
*The bed steam bath is a modified wet sheet wrap with the addition of hot water bottles placed along the body outside of the wet sheet. For additional information read *Hydrotherapy in Naturopathic Medicine*, pp. 116–117. —Ed.

being always kept open), enemas for derivation and constipation. Gargling every hour with water of 66° to 72° F/ 19° to 22° C. Frequent cleansing of the nose with water of 76° to 81° F/ 24° to 27° C. Wet the mouth and ears occasionally with a cool, wet linen rag. Children suffering from the measles may—nay, should, if it is in any way possible—be dressed in warm clothing, according to the temperature, and allowed to move about outdoors in the open air.

If the eyes are much inflamed, the window blinds should be drawn down to protect the child from the painful light, and the eyes wiped or wetted repeatedly with a soft rag, squeezed out moderately in tepid water. With this treatment, the measles will only last a few days.

ANOTHER TREATMENT

Tepid (73° F/ 23° C) abdominal and leg packs. If there is high fever, 73° F/ 23° C three-quarter pack or steam bath in bed to be applied as above (duration, from one to two hours, but must be removed when troublesome), followed by a (73° F/ 23° C) wet rubbing of the whole body. This is to be repeated, if the fever rises again. If the eyes are inflamed, the room must be kept rather dark and for the rest as above.



A full wet sheet wrap with hot water bottles placed outside the sheet wrap. Hot water bottles wrapped in flannel are placed beside the patient's thighs, calves, and feet. The patient is then wrapped in one or two wool blankets.

When the measles subside, and the disease may be looked upon as over, a light wet rubbing of the whole body or bath once a day may be applied, and every second or third day a steam bath in bed, followed by a bath or a light superficial wet rubbing of the whole body. These measures to be carried out for about a week, in order to remove every vestige of morbid matter from the system.

If children, after an attack of the measles, show a want of appetite and cheerfulness, and are perhaps a little feverish now and then, it is the best proof that morbid matter still lurks in the body. A bath, therefore, must be given every day, an abdominal compress every night, and the steam bath in bed (with two or three days interval) continued until all bad matter circulating in the blood is thoroughly eliminated from the system and the child has become once more healthy and cheerful.

HOW MY TWO CHILDREN WERE CURED OF MEASLES

Last spring, when the measles and other children's diseases appeared in our town, my two young children, a girl of six and a boy of three years, were attacked with the disease. The girl had the measles very badly indeed—high fever, swollen tonsils (the malady, in fact, assuming the character of diphtheria), both her eyes greatly inflamed and swollen, and causing her to keep them closed for nearly a whole day. In spite of the malignant character of the malady, the child remained in the room and in bed only for one full day. On Friday she still went out; on Saturday she did not wish to get out of bed, or to have anything to eat, and she hardly opened her eyes at all; whereas on Sunday morning, having been taken out of the steam bath in bed and bathed, she asked for something to eat and to be taken down into the sitting room. In the afternoon of the same day, when my wife was going out with the little boy (who was attacked with the measles a week later), she begged to be allowed to go out too. As it was a warm, bright day, I saw no reason for keeping her indoors, although she could not walk comfortably yet, and her face, etc., was entirely covered with the rash. For all that she was tumbling about merrily in the open air for two hours, and sat down also for a time outside on the grass.

When she came home, she coughed rather more than before; but it was a loose cough, and she threw out a great deal of phlegm. Such a cough, though increased, need cause no anxiety since it is only a favorable healing agent. The steam baths in bed were continued, a bath in the day-time and an abdominal compress at night were given, and the girl became stronger and healthier day by day. She went out always in the open air, and only missed school for a few days. She has been well and cheerful to this day, though my anxious neighbors, seeing the child on the second day out of doors, prophesied the worst relapses, affection of the eyes, etc.

The boy's case was certainly not quite as bad as the girl's, but it was bad enough. Nevertheless he, too, was confined to his room and his bed for one day only. The next day he went out of doors for a short time, and speedily got and remained well, in spite of the repeated evil forebodings of my neighbors.

The primary duty of parents is, therefore, on the outbreak of measles in their family, not to let their children have access to others attacked by it.

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If the eruption is only partially developed or suppressed, quick, cool, wet rubbing of the whole body, followed by steam bath in bed, should be resorted to.

Children suffering from the measles may—nay, should, if it is in any way possible—be dressed in warm clothing, according to the temperature, and allowed to move about outdoors in the open air.

Tepid (73° F/23° C) abdominal and leg packs. If there is high fever, 73° F/23° C three-quarter pack or steam bath in bed to be applied as above (duration, from one to two hours, but must be removed when troublesome), followed by a (73° F/23° C) wet rubbing of the whole body. This is to be repeated, if the fever rises again.

BLOOD POISONING AND EPISTAXIS*

by Sebastian Kneipp

The Kneipp Water Cure Monthly, II (10), 276-277. (1901)



Reverend
Sebastian Kneipp
(1821-1897)

SCRATCHED FINGER

A housewife had scratched her finger a little, and not minding the trifle went to bed without examining the injury; it seemed to her too unimportant. In the night she wakes up, feels cramp in her finger, great nausea, and a little tendency to vomit. The injury was on the left hand, and she felt pain and cramp in the right foot. The hand and the arm up to the elbow were swollen, had become a bright red, and within ten hours the excessive pain extended over the whole arm. The veins up to the elbow were swollen and had become dark colored. There was no physician in the village, and there was evidently the greatest danger.

Boiling water was poured over hay flowers, and in these hot hay flowers the whole arm was wrapped up. The arm, wearing the bandage, was then laid in the hot hay flower water for eight hours. These hay flowers acted like a drawing plaster on the whole arm and drew the poisonous matters out of the blood. This incident shows how necessary it is to procure speedy help in cases of blood poisoning. Perhaps in one or two hours this housewife might have been dead. It is worthy of notice that even the tongue of this poor woman had already a bluish color. After 36 hours, the skin on the palm of the hand was so completely detached from the flesh that it could have been stripped off. As soon as the cramp in the finger ceased, the nausea was gone.

MAN CUTS THUMB

Joseph killed a cow and by accident wounded his own thumb with the bloody knife. He paid no attention to it until he began to feel excessive pain, and his hand swelled so that he could scarcely move his fingers. The heat increased and before long, yellow and blue spots appeared on finger and hand. A physician gave him some remedy with which the hand was to be washed and bandaged. But the pain, which had got hold of the arm up to the elbow, became more unbearable than ever. The poor man felt that the inflammation inside was making continual progress.

*A segment on goiter was moved to *Clinical Pearls in Naturopathic Medicine, Volume II: Chronic Diseases*. —Ed.

I was sent for, and having examined the case, I prescribed vapors [vapor baths] for hand and arm four times a day, each one of a half hour's duration. During the time when the arm was not exposed to the vapors, it was wrapped up in boiled hay flowers to above the elbow.*

Every two hours, i.e. as often as the pain increased, the package was renewed. This proceeding brought not only relief but complete cure. The spreading of the inflammation ceased on the evening of the first day, and after four days the inflammation was completely removed.

INFLAMED CORN

A gentleman cut his corn which was inflamed. In a few days, the inflammation made so rapid a progress that he could no longer doubt about blood poisoning having set in. Many, who had some experience of the matter, thought him lost.

The patient took daily two foot baths of boiled hay flowers (these being left in the water for the bath) and daily the feet were wrapped in cloths dipped in a decoction of shavegrass (every hour to be re-dipped in it). These packages were to be applied several times a day, each time for two hours. Since there appeared other symptoms of blood poisoning (sickly appearance and want of appetite), general applications were added to the above mentioned partial ones. A lower package of one and a half hours duration and ablutions of the upper body were applied daily.

In a few days the gentleman was out of danger, and in ten days he was perfectly well again. He took daily two cups of tea made with wormwood and sage.

Such small foot complaints require great precaution. I know of no better prevention than walking barefoot (be it only in a room e.g., 15 or 20 minutes before going to bed) and frequent cold foot baths; for weak persons the latter may be lukewarm. Great care for cleanliness of the feet is an important means for the preservation of general health.

BLOOD VOMITING

Whenever blood is found in the spit or is vomited, it is of the greatest importance to ascertain whether it comes from the lungs or the stomach. It is sure to come from the lungs when it is thrown up in a fit of coughing like phlegm, and when it is foamy and of a bright red hue. If the blood is coagulated and of a dark brown color and the evacuation resembles ordinary vomiting, it may be concluded that it comes from the stomach. Blood vomiting is always frightening and requires great precaution, since it is infallibly accompanied by a greater or lesser danger. If the blood comes from the stomach, who knows, what little vein may have

*Hay flowers are soaked with boiling water, then squeezed and spread on a cloth. On this the patient puts his arm and has it wrapped up in such a manner that it is quite surrounded by the damp warm hay flowers. —Benedict Lust



Barefoot walking in the grass was a popular method of hardening or strengthening the body.

been injured, if and when the vomiting will take place again. Carelessness might have serious consequences. Therefore, the injury ought to be healed as speedily as possible.

Blood vomiting from the lungs is, by far, more dangerous and should be attended to immediately.

For both kinds of blood vomiting, tea of shavegrass is, on account of its contracting property, an efficacious remedy. If the blood flows from the nose, shavegrass [*Equisetum arvense*] tea ought to be drawn up by it. If blood comes from the mouth, some spoons of such tea should be taken every two or three minutes. As a rule it stops the bleeding quickly. The tea should be taken for some time after the cessation of the bleeding. I do not know of a single case in which shavegrass has failed to bring about the desired effect.

If a person is repeatedly troubled with blood vomiting, the causes of the complaint should be investigated. It is, then, either the lungs which are affected and the patient is consumptive, or a strong rush of the blood to the head takes place (congestion), or the bleeding proceeds from ulcers in the stomach.

EPISTAXIS CASE

In passing by, I will say a few words about the bleeding of the nose. Many people have frequently nose bleeding, and do not mind it at all, because they feel well after it. Yet their state is not a normal one, and sooner or later a severe disease is sure to ensue. Poverty of blood, weak blood and their attendants: anxiety, fear, unpleasantness of various kinds are the inevitable consequences of this frequent loss of blood. I do not approve of the various ways in which people attempt to stop nasal bleeding. There are some that pour water over the neck of the patient; others try to stop the bleeding by suddenly frightening him, etc.

The only thing to be aimed at, seems to me, is the regularity of the circulation. The blood which overfills the head ought to be drawn down to the abdomen and the feet, which with such people, are generally poor of blood, and it is this poverty of blood that will cause many complaints later on.

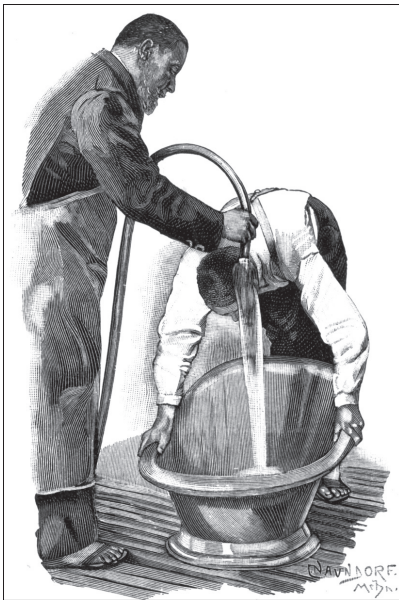
The following water applications will prove of excellent effect in this leading downwards of the blood. In the beginning, a warm foot bath with ashes and salt for 15 minutes twice or three times a week; walking on wet stones, likewise twice or three times a week; two or three short packages. When the system has thus been strengthened, upper and lower gushes and

half baths with ablation of the upper body will render very good service; one of these applications will be sufficient for the week.

There is one kind of bleeding of the nose which is not only serious, but really very dangerous. A girl of 15 bled to death within two hours. The blood flowed from the nose as if discharged through a pipe, and the bleeding only ended with the girl's death.

CASE

A girl of 16 years of age discharged through the nose three basins of pure blood within one and a half hours. The increasing paleness and drowsiness seemed to indicate her approaching end. At 2 o'clock a.m., I was called to prepare for her death. All home



A head gush using a hose to apply the water.

remedies had been unavailing; a physician was not to be had. Without delay, I had the contents of half a water can poured on her head, the other half over the upper part of her back. The bleeding ceased almost instantaneously. The girl lay for several hours quiet, but on account of her weakness, more or less unconscious. She had scarcely recovered herself a little when the bleeding of the nose began again. The gush was repeated and had the same effect. In order to gain new strength, the patient took two or three spoons of milk every half hour; appetite and thirst being entirely wanting. After two days she began to take strength-giving soups alternately with milk, but in very small portions. The upper gush was taken daily. The bleeding did not return, and a very good appetite made itself felt instead. In about six weeks the patient was quite well again, but although her appearance was healthy as formerly, the girl felt the consequences of the attack (great internal weakness) for not less than six months.

BLOOD POISONING

—that most horrible of human afflictions—has at last yielded to the influence of Naturopathy, where all other means have failed through the centuries. Because of a hideous taint in his blood, no man need now feel himself barred from social recognition, business success, and happy marriage. We are prepared — after years of experimenting—to offer the greatest boon to suffering mankind, namely a guaranteed cure for **Specific Blood Poison**. Non-injurious, speedy, infallible, working on a principle hitherto unknown to science, yet not conflicting with the practice of the most conservative family physician. —We altogether forbid the use of mercury, potash, or other allied drug; in fact, our greatest cures have been wrought among sufferers made hopeless by such unscientific treatment. References as to our skill and integrity mailed on application. Absolute privacy maintained; we respect the confidence of our patients and hold their welfare a thing inviolable. Let us repeat we **can** and **do** cure in every case where the malignant disease has not reached the bone.

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Boiling water was poured over hay flowers, and in these hot hay flowers the whole arm was wrapped up. The arm, wearing the bandage, was then laid in the hot hay flower water for eight hours. These hay flowers acted like a drawing plaster on the whole arm and drew the poisonous matters out of the blood.

[For blood poisoning] I prescribed vapors [vapor baths] for hand and arm four times a day, each one of a half hour's duration. During the time when the arm was not exposed to the vapors, it was wrapped up in boiled hay flowers to above the elbow.

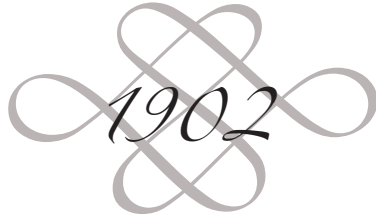
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The following water applications will prove of excellent effect in this leading downwards of the blood. In the beginning, a warm foot bath with ashes and salt for 15 minutes twice or three times a week; walking on wet stones, likewise twice or three times a week; two or three short packages.

For [stomach and lung] blood vomiting tea of shavegrass is, on account of its contracting property, an efficacious remedy.

[Epitaxis] Without delay, I had the contents of half a water can poured on her head, the other half over the upper part of her back. The bleeding ceased almost instantaneously.



SOME SOUND ADVICE FOR THE WINTER SEASON

COUGH AND BRONCHITIS

BENEDICT LUST

THE SWEATING CURE FOR HYDROPHOBIA

RICHARD METCALFE

EYES AND SORES

CROUP

DISEASES, HOW TO TREAT THEM
ACCORDING TO THE KNEIPP SYSTEM

BENEDICT LUST

PAID \$..... NUMBER..... DATE.....190

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1902												
1903												
1904												
	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.

FOR MEMBERSHIP PRIVILEGES, SEE REVERSE

EXTRACTS FROM CONSTITUTION

Article 1. Section 2. Purpose.—The purpose of this organization shall be fundamentally to seek, teach, and embody Truth; primarily to study Nature, Mind, and Man; and ultimately to enable the individual human to reach the highest possible attainment consistent with his inborn qualities, tendencies, and desires.

Section 3. Object.—The object of this Organization shall be the general fostering of Naturopathy in its theoretical and practical province of restoring and maintaining Health. * * * * *

Section 4. Means.—The objects heretofore specified are to be achieved through observance of the official motto:—“To interpret Nature, to untangle Truth, to unfold Humanity.” The laws of Nature, as treated through Food, Water, Air, Heat, Cold, Sun, Ether, Energy and Mind are to constitute the working basis. * * * * * The various systems of Nature-Cure combined with the broadest beliefs of the New Thought should together form the vehicle of research, practice and propagation.

* * * * *

Article II, Section 6. Privileges and Emoluments. (a). Members of the First Order shall be allowed free access to the Reading-Room, shall be given tickets of admission to the monthly meetings of the Society, and shall be presented, on election, with a year's subscription to the official organ of the Society.

(b). Members of the Second Order shall be allowed both free access to the Reading-Room and privilege of drawing books from Circulating Library shall be given tickets of admission to the monthly meetings shall receive regularly the official organ, and shall be admitted to special classes at reduced price.

(c). Members of the Third Order are entitled to use the Society's name as moral and legal support, so long as their practice conforms with the Society's approval. All prerequisites of Orders First and Second apply also to Order Third.

(For Conditions of Membership, Time of Meetings, etc., see Constitution)

THIS TICKET ENTITLES HOLDER TO PRIVILEGES OF

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The Naturopathic Society of America met for the first time on September, 1902.

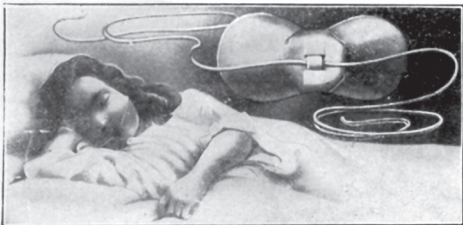
SOME SOUND ADVICE FOR THE WINTER SEASON

by Benedict Lust

The Naturopath and Herald of Health, III (2), 81. (1902)

The following humanitarian advice for the cold winter months deserves attention.

1. Keep your mouth closed and breathe through your nose as much as possible.
2. Don't heat your rooms too much.

Shut Your Mouth When You Sleep — God Made the Nose to Breathe Through	
	SIMPLE NATURAL HEALTHFUL
	DISEASE GERMS CANNOT PASS THROUGH THE NOSE
	God has given us the Nose as the proper organ for breathing. Its interior is provided with fine hair and numerous glands that keep every disease germ from reaching the throat. You cannot inhale disease if you breathe through the nose. It is called 'the Filter of the body.'
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Let us first consider the former advice. The nose has not been given us by an all-wise Creator to simply inhale pleasant smells. Not at all! Our nose is there for some more necessary purposes. The air which we inhale should always first pass through our nostrils, to get warmed if too cold, and to get moist if too dry.

Watch a little baby always breathing through the nose. Why does the baby refuse to breathe through the mouth and will cry if forced to do so?

Those persons who are habitually breathing through their mouths are very prone to suffer either from colds or from sore throats. A cold air current, if inhaled suddenly, is often the cause of catarrh, which easily may become chronic. A catarrh of this kind will render anyone hoarse. For children this kind of catarrh is especially very dangerous, as from it the terrible diphtheria may develop because the mucous membranes of the throat cannot offer sufficient resistance.

The warmest and thickest of throat wraps are no [preventative] although many people may think so.

The danger of suddenly inhaling a cold current of air into the lungs is greatest when coming out of a warm room into the open air. Advise and teach your children to breathe through the nose, and to keep the mouth closed. Also, when skating, sleigh riding, tobogganing, sliding, or doing any kind of out-door exercise, keep this advice in mind and remember to close the mouth and breathe through the nose.

The second advice was first propounded by the famous Dr. Reclam, who said: "Don't overheat your rooms if you want to keep well." Those people who are in the habit of having their rooms warmer than 60° to 64° F/16° to 18° C will soon notice that their desire for a still warmer temperature is on a steady increase. Very soon 70° to 75° F/21° to 24° C even will not suffice for them. The reason is as follows: continued overheating dries up the walls, as also the other articles in the room. The more that the articles in your rooms lose their moisture, the more the atmosphere will abstract the humidity from the only place it will then find it, i.e., the human being. The imperceptible exhalation of the skin and lungs is thus much increased. But as the evaporation of our humidity detracts much caloric warmth from our body, the increased temperature of the room gradually increases our desire for more heat. A stove appears then to be our best friend, but on the contrary it is our worst enemy because in the increased warmth of the room, the air gets rapidly tainted.

In this artificial warm dry air we inhale less oxygen than usual, the metabolic assimilation (digestive process) is much slower, the appetite is lessened, the temper gets irritated, sleep becomes disturbed and unrestful, and all functions of the body gradually perform unsatisfactorily. This alarming picture is a very true facsimile of the state of affairs in many families during the winter season. Only those sensible people who will never allow the temperature in their dwelling rooms to be more than 68° F/20° C will be free from above symptoms. Therefore, keep this advice in mind: "Do not overheat your rooms."

Watch a little baby always breathing through the nose.

Advise and teach your children to breathe through the nose, and to keep the mouth closed.

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COUGH AND BRONCHITIS*

by Benedict Lust

The Naturopath and Herald of Health, III (2), 95. (1902)

Cough appears mostly during the cooler season, when the temperature changes repeatedly, sometimes becoming quickly cool and then again damp wet, thus causing coughs and colds not only in young children but also in adults. However, children are more liable to catch it, and their entire future welfare may be endangered by an application of pernicious or perverse treatment. Great stress must be placed upon the fact that cough in itself is not so much a disease, but that only the respiratory organs are in a more or less diseased or irritated condition, and are energetically trying to heal.

The cough which is created in diseases of the lungs is caused in a similar manner, but we shall speak here of cough in general only. Bronchitis or whooping cough has the special peculiarity to create a cramp-like and nervous condition and has, like all acute diseases, various stages of development.

At first, the cough is dry, cramp-like, painful and irritating, combined with more or less fever. Then, during the healing process, which starts as soon as the patient is made to sweat profusely, there are still some cramp-like acute attacks, which appear at intervals and are followed by pain and other troubles. However, these attacks grow less and less in violence the more the attacks of coughing dissolve the intervening hard slime and phlegm.

The hoarse and piping sound is created by the larynx and voice muscle getting contracted, especially in the cooler season. For this reason, patients suffering in winter should be placed in rooms with a temperature of at least 60° to 65° F/16° to 18° C. The treatment should consist in short, cooling, entire body ablutions, to be followed by energetic rubbing. Thereupon, a half pack, three-quarter pack or cabinet steam bath, with again another cooling full body ablution or half bath. Whereupon, on returning to bed an equal flow of blood circulation will set in, accompanied by well-being and a good sleep.

*Benedict Lust published a simple formula for a cough in January 1901 issue of *The Kneipp Water Cure Monthly*. "To two quarts of soft water add one-half teaspoon of flaxseed, three ounces of licorice, and three ounces of raisins. Boil very slowly until reduced to near a quart. Then add two tablespoons of lemon juice (if it is not at hand use good cider vinegar) and sweeten to taste. Dose, two tablespoons every three or four hours, and double that amount on retiring at night. This cures the very worst cold in a day or two. It has cured many colds in a fortnight that had begun to exhibit signs of consumption." —Ed.

This course of treatment must be repeated (once in the morning and once in the evening, or late in the afternoon) until the secretion of phlegm from mouth and nose which must set in induces a perfect cure.

Often, and if there is sufficient bodily strength, always, a beneficent sweat is developed by the fever, without special sweat inducement, and Nature then herself will undertake her own process of healing in a most natural and perfect way, not only in cases of whooping cough, but also in ordinary cases of cough.



Ablution is a simple washing of the body using the hands, gloves or a cloth while applying friction.

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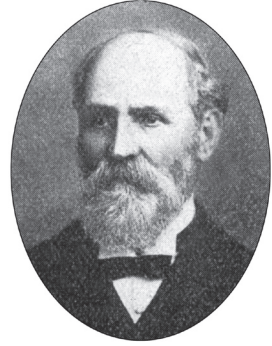
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THE SWEATING CURE FOR HYDROPHOBIA

by Richard Metcalfe

The Naturopath and Herald of Health, III (4), 172-176. (1902)

Very little was known about hydrophobia twenty-nine years ago, and it was thought possible for the symptoms of hydrophobia to manifest themselves in a person after a very long period of time had elapsed since his being bitten by a rabid animal. Several examples have been documented of persons dying each year of hydrophobia and even more than that some time later after having been bitten. There can now be no doubt about my own cure, seeing that it is twenty-nine years since I met with my accident. I shall briefly review this malady, and take as my judges all persons gifted with common sense. In order to prove the existence of light, it is sufficient to show an object, and in order to prove the infallibility of my treatment, it is sufficient to describe it, since I have not succumbed all these years.



Richard Metcalfe
(1861-1954),
Hydrotherapist,
London, England

Hydrophobia, or *rabies*, is either spontaneous or infectious. It is spontaneous with certain animals, such as the dog, the wolf, the fox, the cat, etc., in a word, with all such animals as do not perspire. It manifests itself by a refusal to partake of liquid nourishment. It may be exacerbated by the passions either of anger or of joy. I have observed it also as a supplement to other maladies, particularly in the case of young dogs at the period of dentition. These animals are in no way exempt from infectious rabies. For example, a rabid dog can, by biting another dog, infect him with the disease. When rabies is spontaneous, the animal may survive; when infectious, it is invariably fatal.* Such animals who perspire, such as man, the horse, etc., can only become hydrophobic by the absorption of the rabid virus.

FIRST CASE

Having been called in, an hour before her death, to attend a woman attacked by hydrophobia, and having bled her as much as she desired, I wiped my hands on her handkerchief, covered with saliva. Perceiving a

* It is perhaps as well to state that it would be useless to employ my curative method on such animals as do not perspire, as the dog, etc.

mark on the first finger of my left hand, I became aware too late of how imprudent I had been. As soon as I reached home, I cauterized the little wound with silver nitrate. Day by day I promised myself that just as soon as my work let up a bit, I would take some vapour baths. On the seventh day, I experienced a sharp pain in the region of the scar but I imagined it was because of the cauterization. I paid no great heed to it, but the pain became so intense that I was obliged to put my arm in a sling. The pain grew more and more acute* commencing at the first finger, following the radial nerve, it mounted to the forearm. The paroxysms lasted about two or three minutes, with intermissions of five or six minutes. At each paroxysm, the pain spread several centimeters; when it had passed the elbow, it became intolerable. My eyes were extremely irritable and felt as though likely to start out of their sockets. I was painfully affected by light, and consequently by all luminous bodies such as glass and metals. My hair seemed to stand erect and I became so acutely conscious of it that it seemed to me possible to have counted the number of hairs on my head, even had I been able to see them.

A current of fresh air was not merely disagreeable to me, it prolonged my paroxysms of agony. My body seemed to me lighter than air. I believed that by merely springing from the ground, I could have lifted myself up to a prodigious height, and that if I were to throw myself from a window, I should not necessarily fall to the ground. I had a tightening of the throat and suffered from constant nausea. I salivated much and expectorated incessantly. I felt that my sublingual glands were swollen, but when I wished to assure myself of the fact by looking at them in a glass, I was unable to carry out my design, on account of my suffering eyes. I had a constant longing to run and to bite, and my only alleviation was to walk quickly up and down my room, biting my handkerchief the while. I had a horror of water because of its luminosity. By closing my eyes, I found myself able to drink, although with difficulty.

*This sensation convinced me that a fluid circulates among the nerves, the circulation being very much slower than that of the blood. There is no doubt that it is when the virus first penetrates into the nerves that the disease manifests.

Supposing there is no wound, the virus takes no sort of effect on the skin. I have seen Dr. Bosquillon, physician at the Hôtel Dieu, being possessed with the false notion that the disease was purely imaginary, washing his hands, without injury to his health, in the saliva of a rabid person.

The virus has no effect on the mucous membrane, supposing there to be no excoriations. When a child, I once ate some bread whereon a rabid dog had foamed; I knew nothing of what had happened till long afterwards, and was happily saved from the anguish of fear that might have otherwise tortured me. Being once house-surgeon at the Hôtel Dieu, and assisting Monsieur Dupuytren, the chief-surgeon, in injecting water into the common median vein of a rabid person, the latter involuntarily spit in my face; I passed my tongue over my lips, and swallowed his saliva, without experiencing in consequence the slightest symptoms of rabies.



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For some time past I had been persuaded that a vapour bath was able to prevent, but not to cure, hydrophobia. My thoughts being occupied solely with death, I sought that which was the most prompt and the least painful. Being myself proprietor of an establishment of baths, and having resolved to die in a vapour bath (so called Russian), I took a Reaumur thermometer in my hands, fearing that the heat I desired might be refused me . . . and at 42° R/126.5° F/52° C, I was cured!*

I confess that at first I refused to believe in a cure which partook of the nature of a miracle. I believed that I was merely experiencing a long intermission from pain, which would be terminated by contact with the air outside the bath. Since the bath establishment belonged to me and I was able to reenter it at will, I left it. I dined and drank with ease; I went to bed and slept well. From that day to this (29 years) I have felt no sort of pain or uneasiness.

SECOND CASE

My servant's dog was ill; the man consulted a veterinary surgeon, who recommended him to give the animal a powder. In order to force him to take the medicine, he held the dog's mouth open, whilst his wife inserted her hand, containing the powder, into the lower portion of the animal's throat. The dog panicked during this process, and because the door was shut, he sprang from the window, leaping the height of one story without doing himself any injury, made his escape, and was never seen again. Both the man and the woman had slight lacerations on their hands, caused by the dog's teeth.

* I pressed my arm from above downwards as far as the first finger, in order to expel the virus, all the time that I remained in the bath.

About fifteen or eighteen days afterwards* this man, sitting by my side in my carriage, salivated incessantly; his eyes were glittering, he appeared ill at ease and he asked my permission to take a vapour bath (having heard of my discovery). I took him into my house and administered to him a bath at 133° F/56° C; the cure was instantaneous. In order not to spread a panic, I attended him without mentioning the word “hydrophobia” to anyone, even to the attendants in my establishment. His wife never showed signs of the malady. She took a few vapour baths, and perceived no ill effects from her struggle with the dog.

THIRD CASE

A man, aged 32, a florist, lost his little dog (a cur) a fortnight after he met him at la Halle. The animal, who ordinarily could scarcely jump to the height of its master’s hand, now jumped for joy two feet above his head. The passers-by formed a ring in order to see this phenomenon! The man seized the dog, not without difficulty, carried it home and shut it up in his room; but finding that it broke everything in the room in order to effect an escape, he placed it in a paved shed, having a very stout oaken door. But the dog, in order to get out, gnawed the bottom of the door, and would have effected an escape, had he not been killed.

The neighbors, uneasy about the condition of this man, entreated him to obtain medical advice. When he came to me, his face and hands were covered with lacerations made by the dog from jumping up to caress his master. Seeing that he was in a state of extreme nervous anxiety, I began by trying to make him believe that his dog was not in the least rabid. I then prudentially advised him to take seven vapour baths over the course of seven days, and while taking each bath to drink two liters of hot infusion of borage. He did so, and has continued to enjoy good health up to this day.

FOURTH CASE

In 1854, a shop woman, aged twenty, possessed a dog which she habitually kept chained up. One day it happened, as a kind of extraordinary event, that she unchained it. In caressing her, the dog slightly bit her upper lip. At the end of about a fortnight, she experienced a sudden and inexplicable anxiety, a presentiment of death that she was unable to explain, seeing that her own dog was well and that she was certain she

* I have noticed that there is no fixed period for the disease to declare itself; the virus may remain a shorter or longer time under the epidermis without being absorbed. Once at the Hôtel Dieu at Lyons I saw a young man die of hydrophobia, forty days after having been bitten in the leg by a rabid wolf.

had not been bitten by any other. She suffered from loss of appetite and horror of water, and one day threw herself into her mother's arms, bidding her adieu. On my arrival I found her in a condition of nervous anxiety, speaking with difficulty, her pulse low, irregular and rapid, her eyes fixed and glittering. I assured her that her dog was not in the least ill and that she herself ran no danger. She replied that she had already reasoned thus with herself, but that nevertheless she knew that she was about to die. Then I perceived that the disease was real, and had already commenced its attack upon her system. I induced her to take seven vapour baths, but after the first bath, all her symptoms disappeared.

FIFTH CASE

This is an example of a case of nervous hydrophobia, occasioned by fear. A countryman who had been bitten by a rabid dog came to consult me.

Two days after the man had, at my advice, employed my method of cure, I was informed that he was suffering from an attack of hydrophobia. Being convinced that the moral condition of the sick man was alone affected, I went at once to see him. His aspect was precisely that of a person suffering from hydrophobia. He howled aloud, wished to fly from the house, declared that he would do no more work and that he would like to eat and drink all the food he could lay hands on, seeing that he must shortly die. In order to cure his moral malady, I said to him, "You will never make me believe what is impossible: firstly, hydrophobia never declares itself in two days; secondly, hydrophobic persons neither eat nor drink. You do not wish to work any longer; your neighbors will say that you are an idle fellow." This reasoning made a deep impression upon him. He resumed his work and all his symptoms disappeared. I learned afterwards that after his first treatment according to my method, those about him had talked to him incessantly of hydrophobia. This proves that one essential part of the treatment of those suffering from hydrophobia is never to speak to them about the disease, and that extreme prudence must be observed in conversing with them.

I shall now relate several facts in support of my theory of the effect of heat upon the symptoms and presentation.

1. Vaccinate an infant and give it a vapour bath directly afterwards. The vaccine does not take.
2. The bite of the tarantula can be cured by dancing. It is the perspiration evoked by this exercise which is the real cause of the cure.

3. A young man, out hunting in America, was bitten by a rattle snake. Desiring to die in the midst of his family, he ran throughout the whole of one day in order to reach his home. Arrived there, he lay down, perspired profusely, and the wound made by the snake healed like an ordinary wound might have done.
4. At Constantinople, a doctor wagered that he would cure himself of the pest by means of a vapour bath: he did so, and was completely cured.
5. In France, near Lyons, a man suffering from hydrophobia was placed by his neighbors under several mattresses in order to stifle him. Believing him to be dead, they retired, taking care to close the door. Some minutes afterwards, they perceived the man at his window, imploring them to open the door, and declaring that he was no longer mad. Thereupon his neighbors, among whom were some of his friends and relatives, held a council as to whether, for prudence sake, it would be best to shoot him dead with a gun. Seeing them hesitate, he called out: "My friends, in order that I may convince you that I am no longer mad, give me something to eat and drink." After he had both eaten and drank, they opened his door.
6. A young man, newly married and living in London, suffered from hydrophobia. His friends, in order to suffocate him, placed him between two feather beds. His wife, detained by her relatives in a neighboring house and perceiving that her husband's cries had ceased, had a sinister presentiment; she tore herself from the arms of her relatives, ran to his assistance, and found him apparently dead! In her despair, she had the presence of mind to open the window, and the air re-animated her husband; the sick man had perspired so freely that the sweat streamed down upon the floor and he was cured.
7. A relative of the famous Gretry was once bitten by a rabid dog, and at the same time several other persons were bitten, all of whom afterwards died of hydrophobia. Feeling the approach of the first paroxysms, and wishing, as he said, to die gaily, he sent for musicians and for several friends, danced for several hours, and was cured by means of the excessive perspiration induced by the exercise. Certain strategies are able to prevent rabies. Their principal means of cure is inducing the patient to run for a long time, and to perspire freely in consequence.
8. General Juchereau, secretary to the *Academie de l'Industrie*, corroborated my testimony when I professed to have heard it stated that in Naples in ancient times people were cured of the bites of serpents or

rabid animals by being placed in a kind of oven, which was subject to excessive heat; but, in consequence of several deaths having occurred, this method was abandoned.

All the facts I have adduced are identical with my own experience; with the difference that in a vapour bath, heat can be regulated at will, according to the strength and temperament of the patient. If any of my honorable colleagues doubt the truth of my statements, it would surely be better that, instead of continuing to discuss my remedy,* they should make a trial of it. The discussions of savants only serve to confuse the meanings of science.

The beauty of my plan lies in its simplicity and remedial efficacy. A vapour bath prevents the development of hydrophobia and cures the malady when developed. In order to convince all sensible persons that I am really in earnest, I offer to inoculate myself with the disease. This fact should be a sufficient guarantee of the certainty of my method of cure. One day I asked the celebrated Dupuytren what he thought of my treatment, and he replied that if my method should fail, then no other cure in the world would succeed. Seeing that my plan was perfectly rational, and, he added, if he himself were ever bitten by a rabid animal, he would not hesitate to try my method.

It will be admitted that up to this date no certain method of preventing or curing this terrible disease is known. For example, after having struggled with a rabid animal, a man goes to a doctor who cauterizes the wounds. If a mere scratch escapes his notice, the patient becomes hydrophobic, and it is precisely the most seemingly trifling wounds that are really the most dangerous. In the case of deep wounds, the virus is carried away by the flow of blood. Sometimes it happens that a wound is too slightly cauterized. At other times the cauterization is made too great a depth, and it is possible to die from the effects of such treatment, a fatality that actually happened to a female patient in the infirmary of the Hôtel Dieu.

To make use of my treatment, it is unnecessary to know either the depth or the number of the wounds; and seeing that it is not at all painful and that it does not hinder a person from attending to his affairs, it can be resorted to, even if there is any doubt as to the animal being rabid.

One vapour bath may possibly suffice to prevent hydrophobia; nevertheless, for greater surety, I make my patients take seven baths at 127° to 140° F/53° to 60° C, according to the their constitution and the facility

*It is astonishing that, among the preventive methods which are publicly placarded every year by order of the prefect of police, no mention is ever made of my remedy. The blame of this omission should fall on the Council of Health. This fact proves that a discovery, even one of inestimable value, has need of protection before it can be brought into general use.

with which they perspire (take care, in the bath, to well press the wound in order to facilitate the expulsion of the hydrophobic virus). I always make the patient lie down between two [down duvets], and give him three or four litres of warm infusion of borage to drink during the day. I prescribe abundant bodily exercise, and the question of nourishment leave to the discretion of the patient. I especially forbid any sort of conversation on the subject of the accident, for fear of disturbing the mental condition of the sufferer. Supposing the disease to have declared itself, I give the patient only one bath, and leave him therein until he is cured, taking care, however, to apply the heat gradually.

It is possible for hydrophobia to last three days. Experience has taught me that on the first day, a cure is certain; that on the second day it is uncertain, and that on the third, by reason of the difficulty and danger of both introducing a hydrophobic person into the bath and of keeping him there, it is impossible. Besides, who would wait till the last day? When my method shall have become known, people will not even wait for the disease; they will prevent it in all cases. Hydrophobia never declares itself before the seventh day. It is therefore possible to take a long journey in order to procure (so called Russian) vapour baths.

For some time past I had been persuaded that a vapour bath was able to prevent, but not to cure, hydrophobia.

About fifteen or eighteen days afterwards this man, sitting by my side in my carriage, salivated incessantly; his eyes were glittering, he appeared ill at ease and asked my permission to take a vapour bath (having heard of my discovery).

I took him into my house, and myself administered to him a bath at 133° F/56° C; the cure was instantaneous.

Seeing that he was in a state of extreme nervous anxiety, I began by trying to make him believe that his dog was not in the least rabid, but I added that as a prudential measure I should advise him to take seven vapour baths in seven days, and also while taking each bath to drink two liters of hot infusion of borage.

This proves than one essential part of the treatment of those suffering from hydrophobia is never to speak to them about the disease, and that extreme prudence must be observed in conversing with them.

EYES AND SORES*

by **Benedict Lust**

The Naturopath and Herald of Health, III (8), 348-349. (1902)

EYE STRENGTHENING REMEDIES

As a general rule it is always advisable in any case of accident or serious disease of the eyes, to consult a capable naturopathic physician. However, in slight cases, the following remedies will be found sufficient to meet the case in question.

HONEY

Honey water to purify and strengthen weak and sore eyes.

Mode of preparation: one teaspoonful of pure honey is boiled in half-pint of water for five minutes. After this has cooled, this honey water is applied to the eye by dipping a linen cloth into the solution which is then gently pressed out and placed moist upon the eye; repeat as soon as the linen gets warm. The eyes may also be washed several times during the day with this solution.



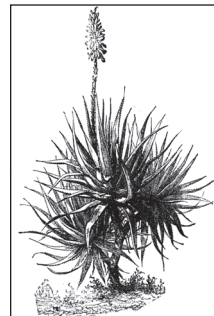
EYEBRIGHT

Take as much of eyebright tea as can be held between three fingertips, immerse in half-pint of water, let it come to a boiling point two or three times, and then pass it through a cloth as sieve. This solution, when cold, may be applied the same as honey water. It cleans the eyes and strengthens the eyesight.

ALOE

For lachrymose (watering) eyes, a solution of aloe water applied in connection with an internal depurative treatment is very good.

Mode of preparation: one ounce of aloe powder is placed in a glass with a quarter-



Aloe vera

*The original title for this article was "Kneipp's Popular Healing Remedies And Their Application", which was changed to reflect the topic. The segment discussing gout was moved to *Clinical Pearls in Naturopathic Medicine, Volume II: Chronic Diseases*. —Ed.

pint of hot water (not too hot or else the tumbler will crack) should be well stirred into this. After all has dissolved and the water has cooled off, the eye should be bathed with this solution internally as well as externally, whenever possible.

FENNEL

A very good eye strengthening remedy is also made from fennel tea.

Mode of preparation: half-tablespoon of fennel powder should be boiled in half a pint of water, but not long; and then strained through a linen cloth, left to cool off. With this fennel water (when cold) wash the eyes repeatedly during the day.

For weak eyesight, Kneipp especially recommended repeated short cold water eye baths.

REMEDIES FOR HEALING SORES AND ULCERS

Among some of the foremost remedies that may be nearly always applied with success include the following: alum, agave, lime charcoal powder, sage and shavegrass, all of which have been often and successfully used by the old school physicians and country doctors.

For the cleaning of wounds, and as decoctions for compresses may be used: alum water (one ounce of alum to 66 ounces of water) and agave water (one ounce of agave to 50 ounces of water) i.e., a large handful of either of these herbs is boiled for some time in a quart of water, which is then passed through a sieve. The compresses can better be borne cold than warm.

These five remedies are applied successfully for spongy, richly suppurating sores and ulcers, for old pus containing wounds, painful leg and other sores, and here, the decoctions of sage and shavegrass are especially beneficial.

The new formation or new growth of the cuticle is accelerated by a sprinkling of agave powder over the sore and thereafter careful wrapping up to prevent contact of the air.

In especially bad cases of suppurating and bad-smelling ulcers, the new formation of the skin is stimulated by sprinkling lime charcoal powder over the wound, which absorbs and dries the bad matter.

In mortifying, cancerous and lardaceous sores, as well as in caries of the bones, the old school physicians used lint sprinkled with calamus root powder, which was moistened with a little spirit of wine and placed upon the wound, and this was repeated two or three times a day. In cases of acute sores accompanied by fever, leaves of coltsfoot deaden the pain considerably. Kneipp's pomade of marigold [*Calendula*] may also be applied to advantage in these cases.

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CROUP

by **Benedict Lust**

The Naturopath and Herald of Health, III (10), 426. (1902)

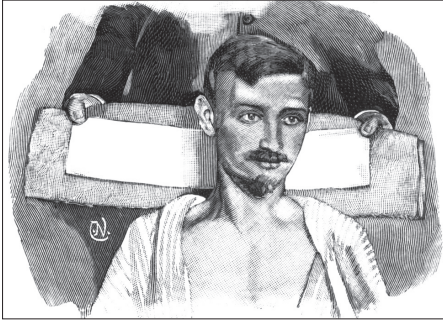
Croup is an inflammation of the windpipe connected with secretion of lymph. The latter may narrow the air passage in the windpipe so very much that the patient is liable to suffocate if help is not immediately applied. This terrible disease appears mostly in children, even in healthy-appearing, robust and well-fed ones. I knew a case of a little girl who, although she had been running about fresh and healthy a few hours before and had enjoyed her dinner very much, died of croup after a few hours.

This disease generally appears between the second to seventh years of life. One distinguishes three stages of development. The first stage consists of inflammatory irritation of the trachea and larynx, accompanied by hoarse, grating voice and, sometimes by a hollow, dry cough. The second stage consists of the real inflammation to which is added a tickling but painful sensation, which very soon develops into a burning and stinging sensation in the region of the larynx. In the third stage of development, where secretion is formed, white mass of matter appears in the inside of the larynx and windpipe which gradually forms itself into a thin mass.

This secretion continues steadily and will eventually fill up the entire windpipe if unchecked, and if steps are not taken in time may cause death by suffocation. I will not, however, positively assert that every case of croup must consist of these three stages. Often the two first stages fall into one, and develop at once into the third stage.

With some attention croup may be recognized very easily. Look down into the child's throat and see whether there are any layers of whitish substances formed therein. If this is the case, and if the child breathes through its nostrils but with mouth open and if pieces of matter are coughed up, then you may be sure that you have a case of croup before you. There is generally very little fever or perhaps none at all. The croup attacks repeat themselves often, appear suddenly and end in either one way or the other.

Quick help is necessary before anything else. Take a linen cloth dipped into warm wine vinegar, and place it round the throat of the patient after wringing it out loosely. Over this cloth place another dry wrap. Every half hour the first linen cloth should again be dipped into warm vinegar and applied as before. This should be continued until the child breathes easily again. This vinegar compress dissolves quickly all the coagulations in the windpipe and thereby soon restores the child's usually breathing capacity.



Throat compress.

Instead of the throat compress, if the child's breathing is too laborious already, it may be advisable to place a hay flower shirt on the child. A shirt is dipped into a warm hay flower decoction. This shirt, which must be thoroughly saturated with the hay flower decoction, will act like a very strong poultice

and draw out all the poisonous substances in the entire body, dissolve the accumulations in the windpipe, and thereby remove the obstructions to regular breathing. This shirt should be put on the child twice each day. At each application it should remain on until thoroughly dry, about one to one and a half hours. Of course, the child must be well wrapped up so that s/he should not catch cold.

A warm bath either alone or after the application of the hay flower shirt is also very commendable, but you must not omit to give the child a cold upper gush, while still seated in the warm water. After the warm water dissolves all the morbid matter, the cold water contracts the cells of the human body and strengthens the entire constitution.

Take a linen cloth dipped into warm wine vinegar, and place it round the throat of the patient after wringing it out loosely; over this cloth place another dry wrap. Every half hour the first linen cloth should again be dipped into warm vinegar and applied as before.

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DISEASES, HOW TO TREAT THEM ACCORDING TO THE KNEIPP SYSTEM*

by Benedict Lust

The Naturopath and Herald of Health, III (10), 432-435. (1902)

OPEN SORE ON THE FEET

Compresses of fenugreek, boiled like linseed, draw out inflammation from the margins of wounds, and prevent the formation of proud flesh, or blood poisoning. Leaves of coltsfoot (*Tussilago farfara*, L.) are, in particular, efficacious when the sore places are discolored and greatly inflamed. The leaves absorb the heat and relieve the pain. If repeatedly applied they are an excellent remedy. The general water treatment must, of course, be observed: two hayseed shirts, two full lavations, and two half baths during the week.

LUNG FISTULA

The same treatment will hold good if a fistula forms; which will, at times, indicate unsoundness in the lungs and a tendency to consumption. In such cases the thigh affusion is the first remedy to be employed, alternately with washing of the upper part of the body. After a week, the latter had better be replaced by the upper affusion. It will then be remarked that the patient begins to get a fresh color in his cheeks, and a cough will often make its appearance. This is a good sign for Nature will now rid herself of morbid matter through the medium of the cough, instead of through the fistula, and through the skin as well; so improvement will proceed.

There may be several fistulae on the feet, but all will heal of themselves, and will close when Nature has done her work of expulsion thoroughly. As a drink to be taken daily, a cup of wild plantain tea, or a mixture of angelica root, furze, juniper berries, and St. John's wort or rosemary, boiled in wine and water, is very strongly recommended.

FEVER

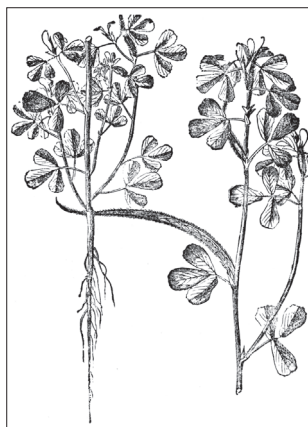
When there is fever, a full washing is at all times the first and best remedy and which, under certain circumstances, should be repeated every half hour. The degree of heat indicates the right time for the application, not the doctor. The lower compress is also an excellent remedy in high fever. In typhoid fever, half baths, alternate with simultaneous affusions on chest, back and arms, followed by full pack. Fenugreek tea, taken

*Excerpts on breast tumor and goiter were moved to *Clinical Pearls in Naturopathic Medicine, Volume II: Chronic Diseases*. —Ed.

internally, is the most efficacious and cooling remedy.

FEVER (MUCOUS)

The head steam bath is particularly appropriate here, to be followed, three times within two days, by a head affusion, or washing the head. The Spanish cloak, likewise applied warm for an hour and a half to two hours to anemic patients who cannot bear cold water, is an excellent means of cure. But this deep-seated catarrh, for mucous fever is nothing else, also yields to the cold water cure. The patient should have a full lavation hourly from six to ten times in succession, going back to bed each time, in order to perspire. When fever and heat are reduced to some extent, two or three lavations a day generally suffice.



Fenugreek
(*Trigonella foenum-graecum*)

FIBROID

Take in the course of a week two Spanish cloak packs, three upper affusions, three thigh affusions, two back affusions, and one full affusion.

GARGLE

Examples of effective gargles are solution of alum or tea of fenugreek or sage. When the throat is swollen, a gargle should be made of fresh or dry violet leaves (a handful in half-pint of water), and at the same time a throat wrap, steeped in the same solution is applied. A decoction of mullein has proved to be a good remedy for affections of the throat, catarrh and accumulation of phlegm on the chest; it becomes a still more powerful solvent if mixed with an equal quantity of black mallow.

FLATULENCE

Flatulence is removed by oil of spikenard, or of lavender; five drops to be taken on sugar twice daily; or by an infusion of centaury. In addition, two half baths, three hip baths, two thigh affusions, weekly; and an upper compress at night three times a week.

The gases are formed chiefly in the abdomen, and often causes great pain, which is known as wind colic. Flatulence deprives us of appetite; produces nausea and vomiting and agony in the region of the stomach. Hot foods, which relax the stomach, are one cause of flatulence because

they vitiate the gastric juices; such as, potatoes, eaten hot and quickly, and newly baked bread. Other sources of flatulence are leguminous vegetables, the whole family of cabbages. Puddings, which are not thoroughly masticated before being swallowed, develop gases and cause flatulence. When such gases accumulate in the stomach, the bowels are forced upward and the contents become hard. Sometimes even the intestines are twisted and knotted, with fatal results in many cases. The gases often distribute themselves throughout the body causing wind dropsy, which is often followed by water dropsy. Thus, it is easy to perceive how this relaxed condition may lead to severe illness and even death.

The best remedy is to wash the upper part of the body twice daily, morning and evening, and to take a thigh affusion at midday. It is an indispensable condition that the body must be thoroughly warm before the washing or affusion begins, and that it be again thoroughly warmed after the application, either by exercise in the open air, if possible, or by going to bed. After two or three days, the back affusion may be taken; it will have the effect of loosening phlegm in the chest and cleansing the kidneys and liver. These applications may be continued in rotation for a week, a preference being given to those which are found most suitable. At night either an upper or an abdominal pack may be taken. The external treatment may be assisted by an internal one. An infusion of crushed fennel, or anise seed, mint, peppermint, or the mixed leaves or seeds of two to three of these herbs will have a rapid and certain effect in expelling wind. A spoonful of wild plantain, or wormwood boiled in honey, may also be taken early every morning for a week.



Fennel (*Foeniculum vulgare*)

GASTRIC AND INTESTINAL COMPLAINT

This common disorder is frequently followed by loss of appetite, constipation, liver complaint, asthma, and also by affections of the throat, catarrh of the lungs, congestion of blood to the head, with consequent nervous derangement. Great accumulation of phlegm is always co-existent with it. For severe and chronic affection, the best remedy is for the patient to get out of bed and take a short, full lavation; then return to bed for a short time in order to get warm again. A short, cold, partial bath every other day; a weekly back and front compress for one hour, applied two or three times. The cloth, folded in three, must be immersed in two-thirds of

water and one-third of vinegar. A cup of tea, made of elder leaves, should be taken one day; and on the next, three doses of wormwood tea morning, noon, and evening; three spoons each time.

GASTRIC CATARRH*

An obstinate catarrh, closely connected with great accumulation of phlegm and violent cough, was cured in the following manner: daily, two upper affusions; and twice, walking in water up to the calves for five minutes. After two days a back affusion was given, with a head and a thigh affusion. This was continued for four days. Then a half bath, an upper affusion, and a head affusion were given daily. As a gargle, the patient used an infusion of fresh elder leaves, which greatly facilitated the expectoration of the viscid phlegm. After sixteen days, the catarrh had disappeared and the patient was recommended to take only two partial baths a week.

GASTRIC DEBILITY

For description of the complaint and its causes, see first, "Stomach, Weakened and Out of Order."** Two short packs a week, three partial baths, and three upper and thigh affusions. Take three spoons of wormwood tea every morning and evening.

GASTRIC SPASMS

Warm hayseed packs, two or three a week, and three very short partial baths. Tea of wormwood and silverweed, and after a fortnight three full lavations a week, and one weekly partial bath.

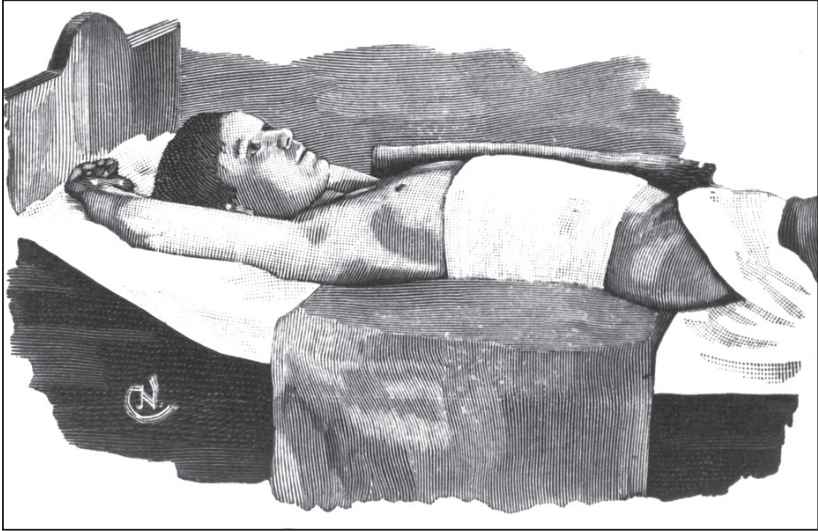
GASTRIC ULCER

A four-fold cloth, dipped in a hot infusion of hayseed, is put on the abdomen every day for an hour and a half. The body should be washed daily with water and vinegar. Every hour a large spoonful of fenugreek tea, mixed by alternating with that of wormwood and sage, should be drunk. Any kind of tea may be sweetened with honey, which is a first-rate remedy, particularly for small pustules [ulcers] in the stomach. It acts as an astringent, ripens and cures them.

The diet should be simple and digestible, strengthening soup for breakfast, and till dinner time [lunch], a large spoonful of milk every

*Gastric catarrh or acute gastritis presents with abdominal bleeding and pain, nausea, vomiting and indigestion or heartburn. —*Ed.*

**I was unable to find this article in any of Benedict Lust's publications or in Sebastian Kneipp's book, *My Water Cure*. —*Ed.*



Abdominal compress.

hour; for the rest of the day a spoonful of water every hour. After two weeks an upper and thigh affusion daily, and a partial bath twice a week. At the end of six weeks, three partial baths, and two full lavations a week, in order to give tone to the system. After that, one partial bath every three days will suffice. Patients suffering from this affection are fond of curds and whey, and of buttermilk; both may be strongly recommended.

Small pustules in the stomach are quickly contracted, matured and healed with honey, best when mixed with some suitable tea.

SWELLING AND INFLAMMATION OF THE GLANDS

Glandular inflammation may occur at a great many places. There are glands of the neck, groin, and breast, etc., and any of them may be swollen and inflamed. The causes are various: mechanical irritation, pressure, strain, but especially bad blood and defective circulation, for a healthy constitution is free from all such diseases. Most frequently are the tonsils affected, especially in children. The appearance of children so affected is not healthy; they cry a great deal, their throat and often also their heads are swollen, as well as the tonsils on one side. The child may look emaciated or tolerably strong; but in all cases one has to deal with vitiated blood, and the enfeebled vital force has to be assisted with warm and cold water applications.

For the first fortnight a warm shirt, wrung out in an infusion of hay-seed, and covered with a blanket, must be put on daily for an hour to

an hour and a half. This will assist in carrying off injurious excretions. The child should have, in addition, a daily cold washing or better still, be immersed for two seconds in a full bath (from the feet to the chin). A nourishing diet and wholesome air should, of course, be provided. After a fortnight the applications of the warm shirt may be reduced to two a week, but the cold washings, or full baths, should be continued every day. Instead of the hayseed shirt, wraps wrung out in an infusion of the bark of young oak may be applied.

In cases where the glands of the groin are swollen, an excellent remedy is to lay scalded hayseed on them, and to keep it on firmly by means of a pack applied to the abdomen. With cold washings three times a week, the glands are reduced in these cases also after a short time through the action of the simple remedies above prescribed. In all glandular affections a cup of an infusion of young oak bark, divided in three portions, may be given daily. In the case of children, swollen glands are the consequence of scrofula. A teaspoon of bone meal, prepared in Kneipp's manner, should be given to them three times daily in addition to the above applications and the oak bark tea. Malt coffee should be their drink.

The same treatment will hold good if a fistula forms; which will, at times, indicate unsoundness in the lungs, and a tendency to consumption. In such cases the thigh affusion is the first remedy to be employed, alternately with washing of the upper part of the body. After a week, the latter had better be replaced by the upper affusion.

The lower compress is also an excellent remedy in high fever. In typhoid fever, half baths, alternate with simultaneous affusions on chest, back and arms, followed by full pack. Fenu-greek tea, taken internally, is the most efficacious and cooling remedy.

Flatulence is removed by oil of spikenard, or of lavender; five drops to be taken on sugar twice daily; or by an infusion of centaury.

An infusion of crushed fennel, anise seed, mint, peppermint, or the mixed leaves or seeds of two to three of these herbs will have a rapid and certain effect in expelling wind. A spoonful of wild plantain, or wormwood, boiled in honey, may also be taken early every morning for a week.

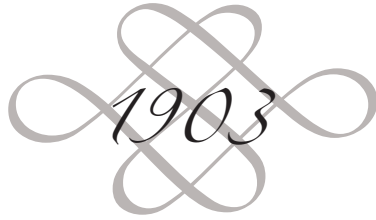
A short, cold, partial bath every other day [for chronic gastric complaints]; a weekly back and front compress for one hour, applied two or three times. The cloth, folded in three, must be immersed in two-thirds of water and one-third of vinegar.

An obstinate catarrh, closely connected with great accumulation of phlegm and violent cough, was cured in the following manner: daily, two upper affusions; and twice, walking in water up to the calves for five minutes.

[Gastric ulcer] A four-fold cloth, dipped in a hot infusion of hayseed, is put on the abdomen every day for an hour and a half. The body should be washed daily with water and vinegar. Every hour a large spoonful of fenugreek tea, mixed by alternating with that of wormwood and sage, should be drunk.

In cases where the glands of the groin are swollen, an excellent remedy is to lay scalded hayseed on them, and to keep it on firmly by means of a pack applied to the abdomen.

In the case of children, swollen glands are the consequence of scrofula. A teaspoon of bone meal, prepared in Kneipp's manner, should be given to them three times daily in addition to the above applications and the oak bark tea.



DON'T SLEEP WITH YOUR FACE TO THE LIGHT
NEW YORK JOURNAL

NATURE'S METHODS OF CURE
EDWIN D. BABBITT, M.D.

CHILDREN'S DISEASES
SEBASTIAN KNEIPP

APPENDICITIS CURED IN SIX DAYS
DR. CARL SHULTZ

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DON'T SLEEP WITH YOUR FACE TO THE LIGHT

by *New York Journal*

The Naturopath and Herald of Health, IV (1&2), 14. (1903)

WE CALL ATTENTION TO A MISTAKE ALMOST UNIVERSAL

In the bedrooms of every hotel and of almost every private house, the beds are so arranged that their occupant's lie *facing* the windows. This is written to advise you to turn your bed around the other way, putting the head of the bed toward the window, and turning your eyes as you sleep away from the light. You may possibly think this is a frivolous subject for an editorial column. If the advice be useful, we are content to have it seem frivolous.

The essential of health is deep, undisturbed sleep. Not every man who is sleeping gets the full benefit of his rest. The light shining in his face every morning, while it may not actually awaken him, disturbs the quality of his sleep and destroys the benefit of the last hour. We have already explained to you that the last hour of sleep is the most important, since it is in that hour only that the brain gets its rest and its rebuilding.

Many people will say that the light does not shine in their eyes in the morning, because they darken their windows. That very fact makes it important for them to change their method of sleeping in accordance with our advice. If you darken your windows, it means of course, that you keep out the air, as well as the morning sunlight. Many persons who would otherwise sleep in thoroughly ventilated rooms suffer at night from lack of air, simply to keep the light from their eyes. To improve their sleep, they cheat their sleep and lungs.

The turning around of your bed with the head to the window not only makes it unnecessary to darken your window, it also encourages you to leave the windows open in wintertime and in windy weather, because the head of the bed acts as a screen and shields you from the draft as you sleep.

It is an advantage when the bed happens to be a brass one because a blanket or a quilt can easily be thrown over the brass rods to keep the wind off. When the bed is a wooden bed, the woman of the house may protest against turning it around, because many beds are roughly finished on the surface which is intended to go against the wall. But it is better to antagonize the aesthetic sentiments of women than to injure your health with imperfect sleep and impure air.

Try for a month the experiment that is suggested here. You will perhaps be surprised to hear that this small change in the arrangement of your room is certain to improve not only your sleep and your general health through breathing, but also your digestion.

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rebuild brain and body tissue, by breathing the pure, crisp, outside air in a

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NATURE'S METHODS OF CURE

by Edwin D. Babbitt, M.D.

The Naturopath and Herald of Health, IV (7), 187-190. (1903)

In the *Light of Truth*, Dr. E. D. Babbitt says: The scientific use of light, water, air, cold, massage, gymnastics, mental force, psychological power, and even music, is now becoming a great study the world over. I speak of cold, which is a contractive power, but to this department belongs electricity, which is also a contractive power, or rather it may be said that electricity is the main department, having many grades, the coarsest of which is coldness. And yet electricity is able to develop the greatest known heat, but this is done by its combining chemically with a thermal substance. The frozen poles, especially the magnetic poles, are the realms in which electricity has its triumphant headquarters for this planet of ours.



Edwin D. Babbitt, M.D.
[1828-1905]

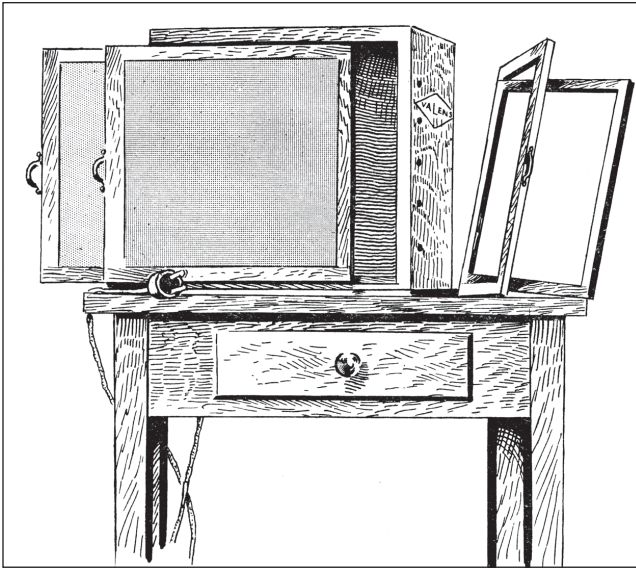
The electricity which is called frictional or static is the coarsest grade and when applied to a human system does not easily go below the skin or the outward muscles. Galvanic and magnetic electricity are finer and more penetrating. The electrical part of light, consisting of the blue-green, blue, indigo and violet rays are still finer. Scientists often call these rays actinic or chemical, which is absurd for all the color rays are chemical. They are the true contracting or cooling rays and constitute chromo-electricity. The warm or thermal color rays are yellow-green, yellow, orange and red.

As the sunlight is the greatest power we can come in contact with in the external universe, a power which in the words of Professor Tyndall "forms the muscle, urges the blood, builds the brain", it is important that a little extra attention should be given to it, even in this brief article, especially as neither the physicians nor the lay members know much about the therapeutics or the chemistry of the color forces.

Of course the cooling, contracting electrical colors must be combined with the expanding, animating, thermal colors to constitute the full, white sunlight. It may be asked, why shall we use the colored rays, as long as we get all the rays in white light? The full light is truly the best for daily use and for a general condition of health, but disease is generally a one-sided condition that needs one-sided forces.

Thus, I once had for a patient with a fearful case of rheumatism in which the knee was stiffly ankylosed and held at an angle of 45 degrees. The efforts of eminent physicians during eight months had no influence on

it. I put the patient into a thermolumne, an instrument that I had devised for solar sweating. This consisted of a cabinet with a glass front to shut out cold air, and large reflectors to concentrate the light on the patient within. I first used the full sunlight, which although causing a powerful perspiration, still left the knee as cold as a corpse and as lifeless as ever. I, then, covered the knee with red glass, red being the color for firing up the blood. Immediately the blood was sent pulsating through the whole body with such a power that sleep was hardly possible during the whole night following, and during the second treatment, the leg was brought out straight! This is only one of many to show the power of colored rays.



Chromotherapy, using colored filter screens to produce light therapy with various colors

Dr. Finsen of Copenhagen has done much good by showing how smallpox can be treated with great success by means of the red light and that lupus can be cured also. He is experimenting somewhat with violet light, and although he works in such a narrow field and is a mere empiric in the chromopathic science, sunlight and arc light institutions on his plan have been established in many parts of the world, with a fair amount of success so far as they go. But his opinions have been sent over many lands to the effect that red rays are gentle and soothing, while what he calls the actinic rays are exciting. This theory is wonderfully misleading. Long before Dr. Finsen was ever heard of, I had demonstrated by many hundred experiments that the violet rays are nervine and anti-spasmodic; the blue and indigo are sedative, astringent, styptic, cooling and quieting the

blood; the yellow and yellow-orange rays are animating and enkindling to the nerves, as well as laxative and full of cheer in dormant conditions, and the red and red-orange rays instead of being soothing as Dr. Finsen says, are the fiercest of all the visible colors, being like a roaring lion in arousing certain wild animals and some human beings into a frenzy of excitement by kindling the arterial blood of the papules of smallpox and thus hastening the cure, and so he concludes it is a quieting color.

A long series of marvelous cures illustrative of the color forces could be given, some of which would perhaps be called incredible if I should state them and I might be accused of romancing. But I will suggest a plan by which my readers may demonstrate some of the color power for themselves. To start with, I must explain the fact that we can solarize water as well as human beings. By putting water into colored bottles and letting it stand in the sun for a few hours, it will be converted into the most exquisite medicines possible. These celestial medicines are entirely free from poisons, and like all refined elements, are penetrating, safe, enduring and best adapted to build up nerves and mental conditions.

Two important colors of bottles can be procured at nearly all drug stores, yellow-orange or amber and blue. Fill them with pure water and set them in a sunny window, to stay there day after day. The water will become charged somewhat in an hour, but better still in several hours. For a dose, take from two to four or more tablespoons. The amber water gives a bright, cheery feeling and acts as a fine laxative on nearly all persons. This has already been tested in thousands of cases. In some cases of constipation, it may fail from the condition of the stomach through which it must pass, but in severe cases, it should be used several times a day. The blue charged water acts in quite a different way, being soothing, astringent, antispasmodic, and anti-inflammatory. In summer complaints for little children (a teaspoon or two every hour), it has thus far never been known to fail. In chronic diarrhea it stands at the head of all remedies. For curing gastritis, colic, etc., it is unequaled. As a wash it makes the skin as soft as silk, cures inflamed eyes, and being antiseptic, gives a new growth to hair and beard, arresting the tendency to baldness. For burns, dandruff, chapped hands and wounds it surpasses every known remedy, especially when applied as a compress.

Jwala Prasada, one of my students in India, says in his pamphlet on Chromopathy that in Bombay and vicinity, "Thousands of lives have been saved by the administration of blue-charged water from succumbing to that dire disease known as the bubonic plague." If blue-charged water is so powerful an antiseptic as to cure so fearful a disease as the plague, why would it not be of great importance in the treatment of such septic diseases as typhoid fever, yellow fever, etc.? Why do not our physicians look into these grand forces of Nature and apply them?

It is a good time to use the amber-charged water in the morning on rising and the blue-charged water on retiring, which latter tends to produce a quiet sleep. It is impossible in this article to do more than introduce this subject, which I have been publishing to the world for 27 years.

The people are in dying need of the simple and grand methods of Nature for human up-building and cure. For every little ailment they rush to the physicians, who find it more simple and lucrative to write out a prescription than to go into the more laborious practical methods of healing. In a hospital at Munich, cooling water baths are used for typhoid fever, and Dr. Brands' statistics show that not one in 1,200 cases, treated before the fifth day, was lost. And yet physicians all around us are ignoring these potent methods and letting their typhoid patients die, right and left.

Take diphtheria, a terrible disease as very commonly treated. Dr. J. J. Fox of Flushing, which is now a part of Greater New York, has a method in which he cures all cases of diphtheria as tested by 20 years of practice. In the beginning, though, he lost three cases before he had learned to apply his method. More than 50 of these were of the malignant type. I will give some little hints of his system. He would take a sponge or cloth wrung out of cool water and pass it over the whole body to reduce the fever, every two hours both day and night. This to be kept up with longer intervals as the heat becomes less. After each time of drawing off the heat thus, he would usually wrap the patient in extra blankets to produce sweating and eliminate some of the poison elements of the disease. In violent cases of sturdy patients, he would apply the water much more often; in feeble cases, less often and less cold, and have hot bottles at the feet.

Compare such a method of Nature with the system of putting the filthy antitoxin matter into a child's body.* I will quote the following horrible fact from an Associated Press dispatch: St. Louis, Missouri, November 6, 1901:

The thirteenth case of lockjaw, resulting from the injection of antitoxin [diphtheria vaccine] for the treatment of diphtheria, was reported today. Charles Cytron, 11 years old, was the victim. His death occurred several days ago, but was not reported at the same time to the coroner.

I will quote the following from the *Medical Brief*: "In Germany, France, Switzerland, Austria, Russia and Great Britain, as well as our own country, the therapeutic record of antitoxin has been a failure. In London and St. Petersburg, the mortality from diphtheria has increased

*The first antitoxin to counter diphtheria was discovered in 1890 by Emil von Behring and Shibasaburo Kitasato. Behring received the 1901 Nobel Prize for Medicine. The success of antitoxin had mixed results often resulting in death. —Ed.

since antitoxin was brought into use. The total number of deaths from this disease in London, 1886 to 1896, were 2,047, while during the short period between 1895 to 1897, there were 2,533 deaths. In St. Petersburg, from 1892 to 1894, there were 579 deaths, increased under the use of antitoxin to 1,276. These figures require no comments."

It is admitted by medical men that many thousands of babes are destroyed every year by opium soothing syrups. How much better, cheaper and safer to give them the blue-charged waters which will soothe without stupefying their brains.

These and many other simple methods of Nature are becoming a great system of cure, which are freely tolerated in England, Germany and other nations. Our medical men have persuaded our legislatures that those who practice in these departments are quacks, and despotic laws have been made in nearly if not quite all of our States against those who are saving life by massage, baths, movement cures and other laborious methods, however skilled they may be, unless they may have taken a four years' course of study in surgery, toxicology and some other matters with which they have no concern. Good physicians, of course, are a great blessing to a community, but they are patronized far more than there is any necessity for.

—College of Fine Forces, San Jose, California

It may be asked, why shall we use the colored rays, as long as we get all the rays in white light? The full light is truly the best for daily use and for a general condition of health, but disease is generally a one-sided condition that needs one-sided forces.

I first used the full sunlight, which although causing a powerful perspiration, still left the knee as cold as a corpse and as lifeless as ever. I then covered the knee with red glass, red being the color for firing up the blood. [Rheumatism]

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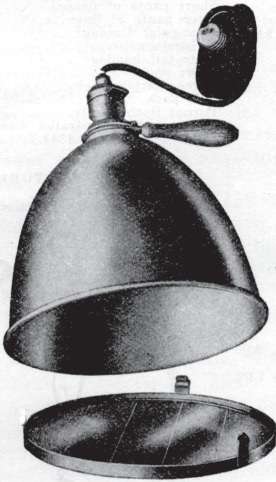
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CHILDREN'S DISEASES

by Sebastian Kneipp

The Naturopath and Herald of Health, IV (8), 237. (1903)

SCARLATINA, MEASLES

Scarlatina claims every year a large number of victims among our children. It is generally prevalent in the spring and summer and on account of its great infection spreads very quickly. Even among adults some few cases occur.

The symptoms are languor and apathy, dullness in the head, indifference to play, etc. Soon a few red spots appear on the body and fever sets in, accompanied by great thirst. These outward symptoms as a rule last from five to eight days. Immediate recourse to the water cure never fails to give prompt relief and speedy cure.

The child should be dressed with a salt shirt, i. e., a night shirt dipped into cold salt water and then wrung out; then it should be well covered all around with a woolen blanket, but not too tightly. Let the child remain quietly for about an hour and then the shirt can be removed and replaced by a dry one. Afterwards, give the child a quick ablution of the entire body and keep the child in bed. A cold half bath of about two seconds may occasionally be applied and this treatment is continued until the fever has disappeared and all danger has passed. Should the fever return, apply again an ablution of the whole body with cold water, as before.

Diet during the time of illness must be as plain as possible; give small portions at a time and rather repeat them often.

Scarlatina and measles are caused by insufficient exhalation of the body during the winter. The diseased matter, not having been excreted, has gradually settled under the skin, and makes its appearance in these two forms with the change of air in early spring. This is a tangible proof of the good effects of fresh air.

Measles differ from scarlatina only by greater discharges of fluid matter. The diseased matter manifests itself by small pustules which appear on the surface of the body, and the best remedy for their extirpation is certainly water, which in two or three days' time will eliminate all signs of the disease. In a case of measles, the throat and palate are also covered with pustules which cause irritation and a tendency to cough. For their dissolution, the best remedy to be applied is a teaspoonful of *Foenum*



Father Sebastian Kneipp
(1821-1897)

graecum decoction, to be taken every fifteen minutes. Take a little on the end of a knife to a half a pint of water.

Tea of shavegrass or oak bark, in similar doses, have a somewhat stronger effect. It would be well for children if every two years they would have an attack of measles or scarlatina, as this would cleanse the system most effectively of all impurities. It is a well-known fact that children who have recovered from either of these two diseases, are much healthier and feel much better than those who have not had them.

The temperature in the sick room must be kept low; lower than 70° F/21° C, which is too much even for healthy people. Care should also be taken to keep the apartment well ventilated, but all draft must be avoided.

There is some danger of contagion from scarlatina, for children as well as adults, but only when the scarlet spots are visible on the surface of the body of the patient.



Oak (*Quercus*)

A HEALTH BOARD CONFESSION

The New York City Board of Health is out with a circular to the physicians of the city urging active co-operation in the work of getting all the people vaccinated soon. The following remarkable announcement is made in the circular: "It has been discovered that smallpox occurs in a majority of cases among persons who have not been revaccinated after a proper interval, and not among those who have never been vaccinated. Everyone should be vaccinated every five years."

The child should be dressed with a salt shirt, i. e., a night shirt dipped into cold salt water and then wrung out; then it should be well covered all around with a woollen blanket, but not too tightly. Let the child remain quietly for about an hour and then the shirt can be removed and replaced by a dry one.

*For [measles skin eruptions and cough], the best remedy to be applied is a teaspoonful of *Foenum graecum* decoction, to be taken every fifteen minutes. Take a little on the end of a knife to a half a pint of water*

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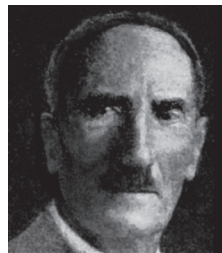
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APPENDICITIS CURED IN SIX DAYS

by Dr. Carl Schultz*

The Naturopath and Herald of Health, IV (9), 262. (1903)

I was called to a young man, a student of Los Angeles Business College, suffering with appendicitis. Three other doctors, of course, old school doctors, had given orders to send him to the hospital for operation. The young man, who never before was sick and never away from home, was nearly scared to death. I found swelling near the McBurney's point, fever and all other symptoms of the disease.



Dr. Carl Schultz

I ordered treatment as follows: a flannel cloth wrung out in hot linseed oil (I mean hot as he possible could stand it) laid over his abdomen, dry cloth over it, over this the hot water bottle, renewed every two hours, night and day, lying quietly on the back lower pack and sponge bath twice a day, enema at night and Wühlhuber I. The diet consisted of only malted milk and some fruit syrup. The patient slept six hours the first night and all night the following nights. After six days I discharged myself declaring the patient convalescent. After six months of this, the young man is still well and hardy.

The Wühlhuber I formula consisted of the following:

- 2 tablespoon [Tbsp] ground fennel
- 2 Tbsp crushed juniper berries
- 1 Tbsp fenugreek
- 1 Tbsp powdered aloe

Add one teaspoon of the tea mixture into one cup of water, and boil for 15 minutes. Strain before drinking warm or cold. For strong constitutions, one cup of tea is taken for two consecutive days and weak patients are advised to take one half or a third of a cupful at a time and spread the dose over two or three days. (Bilz, 1898, page 1954) —Ed.

* Dr. Carl Schultz organized the Naturopathic Association of California in 1904 and was instrumental in legislative campaigns in 1907 and 1909. Schultz died in 1935. —Ed.



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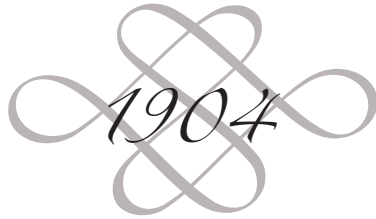
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Dr. Carl Schultz, Nat.-Phys. D. O.

Phone, Joseph 4951. 12m

417 W. Fifth Street.

Dr. Schultz came from Asheville, North Carolina, to Los Angeles in early 1900 and established a naturopathic school, a sanitarium, and a large private practice.



THROAT DISEASES
DR. ALFRED BAUMGARTEN

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APPENDICITIS
J. LEFÈVRE

MANY WAYS TO RELIEVE PAIN WITHOUT DRUGS
JOHN H. KELLOGG



Dr. Alfred Baumgarten, Rev. Sebastian Kneipp, and Dr. Schmidt

THROAT DISEASES

by Dr. Alfred Baumgarten, Kneipp Physician

The Naturopath and Herald of Health, V (2), 25-30. (1904)

I would like to talk today about throat diseases. Throat diseases are to a great extent very much dreaded, and this with good reason, particularly in regard to children; but also to adults who may sometimes become very seriously ill. Therefore, it is very necessary to know what actually is understood by throat diseases. The dreaded word “diphtheria” is more or less in everyone’s mouth, and if a child has a slight inflammation of the throat, we immediately speak of diphtheria and fear the worst.

Is it justified that in cases of inflammation of the throat we at once think of the worst? This question should be answered in the affirmative for the following reason: inflammation of the throat, particularly with children, is at first very frequently only a trifling matter. It does not take long for the disease to take a very serious turn, and it frequently ends in symptoms which we are accustomed to call diphtheria.

Let us first consider a simple inflammation of the throat and what we mean by it. If we look into the throat we see, first of all, the most important organ of it, the tongue, the seat of taste and the cause of many sufferings on this earth. We further see the soft palate and left of the tongue, the tonsils. In a case of a simple inflammation of the throat, the disease is usually located in the neighborhood of the tonsils. In fact, it is nothing but an inflammation of the tonsils. The tonsils become swollen, inflamed, swallowing is difficult and yellow spots appear on the surface of the tonsils. If it is simply inflammation of the tonsils; these spots are nothing but products of the inflammation or discharges of substances from the tonsils themselves, so that they are of no special significance. As long as the disease remains in these boundaries, there is no danger connected with it.

Many of us know that the slightest cold causes inflammation of the tonsils to many people. It only lasts a few days and then disappears again without leaving any traces behind.

With children who are often attacked by these inflammations, the inflammation of the tonsils easily becomes chronic. We mean by this, both the tonsils remain in an inflamed and swollen condition. The swelling can become so large that both tonsils nearly touch in the back part of the throat. Sometimes they become very hard, and occasionally we find that they calcify. In any case they are inclined to calcify, and therein lies the danger. It is quite natural that such tonsils become so easily inflamed, because all kinds of food remains can lodge in the ridges of the tonsils, which are not removed and thus inflammation follows and the condition becomes worse.

So far such cases cannot be considered as serious, although more or less dangerous consequences may develop, which consist of polyp-like growths. On every mucous membrane we find tufts; if these latter grow larger, increase in quantity and size, they get a glassy appearance and form a polyp. These polyps are usually located in the back part of the tonsils toward the entrance to the nose, and this is the reason that people suffering from them speak through the nose. These growths can become rather dangerous and lead even to a stoppage of the nose channels if this is not prevented by an operation.

Another kind of throat trouble arises if the inflammation is followed by an abscess. The tonsils get into the same inflamed condition, but instead of swelling up, they show an inclination to a formation of purulent matter.

This condition is in most cases confined to one side of the throat, and we find a considerable swelling of all tissues near one of the tonsils. The tissues are highly inflamed and have a bluish color. After a short time of about three, four or five days, the abscess bursts; a considerable quantity of pus is discharged and the disease is over. Such a condition can sometimes become very dangerous because the swelling may grow so large as to close the bronchial tubes. This disease is apt to return. People should altogether take great care of their throat at all times, particularly if there are ridges in the tonsils where, as stated before, remains of food can lodge and decay, as everything decays rapidly in the mouth, and make the condition a very serious one. If proper treatment is applied, however, a return of the disease is not likely.

Another kind of throat disease is a simple swelling of the soft palate. If we look into the throat, we see how curtain-like these vellum palates are arranged. If these soft palates are inflamed and swollen, we have also difficulties in swallowing, which may last for some time without causing special disturbances.

Now we come to a more serious disease called croup. Croup and diphtheria are two different kinds of diseases. The following shows their different nature: in both cases we see coating of a dark yellowish color on the respective organs. This coating has no regular formation. Sometimes, it is of the size of a pin head, other times as large as a pea, and again as large as a penny on various parts of the throat.

In their first stages, croup and diphtheria have the same appearance. In croup, however, if the coating is taken off the mucous membrane, we see the underlying tissue in a sound condition. In a case of diphtheria, the coating is only a deception because it covers the cancerous disease under it. This is the difference between these two diseases. In both cases, the coating has a yellow color.

Croup comes on quite suddenly. Children have a high fever, and we

see something is the matter with them. The attention is probably not drawn right away to the throat until the mother observes that the child has difficulty in swallowing. If we look into the child's mouth, we find this coating on the tonsils, the soft palate and on the sides of the throat. Immediate treatment is absolutely necessary, as the danger with croup lies in its rapid development toward the bronchial tubes and the larynx. If the disease takes hold of the larynx so the vocal cords are covered with this coating, they swell to such an extent that breathing is hard, if not impossible, in which case death, as a consequence of suffocation, is the result. Such is the course of this disease if it takes an unfavorable turn. An operation of the bronchial tubes, performed at the proper time, is of great importance. If one is sure that it is croup and the disease has not proceeded further than to the vocal cords, an operation is imperative, as this will save the patient in any case.

There are many among us who possibly have had an operation on their bronchial tubes and carry a scar, but no doubt they owe their life to this operation.

It is altogether different with diphtheria. Diphtheria is a general disease in the widest sense of the word. It is the worst of all acute infectious diseases. Real diphtheria is worse than dysentery, typhoid fever and cholera because real diphtheria in most cases ends unfavorably.

Real diphtheria usually commences under most serious circumstances. This dangerous disease is not only confined to children; people of all ages are subject to it. It is, however, observed that children are more easily attacked by it, as adults can better resist it. Children are delicate and frequently anemic, and anemia generally offers less resistance to all diseases.

A patient who is attacked by diphtheria has, first of all, a feeling of absolute weakness and weariness. This is the only symptom that can at first be noticed. There is usually no high fever connected with it. Then, later on, we find that the patient cannot swallow well. If we look into his throat, we probably will not find anything but several small spots on the tonsils or soft palates which, strange to say, always are of a yellowish color.

It should make us suspicious that, with such insignificant symptoms, the patient shows such great weakness, and this disproportion between the trifling symptoms and the surprising weakness shown must draw the attention of an observer to the fact that it is a question of a very serious disease.

The diphtheritic ulcers gradually grow to larger dimensions. The tongue becomes heavily coated, the action of the heart is deficient, the appetite is lost entirely and the patient evinces only great thirst.

We do not find high fever with children; only light delirium seems to

be usually connected with it. The patients do not rave in an excited manner, but are rather dull, talk incomprehensible words and show a somnolent condition, as we call it. Excitable conditions seldom occur, as the symptom of great weakness rules the whole condition.

If the disease disperses, it is not confined only to the organs of the mouth and throat; it very frequently enters the nose, and in this case we find that the patient discharges mucous of a bad odor from the nose, which is very infectious. Afterward, the disease enters the bronchial tubes, the larynx, etc. In the highest stage of diphtheria, if we look into the throat we will find a crater of yellowish, bad smelling and ill-looking matter. It is a terrible picture that presents itself to us, and every mother who has lost a child by diphtheria will agree with me that there is hardly a more awful picture than to see a poor helpless being in this state of the disease. The expression of the face is a fearful one. It seems as though the patient would like to call for help, but the voice has become powerless to articulate a sound.

The disease spreads further towards the larynx, destroying all tissues, one ulcer after another appearing, and when death follows it can only be considered a relief. This disease, however, is not only confined to these organs, but diphtheria in most cases has also a harmful effect on the heart. This is caused by the bronchial tubes carrying the disease to the internal organs, of which the valves of the heart are easily infected. I have scarcely anything to add about it, as everybody knows that such a disease is very dangerous, although not necessarily hopeless.

There are known cases where diphtheria has been cured successfully. There have even been cases where the disease, in its worst stage and with grave symptoms, has been cured. But such cases are very rare, and a successful outcome can never be assured.

As this disease is so dangerous and infectious, medical science has constantly tried to find means to cure it. The late Empress Augusta of Germany has offered a prize of 30,000 marks to anyone who discovers a real cure; but the prize so far has not been awarded.

Many people will probably refer to healing serum which is so much applied nowadays and considered a sure cure. Healing serum, which has been and is still used for diphtheria, has indeed been greatly advertised all over the world, and many have vouched for it as a peerless remedy. It has not been long since this remedy was discovered, and people have asked my opinion about it. My views are the following: healing serum is a substance which in no way in its effects on the human organism gives satisfaction. Although there have been cases where favorable results have been obtained, observations have partly shown great deficiencies. Therefore, if it would be a case with my own child, I would not use healing serum.

Time has confirmed my opinion. Healing serum is, as said before, still used by very many. A dreadful case, of which I accidentally read this

morning in the paper, has only strengthened my belief. I read a notice in the paper that Professor Langerhaus of the city Hospital in Berlin, a well-known physician, announces in a public paper that his twenty-one month old son has died in consequence of an injection of healing serum. The case was the following: a maid servant fell ill of diphtheria and was taken to the hospital. The father of the child, who was a physician himself, wanted to protect his little son from this disease and made an injection of healing serum for this purpose, but the child died a few minutes later. This case naturally has everywhere excited much comment.

The same results have been obtained with tuberculin and other similar remedies which have originated from a chemist's retorts, and which in exceptional cases have produced favorable results. In general their effect on the organism has proved to be only harmful. I am and shall always remain in opposition to such remedies, which only expose the body in the most favorable case to a serious disease, but in most cases cause death.

Think of the tuberculin swindle. How much money has been spent in advertising it in all parts of the globe! I do not doubt the honesty of Professor Koch at all, who invented it. I doubt whether the minister of public worship and instruction at the time did right in inducing Professor Koch to publish his invention without having obtained sufficient proof of the efficiency or inefficiency of the remedy.* And therefore, I repeat, if it would be my own child, I would never apply the healing serum. It is well if a physician is led by his principles and not by his general feelings, as the latter are influenced by the mental disposition at the time and principles are a sign of character. I cannot, therefore, feel inclined to recognize any such medicines.

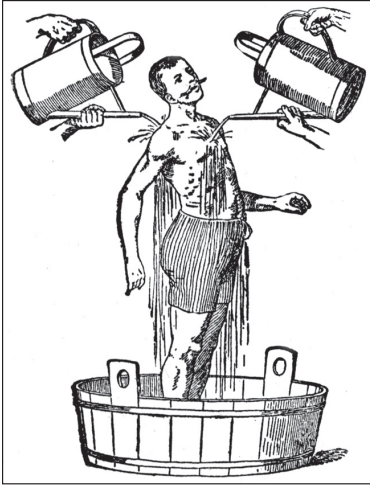
As to the treatment of diphtheria, there are so many good ways which answer the purpose that we do not need to seek new ones.

CASE

I remember a case of a boy who had a diphtheritic sore throat in a bad form. His throat was a crater of bad-smelling and discolored sores. The tongue was, so to say, ready for death, and I thought he would die the same night. I sent for Reverend Kneipp, asking him what could be done. He came, looked at the child and said to the head nurse: "Take the boy out of bed." She did so, and the prelate applied a full gush. The effect was that the child took considerably deeper breaths, and with a strong attack of cough threw out all the coating of the throat.

The boy was restored so far that he was now out of danger of death.

*Robert Koch, a German bacteriologist discovered the microorganism responsible for tuberculosis and tuberculin, a vaccine. Tuberculin was marketed prematurely before thoroughly testing its safety and consequently many people died. In 1905, Koch was awarded the Nobel Prize for medicine. —*Ed.*



The simple garden watering can was Kneipp's preferred method of administering a full gush.

This is quite an exceptional case. If the full gush had not been applied at the proper time, he would no doubt have died.

I want to give the following suggestions for the treatment of diphtheria. The principle thing with diphtheria is to remove the coating of the ulcers as quickly and as frequently as possible. Painting of the throat is very often practiced, gargling recommended and several other methods applied. I would recommend the following from my own experience: as soon as yellow spots are visible in the throat take a thin tube by which a continuous flow of cold water, or even ice water, passes over the inflamed part.

If you take a glass of ice water, put a straw in it and have the patient sip the water through the straw, you will obtain a considerable cooling off of the inflamed parts by the cold water. The patient will be compelled to swallow frequently and, by swallowing, the matter is carried into the stomach, where it is made harmless and finally carried off. You may call this an internal gush of the throat, which has an excellent effect. I have observed a great many cases where the best of results has been obtained by this remedy.

You will probably say: "Children do not like to do that."

An obstinate boy may perhaps refuse to do this at first, but if he feels that it does him good, he himself will take to it without being forced. This sipping of cold water can be continued for hours.

You will perhaps ask: "Does not much water cause heaviness in the stomach?" This is not the case, because there is great heat internally and the body requires sometimes much water; the patient does not need much food, and water is the best thing he can take. "But water is not nourishing," many might say. To this I would say that in some cases it is nourishing, particularly in cases of fever. Many fever patients have lived for weeks only on water, with the addition of a little lemon juice or other fruit juices, and everybody knows that such patients rather take clear water than soup, and the feared broths in such cases should altogether not be touched.

In the first stages of diphtheria, the sipping of ice-cold water is a great remedy indeed; gargling is then quite superfluous.

What other applications could be used? This depends much on the circumstances. If it is a case of a two to four year old child showing great weakness, moderate fever and other general serious symptoms, it is natural that the water applications should be limited, because they would probably weaken the constitution of the patient. It is, therefore, wise to be careful and use only such applications as are in accordance with the condition of the patient. I would suggest the following ones:

In any case, give the child a daily cold bath; if the fever reaches 41° to 43° C/106° to 109° F, the bath should be given every two hours, as long as the fever remains so high.*

Further, hay flower shirts are thought very much of. These, however, cannot be recommended if the fever is high, but only when the temperature is low. Besides, the hay flower shirts could not be used too often because this application more or less always weakens the body.

If the fever is very high and cannot be easily controlled, the following application can be recommended for children:

Put a wet shirt on a child which has been dipped into ice cold water and then rinsed out and let the child lie on it for an hour. After an hour has passed, if the face is much reddened, a sign that the fever is still very considerable, give the child a full gush without taking off the shirt, and wrap it up for another hour. This can, however, only be done with children having very high fever and being of a very strong constitution. This application should naturally not be allowed for children who are delicate and for those who have lost their strength.

As to ablutions for diphtheritic children, I would not like to recommend them in general for the following reason: ablutions are applications which require much time, great skill and the cooperation of the patient; this latter cannot be expected from children. They may be permissible if an experienced nurse is at hand, but it is much easier to give the child a bath. No chances are taken in this case, and this is the important part of it.

The diet of such patients must be well regulated. If the fever is high, plenty of pure water, ice water or fresh spring water should be given. Cold milk is very beneficial and should be sipped through a straw.

Bear the following rule in mind: in cases of inflammation, particularly in the throat, cold beverages are the best nourishment; all warm liquids should be avoided.

*The original text read: "In any case give the child a daily cold bath; if the fever reaches thirty-eight, three to thirty-eight, five degrees, the bath should be given every two hours, as long as the fever remains so high." — *Ed.*

Throat wrappers (*Halswickel*) are very good, but one has to be careful with them. In the first stages of the disease, cold water should be taken for these wrappings, and should frequently be changed. Under no circumstances should they be allowed to become warm, as this is dangerous.

If the disease is advanced, the body is completely weakened and the temperature is below normal. Throat wrappers may occasionally become necessary, but then take warm water, preferably hay flower water. This has a life-giving effect, and does not permit the organs to completely collapse, as this would be otherwise. This is the treatment for diphtheria; diseases of lesser importance have to be treated accordingly.

Some people prefer to gargle instead of sipping water. The following is the best recipe for gargling water: one teaspoonful of honey, the juice of half a lemon, and half a pint of water boiled for about three minutes. In the first instance, this is a very mild remedy; second, it is antiseptic; and third, it is harmless if swallowed.

By the way, I want to point out the great importance of lemon juice. For painting the throat, lemon juice is excellent. Squeeze about twenty or thirty drops out of a lemon and paint the throat with a brush; pour out the rest of the juice. In my medical practice, lemon juice plays an important part in all throat and mouth diseases, as I have found that it has a very stimulating effect. For cleaning the mouth of little children, wrap a cloth around a finger dipped in lemon juice, and thoroughly wipe out the mouth. Another remedy is sugar powder; sugar acts to some extent also as an antiseptic. If in cases of mouth diseases, ulcers on the mucous membrane of the mouth, etc., sugar powder, for instance, is rubbed in, the sores heal remarkably quickly.

—Wörishofen

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FOR COLD IN THE HEAD AND CATARRH

by Benedict Lust

The Naturopath and Herald of Health, V (4), 83. (1904)

It seems to be very little known that the common onion has proven to be one of the best remedies for cold in the head and coughs. The onions are quartered, steamed with sugar candy, or better still, with beer wort without hops, and of this juice take every two hours a small teaspoonful.* This juice should always be kept on hand at home in well corked jars. In most cases this will secure better results than the many expensive remedies for catarrh, bonbons, preparations, etc., particularly if applied at once, that is, before the cough develops into a serious chronic bronchial or lung catarrh. In cases of catarrh caused by rainy weather or cold winds and which become worse in the evening than they are during the day, and from which we suffer more when in a warm room than out-of-doors, this remedy or onion drinking cure (*Cepa*) gives positive relief.

Catarrh of the Nose and Throat



There are probably more sufferers from Catarrh than from any other complaint. This affliction affects primarily the nasal organs, but will, if unchecked, spread to the front cavities of the head, then to the throat, gradually extending to the tubes leading to the ears, and finally, passing downward, threatens the patient with confirmed pulmonary (lung) disease.

Also don't fail to realize that you could not suffer from catarrh, if your body were qualitatively and quantitatively up to requirements. To rid your system of accumulated waste materials, to enable your blood to rebuild the diseased tissues, you should not rely on external treatments alone. Internally you should take our **Haemozon 10A**. Its cleansing action will reach every part of the body, and will thereby assist most powerfully to help along the local benefits derived from the use of our.

Haemozon Catarrh Nose-Baths

The from these Nose-Baths liberated Active Oxygen will cleanse the congested passages, and by its anti-bacterial action constitutes a *harmless and highly efficient* medium to check the growth and the spreading of this stubborn disease.

There is a way to regain your health thru chemical, active oxygen, and the many unsolicited testimonials from cured, thankful patients, who had formerly met with nothing but disappointments, furnish the proof of the above claim.

Haemozon Oxygen Nose-Baths are sold in the original packages as prepared and put up by THE INSTITUTE FOR OXYGEN THERAPY, Berlin, Germany. (Institut für Sauerstoffheilverfahren, Berlin). Each carton contains, smaller size 24, \$4.00; larger size 48 separate nose-baths, \$7.50, plus the necessary medicinal and mechanical accessories. Explicit direction for use go with every carton.

Yours for better health,

HAEMOZON PRODUCTS CO.

110 E. 41st STREET, NEW YORK, N. Y.

*Sole Importers and Distributors of
Oxygen Preparations*

*I have used onions in a similar way in making a cough syrup. I slice an onion in thin slices and put in glass or earthen jar layered with honey. The honey draws out the juice from the onions within a half hour or so. The juice can be kept in the fridge and lasts a week. —Ed.

HOW TO HARDEN CHILDREN

by Father Sebastian Kneipp

The Naturopath and Herald of Health, V (7), 158. (1904)

I shall speak in very plain words, so that you understand me. You know very well that children are bathed in warm water for a long time and I want to say that this is the first crime that parents can commit against their children. Those who drink warm water instead of fresh water will weaken the stomach; they will make digestion very difficult and if the stomach is not strong and does not do its work well, the body does not get the proper sustenance that it requires for its support.

If I had a hundred thousand mothers before me, I would impress on them if they had babies to take care of: “Never use warm water. When your children are only three days old, give them a cold bath and not a warm one!”

But many mothers become angry at such advice and even say: “What? Put my dear child, my own darling, into cold water? That would kill me on the spot.” To this I can only reply: “Do not be so frightened; it will do the child no harm. On the contrary, it will do him much good, and he will thank you later on, if he has been hardened in this way. And if some should not enjoy the cold bath, they will nevertheless appreciate the fact that their mother had a good heart and did not ask whether the child liked it, but only considered his good.”

I knew a mother who showed me her baby and said: “He is ten days old.” And then I asked her how she bathed the child every day. She answered: “My baby gets a warm bath every day.” I said: “Take your baby and put it into a tub of cold water up to the neck, and do not put it down too slowly; and then say, “one—two—three—now quick into the warm bed.” She said: “I believe you know best, and I shall do as you say.” She did it, and the child never received warm baths again. Three months later she came to me again, and full of joy told me: “Oh, how my baby is thriving! My child looks so fresh and healthy and sleeps all night and also during the day; sleeps most of the time.” When this child was nine months old, he could walk quite alone and I can truthfully say that I never saw a child that was fresher and healthier.



In this way the child accustomed himself to the cold water, and when the time for the bath came, the child was wild for the tub, jumped in it and splashed the water with great delight. In this way you can bring up healthy children.

Naturally, if three mothers meet, they tell each other of their experiences, and if they have nobody who is directly interested, they talk about it with the neighbors. This mother I speak of went to a neighbor, and when praising her child the neighbor wished to bring hers up the same way. But she thought she could improve on it by putting the baby into warm water and then into cold. The child, however, cried incessantly, because the warm water made it sensitive and the sudden change to the cold was too great a shock. Now the mother has written and inquired whether it is better to take the warm bath first and then the cold one, or go right into the cold water. There would be only one reply. Only once did the child cry when put into the bath, and later on stopped crying altogether. The child grew up just as the other one. This is the way to bring up your children if you want to have them fresh, healthy and strong not only physically but also mentally. A great mistake is often made in this respect, and children are backward because their physical development has been neglected.

About nine months ago, a child was brought to me who was fifteen months old who could not speak and was so backward that one naturally supposed that the child had not received proper attention in his or her development. "Leave the child here," I said, and three months later the child could talk and walk and you should have seen the joy of its mother. Therefore, guard your children from weakness and harden them so that they become strong and can resist any illness.

You know very well that children are bathed in warm water for a long time and I want to say that this is the first crime that parents can commit against their children.

"Take your baby and put it into a tub of cold water up to the neck, and do not put it down too slowly; and then say, "one—two—three—now quick into the warm bed."

In this way the child accustomed himself to the cold water, and when the time for the bath came it was wild for the tub, jumped in it and splashed the water with great delight.

Therefore, guard your children from weakness and harden them so that they become strong and can resist any illness.

APPENDICITIS*

by J. Lefèvre

The Naturopath and Herald of Health, V (10), 241-249. (1904)

TRANSLATOR'S NOTE

I have in vain tried to get into communication with this eloquent writer and with the editor of the *Paris Magazine* and have, therefore, until now been prevented from publishing the above valuable paper, too valuable to be neglected by English-speaking readers. Every word I can endorse from my own experience in the treatment of appendicitis and its cognate forms of disease. Every word of the plain, even scathing, criticism of the present mode of treatment by orthodox medicine, I can commend.

One of my patients said to his wife, after an exhibition of crass ignorance on the part of his medical attendant, "The doctor may read a lot about microbes, but he does not know much about his own anatomy." The study of the microscopically small threatens to oust the study of common sense in our medical schools. As in our Board schools, the student leaves, crammed with infinitesimal details and destitute of the general laws of his own humanity. Again and again have such cases as are so graphically depicted by Professor Lefèvre been restored to health in a few days by cool compresses and repeated applications of warm water enemas, which removed the cause of the inflammation and saved the need of an operation. I consider it is a cruel and false aspersion on Nature (and what is Nature but the Divine power in and around us) that medical men, for the sake of their own professional credit, for money or for vanity should use their position and influence to persuade any man or woman to undergo the risk. They know there is always more or less danger. There is often a long duration of idleness (no trifle where a working man has a wife and family dependent on him), when simple hygienic diet and a good wash out of the colon can remove the breeding ground of the blessed microbe and enable the patient to go back to his work in health under a week or a fortnight. One English writer says we live under a *religion of fear*, and we know that fear is our most deadly enemy. More diseases are hatched by fear than by all the microbes in the world. Fear is a full-cousin to death, and prepares the way for that dreaded angel. Must we give up our sanity, our self-confidence, and our domestic happiness to please this monomaniac love of the knife of our medical experts? May we not try first what simple and natural means will do to preserve our bodies, as we received them, intact and perfect in their design for human uses? Most assuredly many are doing this, and these have no need to be afraid of appendicitis.

—Agnes Hunter, Bridge of Allan, Scotland

*This article was translated from French by Agnes Hunter, Bridge of Allan, Scotland.
—Ed.

APPENDICITIS IS THE ORDER OF THE DAY

Ten years ago it was not heard of. Now, the name of this formidable disease is on every lip. Children attempt to pronounce the syllables in stammering imitation of their elders. There isn't a single family that does not pay its tribute of suffering or anxiety to this new Bogey. There isn't a neighbor that hasn't either undergone the operation on his appendix, or is going to have it done, as the only certain cure. Besides periodically we are suddenly assailed by the news of an infection, the puzzle alike of physicians and surgeon, whose resources of science and art are proved of no avail. And it is our youths—nay, preferentially, our children in full vigor of life, under the appearance of the most robust health, whom the terrible evil attacks, as if it would throw a defiance at the very beings who seem most able to fight against death.

But what then is this appendicitis? Whence comes this frightful morbid novelty, which has been installed as mistress in the midst of an already sufficiently suffering humanity? Is it a question of an unknown disease, or simply an old acquaintance recently defined by the incessant progress of medical knowledge? Has this criminal appendix a physiological use, or is it but an oddity of Nature, no longer wanted, and destined to disappear with other rudimentary organs? Is it the physician or the surgeon for whom we must call, when we are suffering from this appendicitis? Can Hygiene do nothing to check the hatching of this evil bird?

These are questions which each is asking himself, which are disturbing you vainly yet with anguish in your daily conversations. Is this not so? Let me try and give them an answer.

APPENDIX INFLAMMATION

Appendicitis is the inflammation of the appendix. We know this rule in medical nomenclature; the name of the inflammatory disease of any organ is obtained by adding to the name of the latter the termination "*itis*". The question at present is of the ileocecal or vermicular appendix. We are now going to get acquainted with this organ, seek for its exact place, examine its relations with neighbouring organs, and determine its physiological nature.

Following through the stomach we come to that long and winding portion of the digestive tube, which in anatomy is called the small bowel. Its numerous circumvolutions are developed in a length of seven to eight meters. Issuing from the pylorus, the small bowel, describes as it descends a series of transverse turnings which lead it to the lower part of the abdomen, into the right iliac cavity where it enters the large bowel. This intestinal passage extends then to the umbilical region and to the lower belly. It touches also at the sides in the flanks, and in the two iliac cavities situ-

ated as high as the haunches. A fine membrane, very rich in vessels, in lymphatic ganglions and in nerves, and fixed behind to the spinal column, plays in respect to the small bowel the same part which a scarf does for the injured arm, this is the peritoneum with its suspensory fold, the mesentery, which supports the intestine. This latter ends in the lower belly and to the right in the large intestine. The junction is made at right angles, the small intestine being almost horizontal, while the large intestine, in order to leave the iliac cavity, rises vertically into the right side. This arrangement, already somewhat inconvenient for the circulation of the contents, is still more so by the presence of the cecum, a little pocket, placed at the lower end of the large bowel, deep down in which these contents, accumulated by the action of the small bowel, have the greatest difficulty in resuming their course. That is to say, the vertical track which will lead them to the outer end of the digestive tube.

Now let us remark that it is precisely in this dangerous crossway, at the very bottom of the iliac pocket, that the too famous ileocecal appendix is placed—about the size of a goose quill, about 0.10 m., this closed tube, like a glove finger, seems placed on purpose, by a whim of Nature, in order to be in the way of obstruction and consequent inflammation.

It is clear then that this inflammation has been many a time produced among our ancestors and that it does not constitute a new disease. Nevertheless, we may well ask which of the two organs we ought to blame. Is the cecum, or appendix? Does danger come from the inflammation of the one, or the other, from appendicitis, or from typhus?

Many individuals can recall having suffered more or less pain in the right side of the lower abdomen. They had a general discomfort, headaches, feverishness and weariness. The doctor told them they were suffering from typhus, and if the evil increased, they had got peritonitis. But nowadays the same illness, with the same symptoms and the same evolution, bears the name appendicitis.

The idea of putting all the responsibility on the appendix is not a new one. At the end of the last century, Jadelat, Mètivier, then Grisolles and Forget, promulgated the theory of appendicitis. Many of the doctors set themselves to incriminate the cecum, and their opinion succeeded in prevailing for the time. It was admitted that cecal inflammation, often harmless, might terminate by assuming a grave character, sometimes involving perforation of the neighbouring peritoneum, sometimes an abscess in the iliac cavity.

We see now, for several years back, following Reginald Fitz and the American school, we come back to the old theory. Surgeons coming in to operate in this disease have found a normal cecum and an inflamed appendix. Anatomists have, in their time, maintained that it is physically impossible for the inflammation of the cecum to be directly communi-

cated to the tissue of the iliac cavity. In short, the cecum is left out of the play, since the new role of the appendix has been introduced. Must we then await some new variation of medical opinion? This is probable, but this discussion somewhat lacks interest. Cecum or appendix, appendix or cecum? Doubtless it matters little which it is; besides intimately conjoined by anatomy, the two organs are alike and perforce accountable in the disease. The injury to the one involves injury to the other. If, indeed, there is any order of precedence, it is probable that the disease begins in the cecum, the seat of the stagnation, to follow on to the appendix, seat of the obstruction, and extends to the peritoneum, scene of the resultant inflammation.

Thus, the debate between typhus and appendicitis does not seem to be absolutely closed. It will not be so in any case, by the argument a bit too interested, to wit, that the cecum not being convenient or possible to operate on, it is fortunate that the appendix is accessible to the operator.

WHAT IS THE FUNCTION OF THE CECAL APPENDIX?

It might be, perhaps, useful to know this before deciding on the importance of its injury and on the opportunity of its operation. Long ago, Bauhin called the attention of anatomists to the exact conformation of the ileocecal region. It is he who described this little tongue placed between the two intestines (and the part of which is to prevent the return of fecal matter), still called Bauhin's valve, in a fanciful style, the apothecary's barrier.

In their turn, zoologists have studied this region among the different animals. They have sought for and discovered the cecum and the appendix in most of the warm-blooded animals. In general, in place of two distinct parts, the one short and broad, the other narrow and long, the appendix of the animals shows an organ of one single length, cylinder shape, analogous to the intestine, and called simply, the cecum. Among birds, the organ is double; each half is as large as the entire intestine. Among mammals, in one species, the *Dasypus* [armadillo], the organ is single and alone. The anthropoid apes (chimpanzee, gorilla, etc.) have the cecum and appendix as in man. Among the herbivore, the cecum is enormous, and the food remains in it to finish digestion. Bats, insect eaters, deer, and most of the carnivore are without the cecum. Lastly, among the rodents, the organ is enormous, and much larger than the stomach.

Anatomists have been struck with the glandular structure of the tissue of the appendix. This organ is not made to receive aliment, nor to absorb any soluble products. On the contrary, it pours into the large intestine a liquid which evidently contributes its part in the chemistry of digestion.

The appendix is not then the useless organ of which the surgeon dreams of ridding humanity. We may still put in the far future this night-

mare in which we see our babies submitted to the bistoury [narrow surgical knife] to have their tiny appendix resected.

Moreover, is not this pretense of correcting [an error] of Nature ridiculous and almost intolerable? Where else does Nature deserve a reproach? It is true, it is maintained, that the appendix is an herbivorous organ, and it seems a piece of astonishing wonder to find it in omnivorous man. We forget that, in fact, man is no more omnivorous than carnivorous or herbivorous. His teeth, his digestive structure are exactly those of the *frugi gramnivora*; now, never—understand clearly—never has the ape been seen to eat animal flesh, and yet, like the carnivora, he has no appendix. As for the anthropoids, who also abstain entirely from flesh, they are provided with the same cecal appendage as man. Who then is at fault here, the animal or the man?

Is it not more reasonable to think that the presence or absence of the appendix permits no conclusion relative to the alimentary type of an animal? We shall hold this as a childish fantasy, the very classical transformation theory which would make out the appendix to be a remains of vegetarian and primitive organization, and which would teach that this last ancestral vestige has been illogically and imprudently preserved by Nature to modern man, who happily became carnivorous thanks to the progress of civilization!

We shall refuse the surgeon the right of correcting an anatomical error, by taking care to avoid operating on a physiological organ evidently useful without greater reason.

THEORIES OF CAUSATION

The ileocecal region—appendix or cecum—may become the seat of inflammation the consequences of which are always disquieting, and the result of which is often fatal. The question of knowing whence this inflammation proceeds has, of itself, also given birth to numerous disputes. It has, above all, raised in value the extraordinary fecundity of imagination in the world and among the doctors. What has not been said on the subject? The newspapers, the fashionable gossips, the manufacturers of “they-says”, impersonal and mysterious, have they not been much too long possessed by this fantasy?

Oysters have been blamed; not because, mind you, on account of the heating action which oysters possess in common with other mollusks, with the crustacean, and with fish, but on account of their shell, splinters of which sometimes swallowed with the live animal have been able to form a foreign body and cause the obstruction in the appendix. Also, who does not recall the success which the droll enough hypothesis had of appendicitis caused by the enameled tin lining of our saucepans? We know how, submitted to sudden variations of temperature, the

enamel splits off under the unequal dilatation of the metal and its covering. The silicates which form these debris cannot be attacked by any chemical or digestive agent. Therefore, it is supposed that they are fatally arrested in the cecum, so as to force the appendicular orifice and bring on inflammation. Only, these two attacks, that of appendicitis and that of the splinter of enamel, are simultaneous, the former has brought the latter on the scene. The general public and medical opinion, finding in this argument the force of a mathematical demonstration, have long ago given it their entire concurrence.

As for the stones of cherries and plums, grape seeds, haricots and lentils, popular opinion has more loudly blamed them as the criminals.

Some years ago, one of my pupils was dying of appendicitis (it was called peritonitis at that period). Shortly after, his brother came to me, coming out from a class of Dietetics, and said to me: "Are there really any people, who have the wretched habit of eating haricots? And you, sir, do you, in your Hygienic teaching, allow anyone to consume a dish which a hundred times in one meal exposes us to death?" Disturbed with this outburst, I learned that, while operating on his brother, the surgeon had found an haricot in the appendix. I tell you I vainly tried to defend the inoffensive legume. Quite full of his idea, he left me with these words: "It is madness to eat haricots—I shall never use them. Besides, in my family we have all taken the same resolution."

Many of my readers are doubtless victims of the same mistake, and perhaps of the same vow. I shall appear then very foolhardy if I resist the tide of opinion. Yet I may be allowed to observe that haricots and legumes have been consumed for such a long time past, have never, in every case caused the extraordinary number of deaths by appendicitis which our modern statistics register. Besides, no one will dare, I suppose to support the theory that the consumption of haricots has suddenly taken such an accelerated increase, in our days, so as to explain the frightful development of appendicitis. It is laughable, isn't it? And don't incriminate the cherry stone [pit] either.

You may know how among the country folks, they don't often take the trouble to separate the stone from the delicious flesh, when they are eating the fruit off the tree. Ah well, it is precisely in the country, where the intestines are frequently loaded with cherry stones, that appendicitis is rare, and everyone knows how the disease spreads its ravages quite specifically among the town populations.

But all of the suppositions which circulate in the medical world on the subject of appendicitis, here is the most unexpected. Let us admit, for a moment, the stoppage in the cecum of the famous haricot, of the cherry stone [pit], of the splinter of enamel. Nothing has happened so far, for the foreign body must enter into the appendix itself. But it is sufficient, it

appears, to have a heavy pressure, by an effort, a violent game, a gymnastic exercise, a long walk, by a night's dancing, etc., and there is the splinter, the cherry stone, the haricot in the appendix. The mischief is done! ... Certainly it is well thought out. But you are warned, you sportsmen, who cycle or run, you also who follow Sandow and his fashionable exercises, frivolous lovers of the dance, gymnasts and acrobats, athletes, hunters, soldiers, mountaineers. Listen to me: "You are all candidates for appendicitis." And you, Athenians of the Olympian Games, marvelous models for Pheidias and Praxiteles, you were then sacrifices to this terrible disease. As for thee, Hippocrates, father of medicine, thou hast not warned thy sons, thy disciples, and through them, humanity all over, of the dangers to which they expose themselves. Thou shouldst have told them that they deceive themselves when confident in the benefits of exercise, they find in it, but the harmonious affliction of the physical body, the precious talisman of strength and of health!

Common sense evidently prevails over the theories which contain such ridiculous conclusions. Let no one be deceived, however, on the threshold of my criticism. I do not systematically reject the possible influence of pressure. But I refuse, and I attack most energetically, an affirmation fit to delude the public mind in giving to it a wrong idea and an unjustified antipathy against exercise.

It is proper, in order to finish with this question of a foreign body and with obstruction, to note that, in many cases, the foreign body in the appendix is but a simple concretion of fecal matter hardened in the cecum, and introduced under some influence or another into the appendicular *cul-de-sac*. Wiser than many, Professor Dieulafoy teaches that it is frequently a question of actual chalk-stones produced in situ and enlarged from day to day by successive layers, like those of the kidneys and liver. Analogous concretions are met with elsewhere in the different parts of the intestine where they are not lacking in design.

MICROBES

I should not have thoroughly examined this question of causes, if I forgot to mention the very great importance which has been given to the inevitable microbe.

I do not wish to belittle microbiology. Still I have the right to remark that this science is sometimes embarrassing. Have you not observed that the microbe has become the one fact for everybody, as if it had in some way become public property? Does this prove that we know all about it? Certainly not, for if it is a question of what it is, whence it comes, and whither it goes, nobody really knows, at least nobody among the people who talk so much about it. The microbe pleases all the more because

of the mystery about it. The imagination is more comfortable, freer to ascribe to it the thousand and one inexplicable things in disease and even in the normal life. Thanks to the microbe, we can give ourselves the airs of scientists on matters of which we are utterly ignorant. Is it much use to study, we say, the anatomical structures, the chemical properties, the physiological functions of the human body? Is it not enough to look at this organism as an inert vase in which we see acting, living and quarrelling microbes! You are ill! Nothing easier to understand—you have caught the microbe of illness. You are ill—so much the better, you have no wicked microbes in you, and if you digest well, it is because you are sufficiently stocked with a beneficent microbe which brings you the precious contribution of its digestive power.

Very soon, I do believe, there will be not one normal function or one organic trouble that we don't give over to the credit of some specific microbe.

This is not all. We hear a great deal about the favorable soil where the virulence of the microbe is increased. It is necessary, in fact, to have an answer ready for foolish people who ask why these microbes reputed as the most dangerous can reign in an organism without doing it any harm. It is the soil which is not favorable to the virulence, for a certain degree of morbidity in the soil is necessary before the microbe can do you any harm. This odd theory has suggested to Professor Béchamp the following reflection: "We are taught that it is the microbe that makes us ill; but to avoid the evident objection of the same inoffensive microbe, we also think that it is only in morbid soil that the microbe becomes morbid; so that it follows we must be ill before the microbe can make us ill."

A conclusion paradoxical and at least equivocal, where reason loses itself in barren attempts, and leads us to ask if it was needful to create microbiology to understand the truth of morbid causes. I do not insist, lest I wound the beliefs of my readers, for, by a privilege unique in the sciences, microbiology is a sort of religion of which we speak not only positively and wisely, but with rapture, I believe in it—*Credo*. Believe then in the pathological omnipotence, and even the physiological omnipotence of the microbe. Believe then that this shapeless and polymorphous waste matter, of which certain varieties are mixed up with the very elements of life itself, is a parasite. Believe that it is sufficient, to be cured, to destroy a microbe, just as one destroys the true winged trailing parasites which sometimes exasperate our sensitive epidermis. Believe in all that, and now rejoice for someone has discovered the microbe of appendicitis! But learn also, that according to the closed cavity theory of Dieulafoy, these microbes, innocent by natural habitude, only become evil-doers by the exasperation brought on by being imprisoned in the appendix. Roger and Josué, by shutting up microbes in the appendix cavities, have obtained

true infections. True, however, it was necessary to explain this in fact, after the theory of M. Talamon, to imagine that the evil may come quite simply from the ligature, or in general from the foreign cork which, interfering with the circulation of life in this part, disorganizes and mortifies the tissues of the appendix. This explanation would doubtless be more probable than the somewhat dramatic vengeance of the furious microbe.

In spite of all, the medical faculty has not hesitated to denounce the microbes as the essential factors in appendicular infection. To begin with, they cite the famous coli-bacillus, without which no intestine is to be found; then the streptococcus, the staphylococcus, and the pneumococcus.

In every case, by these causes or by others, when the infection is developed, there is fever with very high body temperature; small and frequent pulse; a dry tongue, alimentary and bilious vomiting, feebleness, griping, etc.

If unconsciousness develops, the pus is bathing the organ, becomes fetid and goes on to gangrene, and the fatal end is near. In the beginning, before these lugubrious symptoms come on the scene, the first signal of the evil shows itself in a pain limited to the right side. Then the pain appears in right iliac cavity in the exact position of the appendix. It spreads now to the neighbouring parts, and even the leg may sometimes be numb. Very fortunately, in a great number of cases, things go no further wrong; the symptoms mend and the invalid is rapidly cured, as after a slight attack of influenza. But relapse is frequent, and the invalids are numerous where chronic appendicitis at first sight ends by carrying them off.

TREATMENT

How must we treat appendicitis? Must we or must we not operate? This is the most important question which physician and surgeon are disputing over, the embarrassing and painful problem which daily appears before the conscience of the invalid.

Naturally the surgeon, called in for the grave and more hopeless cases, has a tendency to believe that this condition—always dangerous—always requires the contrary, looks on the disease as benign and almost spontaneously curable. Statistics scarcely allows us to settle the dispute. The same invalid, several times attacked by appendicitis, more and more serious, which ends in death, is counted one time in the deaths and five or six times, for example, in the cures. The question is thus equivocal. On the other hand, from the statistics of Dr. Chauvel relating to the army and bearing on 181 cases of appendicitis, the mortality was raised to 32 percent in cases operated on, and 30 percent in non-operations. It is not, therefore, by this result that we can end the discussion.

Naturally, the Eclectics have tried to conciliate the two parties. It all depends, they say, on the course of the disease, and the nature of prognosis. According as we determine on the presence or absence of suppuration, whether this suppuration is circumscribed and transformed into an abscess, or whether the inflammation spreads with violent haste, the formula for the treatment will require to be changed throughout.

In short, if suppuration is not present, spontaneous cure is almost certain. If an abscess is formed through circumscribed suppuration, spontaneous cure will no longer be assured, for the abscess may open into the peritoneum. Still there is always a chance of the purulent matter getting away through the skin or by the bowel, or even by resorption or by encasement. If the disease becomes general, yet slowly, it is a case where operation made in time may save life. But surgical interference itself will become illusory if this generalization has begun from the first.

All this is plain sailing, and on principle I make no objection to it. But I ask you, what practical use can be made in clinical medicine of such a classification of cases? How can we affirm, with this schematic friction, for each particular case, whether the surgeon ought to take the place of the physician? To know this, it would be necessary to know, *à priori*, the nature and the gravity of the initial crisis, and this is just what we do to thwart trouble, that in fear of the greatest evil, we must, from the first, treat every case of appendicitis as if it must end in the grave form when the surgeon may usefully intervene. But this would be to expose ourselves to a painful and always more or less dangerous operation. We must not forget that the organism was not created for the steel of the operator, and that each of us, at least, has the right, before giving himself over to the surgeon's knife, to know whether it may be impossible or improbable to bear up under it.

Besides, the physician pretends he has means of relieving the disease. He prescribes rest, strict diet, the use of bags of ice over the iliac cavity. To my thinking, there is even a better way. A deep study of the use of the mechanism of the use of ice bags, permits me to recommend from the beginning of the illness the use of cold vinegar compresses placed over the entire abdomen, and renewed every half hour, in place of the ice bags. Besides, every day, during the period of violent crisis, the patient should be wrapped in a wet shirt with dry woolen blankets over him or her. By this means a much better eliminating effect will be obtained than with the local use of ice.

To sum up, the impossibility of recognizing the gravity of the crisis at the beginning of the illness, the uncertainty of good from the operation, and the real efficacy of an energetic treatment, tend to make us reject the systematic surgical interference that is sought to be imposed upon us.

Finally, we want to know if, with the crisis over, and avoiding the return of yet more serious attacks, it is advisable during this time of rest

to have recourse to surgery to operate in appendicitis? This will certainly be advised and you are going perhaps to yield to pressing solicitations. Well! Read the next chapter carefully. I feel sure it will persuade you to give a negative answer.

HYGIENE AND DIETETICS

We have heard the teaching of anatomy and physiology. Medicine and surgery have given us their knowledge. They have scarcely succeeded in clearing up the mystery which surrounds appendicitis, nor in scattering the uncertainties of its treatments.

Let us not be discouraged, however, for hygiene has not yet been consulted. It is with her that the last word on this business as with many others, must come. You will see now how her clear lesson is well suited to console those whom the hurrying step of the calamity is truly overwhelming.

But, let us understand each other clearly. Hygiene, the true Hygiene, is not as it usually believed, the art of disinfecting, and sterilizing. This ultra-simple way of understanding Hygiene brings her back to a mere massacre of microbes, and you suspect, I suppose, that to be well there is something more than that in the business.

Hygiene rules the actions of life, and regulates the ways of living so as to balance the organic functions, and radiate the vital power so as to maintain or attain the incomparable treasure of health. The secret of all rational and fruitful Hygiene is to be found in a happy relationship to the outer world, in an agreeable union of matter and cosmic energy. In a word, it is in an harmonious exchange, or as we say in physiology, in a well-balanced metabolism.*

This harmonious nutrition is almost impossible with the habits and passions of humanity. The stomach and the intestine, victims of the tyrannies of fashion, or of worldly prejudices, receive materials, the least appropriate to their nature and activity. Are not modern menus prodigal over crabs, oysters, fish, fowls, red meat and game, generous wines, coffee and liquors, as if it were a problem how to choose the most heating materials which may breed most surely this gastric intestinal inflammation? Obstinate constipation is brought on, enlarging the cecum more and more. Under this pressure, the appendix orifice begins to gape, ready to receive the foreign body, or the dried fragment of fecal matter, which with the inflammation will finish the disorganization of the delicate part.

*As accessory, perhaps, you might replace in this program the things which concern the too formidable and too enigmatical microbe. If in spite of the rules of Hygiene, general and physiological, being well observed, the rest will come by rapid increase, one may not be able to say whether from microbe or from the antiseptic.

These almost fatal consequences of a heating and stimulating nourishment have been magisterially exposed by Dr. Lucas Championnière, in a communication made to the Academy of Medicine of Paris, 19th of last February [1903]. Listen to the learned surgeon-chief at the Hospital of St. Louis:

From intestinal infections and chiefly under the influence of intestinal obstructions, the propagation of infection may reach the appendix, and there it becomes the origin of all the sharp attacks which are marked with such extreme violence. It is certain that, in the towns in which we may observe this extraordinary increase of appendicitis, the diet has been prodigiously altered. Flesh food has become the chief nutriment. Plain meals and fasts have disappeared almost entirely from our habits. The consumption of flesh meats assumes extraordinary proportions. It is very remarkable that the frequency of appendicitis is much greater in the countries where flesh foods are even more general than with ourselves—in England and America. In the large cities of the United States, appendicitis is so prevalent that one of the most eminent observers, Keen of Philadelphia, estimates that a third of the population is attacked by it. I have seen a good many cases of appendicitis among young subjects who had been reared on animal food, at a period when the food should have been exclusively milk diet.

AN APPEAL TO COMMON SENSE. **The Folly of Meat-Eating**

A POWERFUL REPLY

To an Editorial of the New York and Chicago
Evening American & San Francisco Examiner

By Otto Carque,

Author of "The Foundation of all Reform".

The information contained in this 16 page pamphlet which includes two valuable tables giving complete analyses of the 12 mineral constituents of various foods is worth at least a hundred times the price charged for it. The arguments of the author are unanswerable and based on new and original scientific investigations. Published the first time in this country. Indispensable to every student of nature. Price Postpaid United States and Canada 10 Cents. Great Britain 6 d.

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Going further than his illustrious colleague, Dr. Albert Robin blames not only the use of animal flesh, but the excess of nitrogenous foods, i.e. eggs, or legumes (haricots, lentils, etc.) “Among the predisposing causes,” he says, “there is one which figures as an origin in a considerable number of appendicitis cases, viz.: hyperasthenic dyspepsia, or hyperchlorhydria, in which the invalids usually consume a large quantity of nitrogenous foods, which is accompanied, in most cases, by a stoppage of abnormal fecal matters, the seat of irritating products and fermentation.” The public press is even excited by these declarations. A reporter of the *Journal* has interviewed Dr. Lucas Championnière, who in the frankest way of private talk has emphasized his opinion. Without daring to confess himself plainly for vegetarianism, he insists strongly on the fact that during the last forty years flesh food has increased to an extraordinary degree, and that this excess no longer has any check in religious practices or is any longer followed by the faithful themselves on account of a fatal prejudice against the clergy and the bishops. And he concludes with this important reflection: “Flesh food does not create the sources of power and vigor which are ascribed to it and this is why we consider it as the cause of an intestinal infection which gravely threatens us with appendicitis!” Any commentary would but weaken the force of this authoritative and almost official announcement. Singly, it has placed the question of appendicitis on its true ground.

But to you who suffer seriously from intestinal troubles and who dread the blow of this terrible disease, I say in conclusion—You have the solution of the problem which is giving you disquiet. It lies with yourself to escape appendicitis. Take the resolve to abandon the habitual use of flesh and animal products, and above all, when you do resolve on this—stick to it firmly.

Nevertheless, we may well ask which of the two organs we ought to blame. Is the cecum, or appendix? Does danger come from the inflammation of the one, or the other, from appendicitis, or from typhus?

If, indeed, there is any order of precedence, it is probable that the disease begins in the cecum, the seat of the stagnation, to follow on to the appendix, seat of the obstruction, and extends to the peritoneum, scene of the resultant inflammation.

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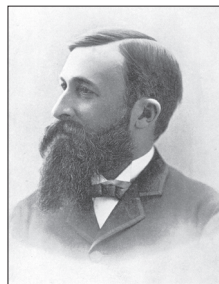
It is very remarkable that the frequency of appendicitis is much greater in the countries where flesh foods are even more general than with ourselves—in England and America.

MANY WAYS TO RELIEVE PAIN WITHOUT DRUGS

by John Harvey Kellogg, M.D.

The Naturopath and Herald of Health, V (8), 260-263. (1904)

Probably the majority of people know of no other method of relieving pain than resort to some such *pain killer* as laudanum, paregoric, or other opiate or anodyne. Not infrequently, persons who have been injured or who are suffering severe pain from inflammation or from some other cause, are left to endure torture for hours, while somebody is dispatched miles for a physician, when a knowledge of the simple methods presented in this article would make it possible to afford complete relief in a few minutes.



John H. Kellogg, M.D.

FOMENTATION

This consists of an application of cloths wrung out of water as hot as can be borne. If hot water is not at hand, the cloth may be wrung out of cold water and laid upon the stove with a newspaper intervening, or wrapped around a stovepipe. In an emergency, the author prepared a very effective fomentation by putting a large tin dipper over a kerosene lamp and laying a wet cloth over the bottom of the dipper, where it was at once heated. By this means almost instant relief was given a woman suffering from a pain in the head which made her nearly delirious, as the result of an injury received from running against something in the dark.

Fomentations relieve pain, not only by drawing the blood to the surface, but also by relieving the sensibility of the nerves. Heat often kills pain more effectively than does opium.

HOT SPONGING

This method is sometimes effective when a fomentation does not succeed. The sponge is dipped in very hot water, compressed to express the water, and gently rubbed over the surface of the painful part. A higher temperature can be employed by this method than by any other. The higher the temperature, the greater the effect. For greatest efficacy the temperature should be high enough to produce a sensation almost painful. It is especially good in cases of neuralgia, particularly of the spine.

HOT WATER BAG

A rubber bag is filled with hot water, and is an excellent means of

relieving pain in deep-seated parts and other pains in which inflammation or congestion is not present. Hot bags should not be employed continuously on persons suffering from acute inflammation.

If a moist application is desired, a moist flannel may be wrapped around the water bag. Bricks, sand bags, etc., may be used in a similar way.

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BASE. The Ray-O-Lite Pedestal Lamp has a round cast iron base which is heavy enough to absolutely insure against tipping. This round style base frame is a decided improvement over the old tripod variety, it eliminates all danger of tripping over the legs and it gives a firm, solid support. In addition, the base is so constructed and the horizontal bar so placed (note distance of reflector from standard) that the lamp will extend well over a treatment table or bed.

ADJUSTABILITY. By means of the nickle-plated steel telescopic extensions, which are equipped with set screws, the rim of the reflector may be brought to within 5 inches of the floor or raised to any height up to a point of 55 inches from the floor. The set screws which hold the lamp at the various heights are positively secure, they grip the steel tubing firmly, and all possibility of slipping is avoided. The reflector itself is equipped with a set screw so that the light can be directed at any angle desired. The reflector can also be taken from the standard and used as a hand lamp if desired. The lamp offers so many possibilities for adjustment that a patient can effectively treated in any conceivable position.

REFLECTOR. This measures 8 inches in diameter and is made of heavy aluminum highly polished both inside and out. It has a heavy wire spun in the rim to give stability. The top is made with ventilators to prevent overheating.

GLOBE. This lamp is equipped with a special style 260 watt globe that throws powerful rays of both light and heat.

THE Radiant Energy from the Pedestal Ray-O-Lite Lamp relieves pain due to congestion; it allays inflammatory conditions, stimulates circulation and produces local hyperemia.

The Pedestal Ray-O-Lite Lamp in extended position—adjustable in height from 5 to 55 in.

HAND STYLES

The hand style is made in two sizes—one with a 6 inch reflector equipped with a special 125 watt globe; the other with a 9½ inch reflector with a 200 watt globe. The hoods are made of polished aluminum, they are light in weight and easily portable. A metal hand clamp holds the handle firmly in position. The heat rays are reflected in parallel lines to give the greatest heat over the largest area.

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The Pedestal Ray-O-Lite Lamp in lowered position

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RADIANT HEAT

This consists of the application of a lighted electric lamp surrounded by a suitable shade or reflector to the part affected. It is a most excellent heat to relieve pain. The heat is more penetrating than that from any

other source except the arc light and sunlight. It is a capital means of relieving pain of the spine, various joint pains, and all kinds of neuralgic pains.

FLAME HEAT

Heat from an open flame. The heat rays which radiate from a blazing fireplace may be utilized for relieving a painful spine, side pain, and other non-inflammatory pains involving any large portion of the body.

ARC LIGHT

A most effective means of relieving visceral and spinal pains. The heat must be concentrated by means of a reflector of a proper shape.

SUNLIGHT

Sick animals nearly always lie down in the sun, unless suffering from inflammation. There is no better remedy for general neuralgic pains than a sun bath. With the sun bath, the general electric light bath may be employed.

HOT AIR

A current of heat driven into the ear is a most effective means of relieving earache. A general hot air bath removes rheumatic pains.

ALTERNATE COMPRESS

The alternate application of hot and cold compresses is an effective means of relieving pain with internal congestion. The application is made over the painful part, and affords relief by diverting the blood to the surface.

ALTERNATE SPONGING

The application and effect are the same as in the alternate compress. Very much hotter water can be employed, however, when the parts may be rubbed with ice in alternation with the hot application, a most powerful revulsion may be induced.

COLD RUBBING

This is an excellent means of relieving certain forms of pain. Neuralgia pains are usually aggravated by this means, but pains due to congestion are usually relieved. The parts must simply be rubbed with a cloth dipped in cold water. The temperature of the water should not be greater

than 60° F/16° C. It is often necessary to continue rubbing for a long time until the surface is thoroughly reddened.

ICE BAG OR ICE COMPRESS

Patients with inflammation or congestion are best relieved by the application of a small ice compress or an ice bag over the painful part. Generally, it is well to apply heat to some distant part in connection with the ice application, or to make a general hot application so as to prevent chilling.

HEATING COMPRESS

Wring a cloth out of cold water and apply over the painful part. Cover with mackintosh* and then with several thicknesses of flannel. The moist cloth will quickly become warm, and will retain the heat for a long time. It acts as a poultice, and is fully as effective as a poultice (besides being much cleaner) in deep-seated spinal pains, as found in pains due to indigestion, chronic catarrh of the bowels, and constipation. A heating compress applied to the abdomen will often relieve congestion of the head in headache, and so induce sleep.

FOMENTATIONS FOLLOWED BY THE HEATING COMPRESS

This is a most effective means of relieving pain in chronic rheumatism. The heating compress should usually follow the fomentation, and is invaluable as a means of removing sciatic pain, lumbago, and most other deep-seated pains due to nerve trouble. It is excellent in neuritis.

COTTON POULTICE

This is similar to the heating compress. The parts are covered with cotton covered with mackintosh and then with flannel. The heat induces perspiration, which accumulates in the cotton and moistens it so that after a time the application really becomes a hot application. Its effects are the same as a poultice, but more cleanly and effective.

CLAY POULTICE

Potter's clay mixed with water to the consistency of very thick cream, and applied to the painful parts, often affords relief. This is a most excellent application, far better than bread and milk poultices or any similar preparation. Under the name of "antiphlogistine", a clay paste is sold

*Mackintosh refers to rubberized fabric used to retain moisture and heat during hydrotherapy applications. —Ed.

in many drug stores. Our experience is that this preparation is no better than ordinary clay prepared as suggested.

In making the application, the clay is spread over a cheese cloth or napkin and applied to the affected part. It must be warmed before using. Warming softens and facilitates the application, and at the same time the heat itself helps the effect.

GENERAL HOT BATH

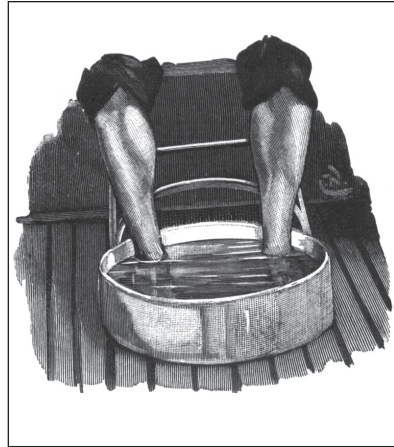
Severe internal pain is best relieved by a general hot bath, which, drawing the blood to the surface, often affords complete relief in severe pains due to gall stones, gastritis, antritis [inflammation of the stomach's antrum] and other visceral affectations in which pain is present.

HOT BLANKET PACK

This is similar to the hot water bath, but is not so effective. It can sometimes be more conveniently employed. It is useful in relieving the pain of menstruation and the pain of appendicitis.

FOOT BATH

The water should be as hot as can be borne. Use 105° to 120° F/41° to 49° C. The temperature of the water can be gradually raised. The deeper the water, the greater the effect. The leg bath is still more efficient than the foot bath, but not always so convenient as the hot foot bath, which may be taken in bed. If necessary, a fomentation may be applied to the feet, but the effect is not as good as that produced by the hot foot bath. It is an excellent means of relieving severe pain in the head; also ovarian and menstrual pains.



Foot bath

REVULSIVE SITZ

With the feet in hot water, the patient sits in water at a temperature of 102° F/39° C and the temperature is gradually raised to 110°, 115° or even 118° F/43°, 46°, or even 48° C, as hot as can be borne. The skin should be well rubbed. After four or five minutes the patient

rises, and cold water is dashed over him. If cold water induces pain, the temperature is gradually lowered. In this case the patient remains from five to ten minutes longer in the bath, the moist surface being rubbed. This prevents chilling after the bath, and increases the permanency of the effect produced.

HOT HIP AND LEG PACK WITH ICE BAG

This is especially for the relief of pain due to pelvic inflammation in women, or appendicitis in either men or women. The hips and legs are wrapped in a blanket wrung out of hot water, and after the patient begins to feel warm, the ice bag is slipped under the blanket and over the affected part. This is a most excellent means of combating appendicitis. By the removal of this application for two or three hours, severe attacks of appendicitis may usually be avoided.

ICE BAG AND FOMENTATION

Sometimes, but sometimes not for toothache, lay an ice bag on the side of the neck under the jaw and fomentations to the side of the face. If necessary, employ the hot foot bath and hot hip and leg pack.

HOT ENEMA

The temperature of the water should be from 102° or 108° F/39° or 42° C. A copious enema will relieve severe intestinal pain in a marvelous way, and also the pain of gall stones, renal colic, appendicitis, inflammation of the bladder, and neuralgia.

REST

Absolute rest of the painful parts is usually necessary. Rest in bed is required for the relief of severe internal pain. In pleurisy pain, rest of the affected lung should be secured by fastening a tight bandage around the lower part of the chest.

POSITION

Pain in the limbs accompanied by throbbing may generally be relieved by raising the limb one or two feet from the bed or couch upon which the patient is lying.

One or more of these methods should be tried in nearly all cases in which pain is present to a distressing extent, and cases are very rare in which complete or substantial relief may not be secured. There is one great advantage in relieving pain by this simple means, in that there are no unpleasant after-effects. When drugs are used, the cause of the pain

is not removed, and when the effect of the drug is gone, the patient usually suffers more than before. This has the effect of rendering the patient worse rather than better. The simple measures above described relieve pain by removing the cause of it, and so are not followed by any unpleasant reaction.

—*Modern Medicine*

[Fomentation] consists of an application of cloths wrung out of water as hot as can be borne.

A rubber bag is filled with hot water, and is an excellent means of relieving pain in deep-seated parts and other pains in which inflammation or congestion is not present.

The alternate application of hot and cold compresses is an effective means of relieving pain with internal congestion.

Neuralgia pains are usually aggravated by this means, but pains due to congestion are usually relieved. The parts must simply be rubbed with a cloth dipped in cold water.

A heating compress applied to the abdomen will often relieve congestion of the head in headache, and so induce sleep.

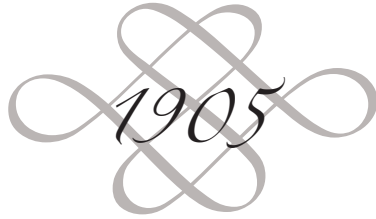
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INFLUENZA

JOHN A. R. GRAY

THE EPIDEMIC OF CEREBROSPINAL MENINGITIS

E. KOEHLER

ULCERS

POT CHEESE AS A REMEDY

DIET DURING CONFINEMENT

PUERPERAL FEVER, ITS PREVENTION AND NATURAL TREATMENT

SKIN ERUPTIONS AND THEIR TREATMENT

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INFLUENZA, SIMPLE TREATMENTS

by John A. R. Gray

The Naturopath and Herald of Health, VI (1), 8. (1905)

It would seem as if influenza* had taken up a permanent residence in the British Isles in place of the occasional visits with which we used to be favored. This is having a serious effect on the health of the country no one can longer doubt. Almost weekly, the papers record the serious illness or death of some well-known man from influenza or its sequelae. This is only a surface indication of what is going on all over the country. It is, therefore, important to know just how to tackle influenza when it appears and in a simple way.

The medical man flies at once to antifebrine, antipyrine, salipyrine [salicylate antipyrine] and other drugs. But the only persons who benefit are the druggists. The secondary diseases following this treatment are a warning to everyone. Here, on the other hand, are the natural curative treatments yielding splendid results. The complications just mentioned never occur when influenza is treated on this system. Of course, the earlier the treatment is begun the better.

Influenza takes hold of its victim without much ceremony. A few attacks of more or less severe, cold shivering and fever sets in. Soon the head, breast and stomach are involved, according to personal peculiarity accompanied by weakness, languor, headache, trunk and legs pains, loss of appetite, etc. If the case be serious, there may be excitement and delirium. On the degree of fever will depend the exact treatment.

The Kneipp treatment is a bit severe, perhaps, but it is exceedingly successful, and many a time performs a cure before a full day has passed. The patient is immediately put to bed and a neck and trunk wash with cold water is given. The wash must not exceed ten seconds, and no drying is done. After covering the neck with linen, the body is tucked in with warm light blankets. The wash is repeated every hour and a spoonful of water is drunk at the same time. Soon perspiration breaks out and danger is past.

Another very simple treat-



A cold ablution

*Influenza, still a serious illness today, was the leading cause of death in the early 1900's. —Ed.

ment is to have a short rubbing or bath of the whole body with water 73° F/23° C. Don't dry, but get into a well-warmed blanket, tuck snugly in bed, and have additional blankets laid on top. Repeat twice or thrice a day. At long intervals, draw water 77° F/25° C up the nose.* The first thing necessary is to restore a healthy condition of the skin and to this end, the whole body must be made to perspire evenly. Use an enema for the bowels.

As long as there is no appetite, don't trouble about food. Drink cold water and homemade lemonade. When food is necessary, give oat or whole meal gruel and stewed or boiled apples or other fruit, and good brown bread. Open the windows for fresh air. If able, get out in the sun for an hour occasionally.

There are scores of other applications on natural lines suited for influenza, but they are difficult to explain clearly without much space. The treatments here recommended are simple but they are powerful in effect.

The great advantages of the new method are that they so effectually help the body to throw off all morbid matter and they have no bad after-effects. They may be a little troublesome to apply, but they cost nothing.

—*The Scottish Health Reformer*

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The wash must not exceed ten seconds, and no drying is done.

The wash is repeated every hour and a spoonful of water taken inwardly at the same time. Soon perspiration breaks out and danger is past.

Another very simple treatment is to have a short rubbing or bath of the whole body with water 73° F/23° C. Don't dry, but get into a well-warmed blanket, tuck snugly in bed, and have additional blankets laid on top. Repeat twice or thrice a day.

As long as there is no appetite, don't trouble about food.

Open the windows for fresh air.

*A neti pot accomplishes the same purpose. —Ed.

THE EPIDEMIC OF CEREBROSPINAL MENINGITIS

by E. Koehler

The Naturopath and Herald of Health, VI (6), 162-163. (1905)

This epidemic has been raging for weeks in Silesia. Even where this plague has not assumed a malignant form, the percentage of deaths is 30, but where it has been severe, the mortality has been as high as 80 percent. Those who recover suffer from evil effects left behind, their intellectual capacities, in many cases being seriously impaired; while blindness and deafness frequently follow this disease. If only for these reasons this epidemic has, with good cause, attracted general attention.

If we would understand this disease, we must bear in mind that the centres of our nervous system—the brain and the spinal cord, are carefully protected. The latter are covered by three different skins: the hard, the soft, and the arachnoid membrane. In cerebrospinal meningitis the soft cerebral meninges becomes inflamed. The virus of the disease is not positively known, but is believed by many to be a bacillus which causes dimness of sight, bleeding, and accumulation of water or pus on the soft cerebral meninges near the cranial cavity in the outer part of the soft spinal meninges. Children and young people, and more men than women, are most frequently attacked by this disease.

The trouble caused by this disease will, therefore, proceed from the brain and the spinal cord. The first symptoms are unbearable headache and stiffness in the nape of the neck. Patients will bury their heads deep in the pillows; hence, the name *cerebrospinal meningitis*. Vomiting frequently occurs in the beginning. If pus is forming on the cerebral meninges, this is denoted by irregular rigors; there is always, more or less a high fever. In the first stage, the pulse is very quick but afterwards it becomes slower.

As this disease may easily be taken for typhus or inflammation of the upper apexes of the lungs, physicians are anxious to watch for accurate symptoms. These are frequent loud shrieks, acute pains, whenever the skull is touched, and the contraction of the abdomen.

Unconsciousness in such a condition is natural. In slight cases the patient's faculties seem only benumbed; in severe cases he becomes delirious and totally unconscious. Frequently, the spinal cord is contracted to such an extent that the patient only rests in the bed on his head and his feet. Whenever the skin is touched, it becomes dark red. The limbs, the rectum and the bladder fail to act spontaneously. Consequently, evacuation has to be caused by enemas. Occasionally, herpes will appear on the lips. There will also be lack of appetite, constipation, and inflammation of the windpipe. These symptoms vary, of course in different persons,

and according to the individuality of the patient, they will be more or less aggravated. The length of the disease's course varies. There have been comparatively mild cases which have been overcome in eight to fourteen days. Many have terminated fatally within a few hours; others again will last from six to eight weeks. In any event, this disease is of a serious nature, and one of which the issue can never be predicted with any degree of certainty.

TREATMENT

The following points are of importance in the treatment: the brain and spinal cord being inflamed, the inflammation must be diverted from these organs, though without disturbing the patient who, first of all, has to be treated with the utmost care; quiet being absolutely essential to recovery. This diverting is done by washes at 22° to 24°C / 72° to 75° F; by enemas which should be kept in the bowels; and by putting hot bottles at the feet, and if possible, under the forearms. These washes are repeated whenever the temperature of the body increases; enemas may be applied from four to six times a day. On the head an eight times folded compress of 22°C / 72° F should be put, which must be changed every ten minutes. Under the back, from the nape of the back to the coccyx, an eight-fold compress of 22°C / 72° F is put on a rubber or flannel cloth. If the fever is not high, warm compresses may be put on the abdomen.



Head compress

In regard to food, the following points should be borne in mind. In total unconsciousness no food should be given, for it might enter the windpipe and cause inflammation of the swallowing organs. But if the patient, in any way, signifies comprehension of his surroundings, he may take a few drops of milk, or gruel with fruit juice or some fruit sauce.

First, we must reject the ice bag that some physicians always apply. Hot baths are recommended by some, but the writer is not familiar with the effect produced. So as far as theory goes, this method may be correct, as they are calculated to cause a thorough perspiration, and in this way relieve the cerebral organs. The most scrupulous cleanliness must be maintained in the sick room, and a current of fresh air must be kept flowing through it.

We do not assert that the method of treatment indicated is perfect;

but it should produce better results than many others. In any case, we can safely recommend patients, attacked by this disease to use the natural method of healing.

—Berlin

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ULCERS

by Benedict Lust

The Naturopath and Herald of Health, VI (7), 189. (1905)

Ulcers may be disinfected by honey, which is much to be preferred to carbolic acid. The honey should be put on a linen rag, and applied to the wound. It is well to wash the wound first with honey water to which have been added a few drops of arnica or calendula tincture. Honey mixed with rye flour will help to bring an ulcer to a head. Burns can also be healed by honey.

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POT CHEESE AS A REMEDY*

by **Benedict Lust**

The Naturopath and Herald of Health, VI (7), 192. (1905)

A woman noticed a protuberance on her left breast. It became as large as a pigeon's egg, and became inflamed. When it began to cause her pain and sleepless nights, she consulted a physician. He called it a phagedenic ulcer, and prescribed injections as preliminary to an operation.

Alarmed at this prospect, she consulted a partisan of the Nature Cure method who prescribed compresses of pot cheese. And behold! After the first trial, the pain as well as the inflammation abated.

Glad of this result, she returned to the physician. When she told him of her experiment, he only smiled incredulously. But when he looked at the protuberance, he could not refrain from acclamations of wonder and advised her to continue these compresses. It was not long before this protuberance disappeared without any injections or operation. The woman was cured by one of Father Kneipp's plain remedies.

*Pot cheese is better known as cottage cheese. Cottage cheese was traditionally made by fermenting raw milk until curdling took place. It has a characteristic sour taste and does not resemble the commercial brands on store shelves. —*Ed.*

DIET DURING CONFINEMENT

by **Benedict Lust**

The Naturopath and Herald of Health, VI (10), 281-282. (1905)

Under "Diet During Confinement" I present all rules prescribed to patients in order to facilitate a painless and not dangerous birth. The good results which I have obtained with the diet during confinement induce me to make them known to other women too.

The dangers of a birth consist in: the failure of the placenta to detach from the uterine wall, the bad position of the child in the womb, premature loosening and falling forward of the afterbirth, disproportion of the size of the child as compared with the width of the pelvis and weakness of the muscles producing the labor pains.

In my opinion, the large quantities of liquids usually taken for quenching the thirst, particularly coffee in the morning, the afternoon, the evening and other times, as well as soups as the first course of a meal, or even the few glasses of beer, only cause watery blood. I have observed in cattle that, if they get much warm water to drink during the period of their pregnancy, they become usually strong and discharge much amniotic fluid when giving birth. Women who drink much and eat a great deal of soup become enormously large and look as though they might be carrying twins. This "becoming large" is due to the fact that the watery blood has the tendency to furnish much liquid for the formation of amniotic fluid.

If in this way, by taking much warm liquid, a large quantity of fluid is produced, the fetus moving easily in the amniotic liquid can easier turn about than when the quantity of fluid is less, and the consequence is that the fetus not only gets into a wrong position, but can also cause a knotting of the navel cord. The large volume of fluid further pushes the afterbirth in such a way towards the uterus that it grows on to the latter. The exceedingly large extension of the abdomen caused by the abnormal quantity of this liquid weakens the muscles of the abdomen by the unnecessary expansion, and the consequence is that at the time of the birth they exercise very little pressure; the birth action becomes hindered on account of insufficient labor pains. Whether the increased volume of the abdomen causes the bending forward of the placenta has not been ascertained, but it is most likely that this is the case.

A second cause of difficult births is the lack of development and strengthening of the abdomen. Exercise, massage, sitz and tub baths, washings, etc., will do much to strengthen the muscles involved.

A third cause of difficult births is an improper diet, by which the child becomes too fat, too strong and too heavy, or even develops too heavy bones. As well, if women have too narrow a construction of the pelvis,

or if the fetus is too large and the birth passage too narrow, it is natural for them to experience difficult births, splitting of the bowels, and other serious disturbances, especially if they are child bearing for the first time. An exclusive fruit diet would really be the proper food for pregnant women because husky and floury foods containing too much lime salt produce considerable formation of fat and hard bones. If excess meat and eggs as well as husky fruits and quantities of liquids are avoided, the conditions for a painless birth are given.

In cases of an irregular pelvis or very small depth of the pelvis (Conjugata under 11 centimeters), a dangerous birth or even a premature birth often cannot be avoided. Women who in childhood have suffered from rachitis [rickets], and as a consequence have an irregular or otherwise narrow pelvis, should never marry and have children.

CASE

The following case of my practical experience will show how much can be done in such instances. A lady of twenty-three years of age consulted me several years ago for a certain case. She had gone through three artificial births, at each of which the head of the fetus had to be taped. After each difficult birth, she had inflammation of the abdomen, and owing to the consequences of the latter (I may mention, by the way, that it was chronic inflammation of the uterus from growing together with other organs) that she came to me for advice. After being cured, she became pregnant again and consulted me once more. Owing to the following prescription of diet, which she adhered to religiously, she now has two healthy children, a boy and a girl. The birth was difficult indeed, but the assistance of a physician was unnecessary.

DIET DURING PREGNANCY

1. Avoid an abnormal use of liquids, particularly, soups and coffee; drink only when thirsty.
2. Do not eat much meat, particularly stringy, gristly meat, and gelatin. The meals should be lightly seasoned.
3. Avoid husky fruits (lentils, peas, millets, and beans), black bread, shredded bread, shredded meal and black meal in general.
4. Abstain from spinach, strawberries and chalky cheese.
5. The food should principally consist of fruit and nuts, a few eggs, milk in moderate quantities, butter, curds, thick milk, Bilz's Nutritive Salt Cocoa, Kneipp's Malt Coffee, white bread, green vegetables, rice, a few potatoes, grits, oat meal, carrots, beans, cauliflower, asparagus.

6. During the second half of the pregnancy take: every second day a sitz bath of 86° F/30° C; twice a week a tub bath of 90° F/31° C; every morning a washing of the body with water at a temperature at 81° F/27° C; frequent washings of the body with cool water; exercise in fresh air, light work. Six weeks before the birth, leave out only the sitz baths.

Exercise, massage, sitz and tub baths, washings, etc., will do much to strengthen the muscles involved.

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PUERPERAL FEVER, ITS PREVENTION AND NATURAL TREATMENT

by Benedict Lust

The Naturopath and Herald of Health, VI (10), 282-284. (1905)

Puerperal or confinement fever is no doubt one of the most dreaded diseases among women. According to its character, this disease is to be classified under the diseases caused by infected wounds. A wound which is not clean can lead to all kinds of blood poisoning, be it erysipelas or fever due to abscesses.

In a similar way, we have to account for the beginning and further development of the confinement fever. The cause for the disease, in such a case, is a wound and such wounds always happen with women giving birth to a child. That the confinement fever is not a disease by itself is proven by the fact that the infected matter has been transferred, by ulcerating wounds, to women in confinement and caused puerperal fever, while on the other hand, nurses who had slight abrasion on their hands, in coming in contact with sick women in confinement, had been affected with erysipelas.

As regards the chances of transferring the disease, there may be many different ways. It can either take place by using unclean sponges, by the hand of the attending physician or midwife, or by unclean instruments. On the other hand, however, the causes of confinement fever may lie in decaying substances in the organism itself. The whole way of living and proper diet play an important part in this connection. The disease, for instance, is very seldom found among country people, principally for the reason that their way of living is a much more natural one than that of the city inhabitant. As various organs can participate in the process, it is clear that the disease will not always take the same course with different people.

The illness usually begins with chills and fever. There appear disorders in the abdominal organs and it frequently happens that peritoneal inflammation sets in later on. Also, pleurisy may set in and the lungs, the heart and sometimes the muscles of the heart may be affected.

The questions arise, such as, how can this disease be prevented, what prospects are there for a cure and what means have to be used to effect it? In view of the fact that certain special contagious germs have been discovered in this disease, medical men usually recommend for its prevention such disinfectants as carbolic acid and sublimate, which kill such germs. It must be admitted that the disease does not occur so often as formerly. This, however, is principally due to the cleanliness observed nowadays and particularly to a careful cleansing of the instruments. With germ killing

methods, even if used in prescribed quantities, blood poisoning frequently occurs, and Professor Billroth of Vienna, one of the leading representatives in that line, himself warns against the use of these antiseptics.

Naturopathy possesses much safer and much less dangerous means.

Leading men of the old school recommend ice bags in cases of confinement fever and it may be well to mention a few words in this connection with regard to the effect produced by ice. The temperature is naturally reduced. The blood vessels contract at first but later relax, thus again allowing more blood to flow to the inflamed organ and increasing the danger of spreading the disease. If, in less serious cases, the patient recovers, it is not surprising if inflammable matter remains, as it was not removed by warm wrappings. This matter may be the cause of chronic peritonitis and dislodgement of the abdominal organs, which is frequently accompanied by serious disturbances of the health in general.

Naturopathy does not use any of the so-called germ killing antiseptics, for prevention of the confinement fever, because it possesses more effective means which have no dangerous consequences. For the prevention of confinement fever it may be recommended to take sitting baths of a temperature of 87° F/31° C, for example, for about six weeks before the birth. The effect of these baths consists in that they clean the organism from impurities and give a greater suppleness to the abdominal organs. The sitting bath proves to be not only a reliable way of preventing confinement fever, but it also gives an easier birth, as proved frequently in practice.

What course should we take for curing the disease? The body



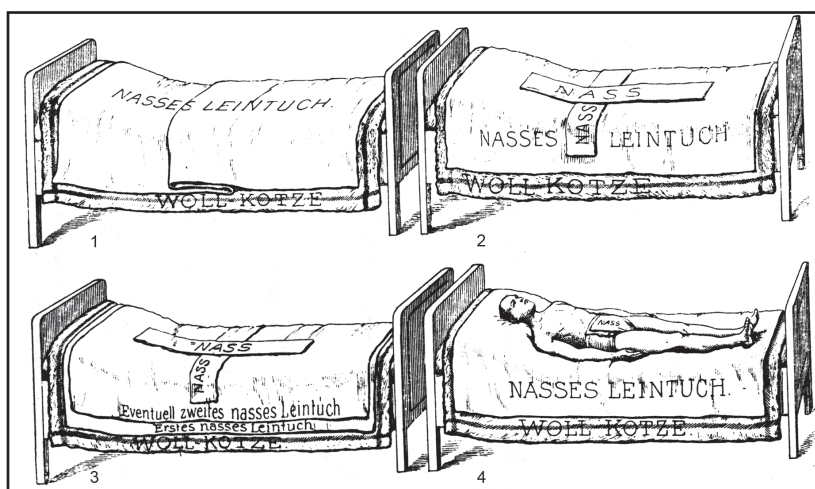
Cold sitz baths were immensely helpful to convalescing women after delivery.

has a tendency to discharge diseased matter of any kind, be it due to accumulation of germs or not. This matter is first made liquid by the blood and then discharged by the millions of pores of the skin.

Naturopathy possesses means in the form of natural stimulants which, in healthy days, increase the health of the body, and in case of sickness support the healing tendency of Nature. To these natural stimulants belong, first of all, water in its various ways of application.

Three-quarter packings, with bed steam bath at the same time, will assist much to discharge the diseased matter.* Another very valuable form of packing is the cross packing or T bandage, which will do much good for this and other women's diseases. This packing is applied by sewing together two linen bandages in such a way that they form a right angle. Owing to the form of a Latin "T" these bandages are called T bandages.

This T bandage [or pack], made of linen or raw silk, is moistened in water at 80° to 86° F/ 27° to 30° C and after being put on, covered with a T bandage of flannel. This cross packing can also be used in connection with a bed steam bath, by putting two jars of hot water on both sides of the hips.



An example of the Priessnitz T bandage

As a means of diverting the blood, use packings on the calves, or cover the calves with wet stockings. A sitting bath between times of a temperature of from 80° to 84° F/ 27° to 29° C is recommended.

*A three-quarter packing is a wet sheet wrap that uses a wet cloth wrapped around the body extending from the axilla to the knees. The bed steam bath refers to a modification of the wet sheet wrap in which glass bottles filled with hot water and wrapped in cloths are placed usually outside the three-quarter or full wet sheet wrap along the thighs, calves and feet. —Ed.

In cases where the fever is very high and is likely to become dangerous, I would recommend cooling half baths (from 78° to 80° F/26° to 27° C) for the purpose, or if the patients are not easily mobile, apply every two to three hours a washing in the bed of the entire body with water at a temperature of 60° F/16° C.

A mild diet, without spices in the food, is imperative.

The applications may have certainly to be altered somewhat to suit each individual case. By treatment according to the principles of Naturopathy confinement fever will lose its terrors entirely. In applying the natural treatment without delay, we can be sure of success and in many cases this method has effected cures where Allopaths had given up all hope.

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SKIN ERUPTIONS AND THEIR TREATMENT

by **Benedict Lust**

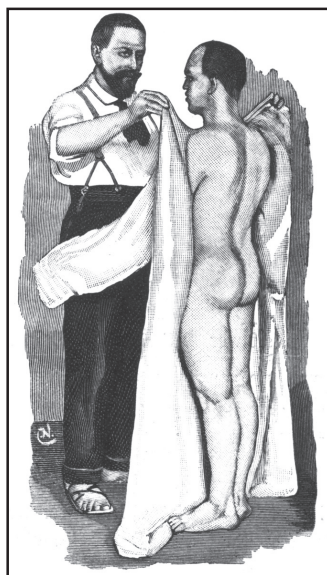
The Naturopath and Herald of Health, VII (11), 311-312. (1905)

If we would not clean a house for six months, how much dust and dirt would collect there? And so it is with Nature. We inhale much dust and bad air and eat poor food which cannot be digested and which carries many impure substances into the blood. A weak constitution is not in a position to remove the substances immediately. They settle in all parts of the body, frequently destroying some parts entirely and ruining others. That bad air has a harmful effect, especially on the lungs, is proved by factory workers who spend most of their lives in dusty and stuffy factory rooms, and who at home also, particularly in large cities, have only small, damp and badly ventilated homes. It is this class that shows the greatest death rate in consumption.

Often there is a battle between the substances of disease already deposited in the body and those newly entering it. In the spring, children are apt to catch the measles, "purples" or scarlatina.* Nature is anxious to throw off the bad substances that have accumulated during the winter. Grown people also are often subject to smaller or larger eruptions in the spring and afterwards enjoy much better health than they did before, for the simple reason that the diseased matter has been cast out by the little eruption.

What should be done for such diseases? Nothing is better than Nature in its effort to discharge the diseased matter from the body as soon as possible. This is best done by a shirt dipped in salt water or hay flower decoction. Washings will also prove beneficial, as they open the pores. In repeating them perspiration will be brought on, which helps to expel and to wash away the bad substances. The same refers to "purples" and scarlatina as well as to the different kinds of pox; they all organize from the same source.

But just as there are smallpox and eruptions that come out, so there are some that go into the body instead, and they are dangerous. Therefore, we must spare no effort to make the diseased



Wet shirt treatment

*Purples or scarlatina is a rash due to spontaneous bleeding of the skin and was frequently found in complications with scarlet fever. —Ed.

substance come out. All these diseases are accompanied by great heat or fever, and this can only be overcome with water, else the heat will spread quickly and cause great destruction.

In cases of scarlatina, the substances of disease are not thrown off by allopathic treatment, but continue their destructive work internally. In such cases, dropsy often sets in, or the bad substances affect the lungs, the eyes or the ears. Many have become deaf or blind through scarlatina.

We know how much influenza affects such people as are already in poor health. Some can never recover from the effects of this illness. In all these cases, water gives the best help in time of need. It strengthens the body, dissolves the substances of diseases and carries them off quickly and safely. It is best, in all these diseases, to wash the body as soon as heat appears, or to take a quick half bath of two seconds duration and washing off quickly the upper part of the body. If the heat reaches a high point, wrappings will do good service. Internally, only cooling things should be given in cases of great heat. The mistake which nearly all nurses make, of inducing the patient to eat, should be avoided. Do not give the patient anything to eat when in such a condition, until he requires food. The stomach is unable to digest properly, which explains the lack of appetite. Food forced on the patient remains in the stomach undigested, decays and causes him much pain. In general, never give any food to the patient which does not agree with him.

The thirst in such cases is considerable, and often, indeed cannot be quenched. Be careful not to give too much drink at once; give only very small portions. One to two spoonfuls will suffice; but give them every half hour. Fresh cold water given in small quantities is the best beverage. Things that cool and are nourishing at the same time may be added to the water. In such cases fruit juices are excellent, especially elder juice. Milk boiled with honey is also a cooling drink. Milk is like a cooling plaster for the stomach, but it should be boiled. Milk boiled with fennel is also very good. Honey boiled in water also furnishes a good cooling drink. Of all these beverages never give much at a time, but give it often—one to two spoonfuls every hour. It will be well to change all these beverages frequently, because the patient will often tire of the same, if given constantly.

It is not advisable to give the patient broth; broth contains very little nourishment. Besides, it often contains all the bad substances of the meat or the bones; the thing that makes broth pleasant is principally its warmth and the taste of the roots and spices with which it is cooked. Cold broth of meat and bones, cooked without any seasoning, will not be palatable to anyone. Instead of meat broth, give bread soup. Cut black bread in slices and toast it until it becomes quite brown. Pour on these brown slices

boiling water, cover the vessel and let it stand for a few minutes. It will make a nice brown broth which should be given to the patient by the spoonful. It has great nourishing qualities and does not produce any gases. If the patient is doing better, give him also a little bread. Let the soup boil for some time, so that the bread boils with it and becomes thick. A soup made of toasted flour is also recommended to convalescents. These soups contain all the good qualities of the wheat and strengthen the weakening body considerably.

Patients treated in this way will recover quickly, and the much dreaded consequences which such diseases often have treated will not occur.

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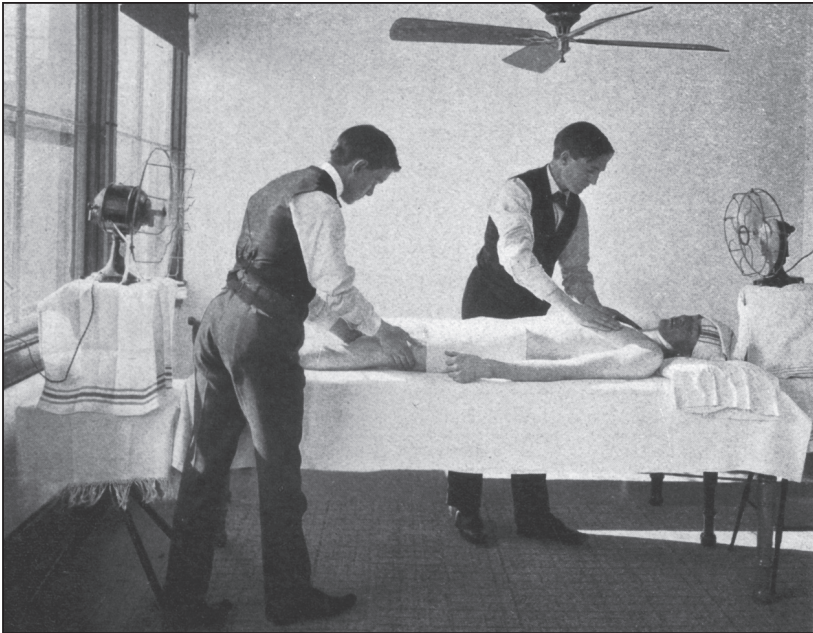
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PRINCIPLES FOR TREATING FEVER*

by P. Sebastian

The Naturopath and Herald of Health, VI (11), 325-326. (1905)

In any case of fever, the skin, in which the perspiration glands are continually active, even if dry, demands special attention. I can only lay down general principles; it is a matter of course for the physician to individualize in any special case. Fresh air is of the very first importance. I feel that most patients, if kept in continually renewed fresh air, air bath, warm enough to prevent them from ever feeling cold, and if administered frequent ablutions at 72° to 77° F / 22° to 25° C, as well as half baths, would recover in a very short time.



Air baths could be administered using fans.

Air baths may be taken while lying in bed, by turning the blanket every fifteen or thirty minutes. In this way, the body comes in contact with fresh air which draws out of the perspiration glands steam and poisonous matter.

When washing the patient, we must bear in mind that most of these glands are on the soles of the feet, in the palms of the hands and under the

*The original title was "Principles for treating persons sick with fever". —Ed.

armpits. Consequently, special care should be taken to wash these parts thoroughly.

Packs are also good, though their use is not essential; their application depends on the individual. I am bold to say that warm or tepid baths are of no value at all because they neither draw the skin together, nor effect any secretion of the sweating glands. If any good result is to be attained by these packs, the water must be of 77° F/25° C. A piece of linen or silk should be dipped into it, wrung out and put on the patient's head.

At that point, whole packs should be rejected and special ones applied, and instead of full baths only, half baths at 86° to 90° F/30° to 32° C should be given, lasting but a few minutes, and followed by a cold gush or a rubbing with the hands.

In regard to food, I may say that I have treated children who, during high fever, have refused any nourishment for days. I have advised the parents not to force them to take food. Though medical authorities recommend substantial food, such as meat broth, beef broth, eggs, wine, and other things, we Naturopaths respect this lack of appetite in our patients.

There are more important things to be done in this world than consuming food. People who are in love (that is, are always in a kind of fever), often enough do not touch food for days. Scholars whose whole attention is centered on some problem, will often arise from table, having scarcely eaten anything, to the great mortification of their housekeepers. A traveler, assaulted by a bully, will not ask permission to finish his sandwich first, but will at once defend himself. Any person sick with fever is in a similar position. Fortunately, the power within our body is more prudent than we suppose. The body, if not forced to live altogether contrary to Nature, contains a supply of energy which will stand its owner in good stead in any case of emergency. How great this amount is we may infer from the fact that a healthy man can live, subsist on water alone, for four or five weeks. Surely, then, any man suffering from fever may live without food for a few days. As soon as he is able to take food, the desire for it will make itself felt. To compel him to eat before he is ready is like forbidding a soldier to fight in the time of war. As long as the patient refuses food, let him have lemonade and unfermented wine, diluted with water.

I feel that most patients, if kept in continually renewed fresh air, air bath, warm enough to prevent them from ever feeling cold, frequent ablutions at 72° to 77° F/22° to 25° C, and also half baths, would recover in a very short time.

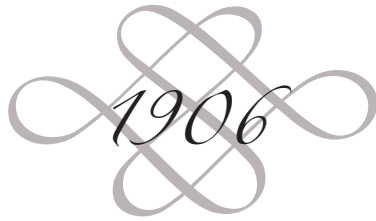
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CHOLERA, ITS SAFE PREVENTION AND CURE

BENEDICT LUST

THE RATIONAL TREATMENT OF TUBERCULOSIS

WALTER E. ELFRINK, D.O.

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The earlier volumes of the Naturopath which were called the "Kneipp Water Cure Monthly," extended from the years 1900 to 1902. The name Naturopath was coined by the editor to cover the broader editorial policy which he had entered upon in regard to natural methods of healing. In the early "Kneipp Water Cure Monthly" volumes the cream of the Kneipp cure methods as advanced and practiced by the late Father Kneipp are given. The Kneipp system is taken up and discussed in detail, and such articles as the Kneipp Apotheca, Reminiscences of the Rev. Father Kneipp, Stories of Father Kneipp, and a series of articles by the editor on "The True Method of Healing." From 1901 on, the Water Cure Monthly was changed to The Naturopath, which name it still bears. The earlier volumes of the Naturopath are equally as interesting as the "Kneipp Water Cure Monthly." In them will be found the elementary teachings of Naturopathy on which have been based the principles of healing that have made the word Naturopathy the most conspicuous in the healing art of the present day. Invaluable articles by such pioneer naturalists as Dr. Carl Strueth, Dr. Felix Oswald, Dr. H. Lahmann, Edward Earle Purinton, Sophie Leppel, Richard Metcalfe and others will be found scattered throughout these early volumes.

KNEIPP WATER CURE MONTHLY

AMERIKANISCHE KNEIPP BLATTER

The earlier volumes of the German Naturopath and Gesundheit's Rathgeber, extending through the periods of 1896 to 1901, were called the "Amerikanische Kneipp Blatter." These early volumes are a complete guide in German to the Kneipp System of Cure. Indeed, they have now become so valuable that we have ceased to send these volumes to foreign countries because we want to give our own readers the benefit of the few remaining volumes still on hand. The volumes contain the only printed lectures of Father Kneipp extant. These interesting lectures were collected and edited for future publication by the editor during his stay in Woerishofen. The volumes also contain a sympathetic biography by the editor of this gentle and loving priest of Woerishofen who, like his Master, "went about doing good" without regard to creed or sect. There are many articles contributed by his own pen and which were in substance the last messages of this great healer to his loving followers in "the Great Republic beyond the seas."

By offering the following books in combination sets, we are able to sell them at a lower price than ordinarily. Only a few of the bound volumes are on hand. When they are exhausted further copies cannot be obtained for love or money since the plates are all long since destroyed and reprint is impossible.

Benedict Lust actively promoted his publications as resources for Naturopaths.

CHOLERA, ITS SAFE PREVENTION AND CURE*

by Benedict Lust

The Naturopath and Herald of Health, VII (1), 13-22. (1906)

There is scarcely any disease so much feared as this Asiatic scourge. Its ubiquitous manifestation almost simultaneously in so many different countries and cities; the rapidity with which it runs its course; the inexorable rigor with which it demands its victims; and the great numbers of people so pitilessly snatched away by it are the reasons for the fear and horror by which everybody regards its approach.

How can we understand why this man-killing plague, recognized by medical science, and investigated by bacteriology, is allowed to devastate the world unchecked? We must certainly appreciate the efforts of government authorities to overcome this foe. They devise measures to prevent its propagation with all the resources at their command. First of all, each government tries to prevent its spreading, regardless of injury to trade or commerce, and vigorous measures are taken and executed by them in virtue of the power and the organization that every government has at its disposal.

Each community also does what it can in the same direction, to the extent of its powers. Though many towns do not yet fully come up to the mark, it is worthy of high appreciation that almost every town now has water fit to drink, that food is examined, and that all garbage is removed from the dwellings as quickly as possible. Notwithstanding all these things, however, cholera may invade palace and cottage in spite of all the precautions taken against it. When one knows that all these precautions are insufficient, the question arises: "Are these measures really sufficient to preserve and protect the lives of the public?" Do these measures answer their purpose, or is there still something further to be done? There is still something left to be done; in fact, the most important thing. The most effective measures remain to be taken by individuals themselves. How can anybody expect to continue in good health, if he himself does not take care of it?

The most contrary opinions are prevalent concerning individual health culture. In great crises it will not be enough for the rich man to pay his doctor a large annual fee, and for the workingman to be benefitted by dispensaries. And this, if only for the reason that nothing is done for the great public in general. In this respect the whole human race appears

*The original title of this article was, "The Cholera" and a subtitle, "Its Safe Prevention and Cure According to the Principles of the Natural Way of Living and Drugless Methods of Healing". There was no identified author of this lengthy article; however, the writing style is consistent with Benedict Lust's except that its lengthiness is uncharacteristic of his work. —Ed.

to be plunged into a deep error. It is a great and general mistake to leave the care of the public health to outside officials.

There is much talk about ablutions, baths, Kneipp's treatment, and so forth, but these only form parts of what is really necessary. The specter of cholera can only be exorcised by strict obedience to the laws of life, as clearly and distinctly taught by the natural way of living. Millions of people have already become partisans of Naturopathy; all right thinking people accept her gospel with a joyful response. At the same time, wicked or ignorant enemies oppose her everywhere. For this reason, I believe this new doctrine can only bear fruit if it is well appreciated and accepted in its full purity. "The signet of truth is simplicity," says the great Boerhave.*

It is just the stupefying simplicity which people cannot grasp because for ages they have been taught errors and false doctrines concerning health and the laws of life. The virtues of the forces of Nature will be revealed, if the proper measures and the right conditions for health be fulfilled, but these will be endangered if combined with drugs, alcohol, and patent medicines, cholera drops or any cholera medicine whatever; even cognac should not be touched.

Man is the most perfect creation of Nature. All healing power is centered in himself; it can never be instilled from without. It can only attain its fullest development if all obstacles are removed and the proper conditions for life are fulfilled.

Man does not live by what he eats, but by what he digests; that is, what he is able to change into blood. The waste has to be secreted through the kidneys and the bowels. Waste, according to Dr. Spohr, lasts from six to eight hours after each meal. Show me the man or the woman who has such a normal and healthy digestion. With most people, waste and repair are not equalized; the waste remains too long in the bowels which it obstructs with mucous, impedes their activity, and causes the creation of gases which first permeate the nearest tissues and organs and finally the whole body.

Gluttony and gourmandizing are the order of the day, thanks to the customary use of stimulants and the artificial way of preparing food. The poor stomach has all these things to accept, no matter whether suitable or not. But if the food cannot be transformed into blood, it will produce an evil effect on the system. By means of the circulation of the blood, impure humors are carried to all organs, even to the smallest cell. The very workshop of life becomes a centre for the development of disease. By the vital process of secretion, by the exercise of the limbs and the organs, waste matter is expelled. If it remain in the body, it becomes an

*A famous physician who lived in Leiden, Netherlands, at the end of the 18th century.

agent for the development of disease. The insufficient inhaling of pure air, inadequate exhaling of impure air, all drugs, poisonous vaccination, and inherited ailments introduced into the body, as well as useless dead matter, which has to be expelled as inorganic matter, check the vital forces or kill them in various ways. This morbid matter is the enemy of life and the destroyer of the body. In a word, this morbid matter is the very disease itself.

The more morbid matter the system has accumulated in itself, the better is it prepared for the reception of any disease. Cold, over-heating, excitement, fear, contagion, and so forth, afford opportunities for a struggle and will cause a fever; that is, an increased activity of the whole organism to expel all accumulated morbid matter and to purify the body. This morbid matter has been put in motion; friction and heat arise; the blood and nerves are roused to their fullest extent, and fever is present in full force. The more foreign matter there is to be thrown out of the body, the more violent the fever.

For the two organs of entrance, the nose and the mouth, there are four organs of egress, the lungs, the kidneys, the skin and the bowels. Besides the natural daily evacuations, there are four agencies by which disease can leave the body. The phenomena of fever are cutaneous eruption, offensive perspiration, and increased action of the kidneys, diarrhea, and other well-known bodily processes. These evacuations are indispensable necessities; they are beneficial deliverers; only these can bring about convalescence, a perfect cure and good health. If one were to suppress these efforts of Nature, the poison contained in the body would prevail, the organs would be impaired and death would be at hand.

Naturopathy assists the curative measures of Nature in many ways. The reports of well-known physicians, naturalists of first rank, almost all agree in regard to the preliminary conditions, and the course of phenomena of cholera. In the beginning, cholera appears mild, seldom simultaneously. The symptoms are indisposition, nausea, rising of the stomach, lack of appetite, constipation, and coldness of the limbs. In regard to health, man is very careless and accustoms himself to irregularities. An epidemic of cholera constitutes a loud warning to man to arouse his feelings of duty to take proper care of his body.

The first phenomena of cholera are: painless and light diarrhea that continually increases, the discharge becoming watery and streaked with blood. Later on comes great pain in the stomach and bowels, with burning thirst and violent vomiting. Then cold skin, cold limbs, sunken eyes, pointed nose, emaciation of the face, cramps in the calves, acute pains in the back, head and the bowels. Frequently, painful spasms of the heart are the next symptoms. Cold sweat, withering of the body and total collapse of the vital forces accelerate the approach of death.

The seat of cholera is the digestive tube. All morbid matter accumulated in the body will normally be expelled by the natural method of ejection. The mucous membrane of the digestive apparatus secretes so much moisture that apparently all the water in the organism is consumed. Because of the secretion of this liquid, the blood becomes thick. Consequently, thirst becomes intense, and should be quenched by fresh pure water, to which may be added the juice of a fresh lemon. Nature craves for water and this craving ought to be satisfied. The daily papers sometimes recommend beer; but however allowable that may be for healthy people, cholera patients must never touch it. The fever heat of the intestines is so great that the bowels of the dead are almost burned to cinders; indeed, the organs collapse and finally dry up.

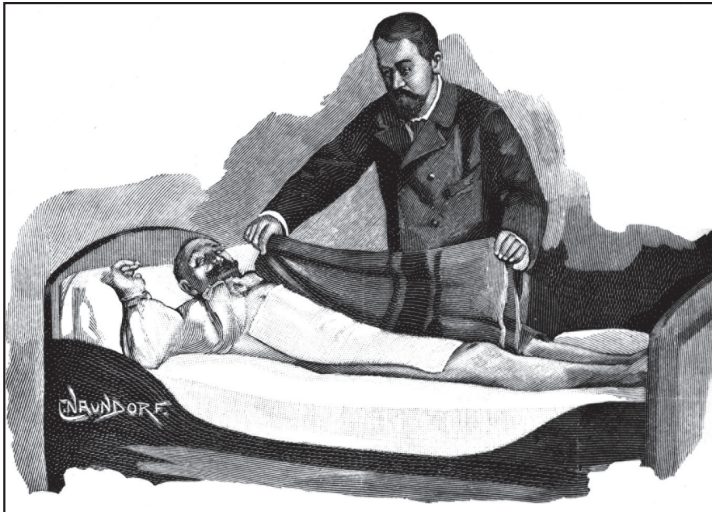
In order to cool the bowels, a trunk or sitting bath with rubbing should be taken; and this ought to be continued as long as the patient is benefited. By this process the intestines are cooled, the nerves strengthened and enlivened, the fever abates and the patient is saved by these means. While this bath is being taken, a bed vapor bath may be prepared, so that the perspiration may be continued. This bath, too, should last as long as the patient likes it. If the epidermis perspires, the heat of the mucous membrane is diverted and thereby relieved. After this perspiration the body may be cleansed and cooled in a bath of 68° to 86° F/20° to 30° C, the temperature depending on the condition of the patient. When the cooling process has been fulfilled, the patient may remain in bed or take a walk if able to do so. As soon, however, as discomfort and vomiting reappear, the whole process ought to be repeated. Now and then the enemy may be conquered by the very first baths. If not, as long as one particle of disease exists, the baths must be continued, as well as the heating processes. As long as the patient does not experience a sensation of pleasant warmth, it is possible for a relapse to follow.

Vincent Priessnitz, the originator of Water Cure, used to treat cholera in the following way:

The way to treat cholera depends, in part, on the physical disposition of the patient, and in part, on the progress the disease has made. If the patient is delicate, water should be applied at a high temperature, and the perspiration will be produced very leniently. If, however, the patient has already lost consciousness enemas must be given at once. If the symptoms, diarrhea and vomiting, are painful the patient should take a sitting bath at 60° F/16° C. If he has also a headache, a cold compress should be applied to the head. The patient ought to also rub his stomach and abdomen with wet hands, while somebody else rubs his feet, arms and back with cold water. For this purpose the person who rubs should dip his hands only, now and then, into cold water,

and then rub until the natural warmth is restored. During the treatment the patient should continually drink cold water; if he is too weak to hold the tumbler, somebody must do so for him. This drinking ought to be continued until the nausea, cardialgia, burning of the epidermis, diarrhea and vomiting have altogether stopped. Water should be taken in great quantities; several quarts an hour. This, considering the burning thirst, is not hard to do. As soon as the vomiting and diarrhea have ceased, let a cold compress be applied to the abdomen, and let the feet, hands and the whole body be rubbed until thoroughly warm. Then, if the patient is wrapped in a woolen blanket, and covered with a light comforter, perspiration will be produced, and, in most cases, sleep will follow.

If the patient perspires, as a rule, he is saved; but if he does not, and another attack comes on, let the same treatment be repeated. Doors and windows should be open so as to give free admittance to fresh air, but draughts must be carefully avoided. The patient may remain in this condition as long as he likes. His skin should be cleansed by a damp-cold wash. He may then rise, and dress; if strong enough, he may take a walk or some other exercise in the open air. The drinking of the cold water



An abdominal compress

should be cured. The compresses on the abdomen must also be continued as long as there is the slightest disposition towards nausea. The first requirement, however, is rest, so that the body may become strengthened and the sooner be restored to health.

The temperature of the water depends upon the constitution of the patient, but in no case ought it to be ice cold. The highest perspiration, when the water penetrates, can only be risked by strong natures.

If this treatment be applied at the very beginning of the symptoms, recovery will usually take place at once. If the symptoms repeat themselves even in a higher degree, it is possible that the applications have been made with water that was too cold.

NOTE—The water used for drinking, bathing or washing must always be fresh, if possible, from a well; a little warm water may be added to it, if too cold. The essential point in treating cholera is to restore both the suppressed exhalation and the activity of the skin by which the natural warmth is regained. To effect this, the water must always be fresh. The temperature for the bath should always remain the same. This is accomplished by using two bath tubs. The water in the tub should reach the navel of the patient. It would be dangerous to put the patient into an ice cold bath, for if no reaction were to follow, death would be certain. The compresses warm the body and excite its activity. The washes must not last longer than one or two minutes. Cramps in the feet will best be overcome by putting the feet into cold water and rubbing them until the cramps are subdued. Violent cutting pains in the abdomen and the rectum will be eased by administering enemas of cold water, while the patient is in the sitz bath. The patient should eat as little as possible, and whatever he eats must be cold. Milk must not be touched; a roll with butter and water is sufficient. Until the patient has thoroughly recovered, a light water treatment must be continued, so as to expel all morbid matter from the system.

In all diseases, especially, those of the digestive organs, mucous or slimy food is the very best. As soon as appetite returns, rice, barley or oats, cooked in water, minus the salt and butter, is the first thing a patient may touch; stewed fruit may also be taken. All food must be taken cool and in moderation. The patient should not be urged to eat; let him be guided entirely by his appetite. Fresh air, both night and day, is of greatest importance. The evacuations must be thrown out at once. The body and bed linen must always be strictly clean; all dirty, old clothes and shoes must be thrown out of the room. Light, air and water are healthier and more natural disinfectants than any chemicals. The odor of the latter may even cause new sicknesses. How long will people labor under delusions? They imagine themselves to be benefitted by chemical disinfectants while, on the contrary, they injure themselves by them. These delusions must be laid at the door of infatuated medical science. Who will ever prove that diseases have been prevented by chemical disinfectant measures? And where death demands its victims notwithstanding all disinfectant

measures, people reconcile themselves to the loss of their beloved one with the consciousness that they have obeyed the orders of the authorities. Everybody should take care to get fresh air, and bathe as much as possible. Everybody ought also to walk and take plenty of exercise.

The practice of sending patients to the hospital is not only painful and heart-breaking for the family, but it must be still more so for the patient. By being removed from the solicitous and tender care of relatives who accelerate life by careful and loving nursing, death might have been avoided or at least long delayed. What sympathetic physician will under-rate the influence of the psychic power necessary for the recovery of the patient? The delicate system of nerves may be agitated by any contrary influence which may lead to death. On the other hand, the home treatment may be of such beneficial influence that convalescence is soon at hand. For each man living up to Nature it would be like a death-blow, if from the practice of Nature Cure at home, he were to be given over to the poisonous treatment at a hospital. Any such proceeding is a mistake, an error, a horrid superstition.

Isolation is similar, because the bacilli are not the criminal, as discussed below.

The disease is mild if the patient is treated according to Nature. It will only become dangerous through drugs and disinfectants. Even the nurses and relatives will only likely be affected if they neglect to take proper care of themselves. Fear and anxiety will soon take wings, whereas if everybody has common sense, keeps cool and remains firm, then everybody is sure to resist contagion, and the bacilli are altogether harmless and innocent.

Each living organism, be it ever so small, must be nourished if it is to continue to exist. Where it finds food, there it will settle; where there is no food, it expires or disappears. The bacilli, microbes, bacteria, whatever their name may be, have been in this world since time immemorial. That is, ever since organic life began to pass from one condition to another; they compose and decompose, and they will continue to exist, notwithstanding the war made upon them by scientists. It is well that this shall be so. These diminutive creatures play an important part in the economy of Nature. They probably hasten and facilitate the process of putrefaction and the dissolving of decaying bodies. These are the sustenance for flies, beetles, worms, and the highly respected bacilli.

The well-known house fly is the best illustration for this statement. Every housekeeper knows how rapidly this insect breeds in warm places where dirt and remnants of food are kept and decompose. As soon as the food is thrown out and the place is cleaned, the flies disappear. The same observation can be made in regard to the bacilli, the most diminutive living organisms. Wherever these little creatures find means of existing, there they prosper; where these means are wanting, the bacilli are

not to be found. This proves that bacilli are not the cause but the effect of diseases. The individual having bacilli in his organism is sick, unhealthy, and filled with fermenting, decomposing tissues for the bacilli to feed on; otherwise, they would not be there.

An English professor, Dr. Klein, swallowed several thousand bacilli without the least injury to himself. The English Cholera Commission, consisting of twelve famous physicians, found in their investigations (1885) that the intestines of dead bodies did not contain the Koch bacilli; they were only found in decayed tissues and in excrements. Consequently, the physicians supposed the bacilli to be the products of putrefaction. "They are not in the least peculiar to cholera," writes Herr von Lillienbach. Drs. Klein and Gibles discovered bacilli in dysentery and other diseases in connection with decayed tissues, and Dr. Lewis found them even in the mouths of healthy people. Neither could the existence of bacilli in a pond near Calcutta be responsible for any case of cholera, because the people who used that water remained free from contagion.

Professor Koch in Berlin, the man of name and fame, who has introduced the laws of vaccination, who has invented tuberculin against consumption, who has discovered tubercles, cholera bacilli, and so forth, now ventures the statement that "the little ones" are in the excrements of the cholera patients. What have we to do with that? What does it profit the patient? We have the greatest respect for the industry expended on these researches, and we are amazed at the amount of money spent on these experiments, but we have still to learn how far and in what way they will benefit the world. The bacilli in the human body are killed by the medical police.

The duty of every human being is to keep his body clean and healthy, and then he will be proof against contagion. In a preceding number of this magazine, I have demonstrated how the cholera germs enter and originate in the body and how they leave it; this, of course, I could only do in general outlines. (Details will be found in Kuhne, *The New Science of Healing*, Leipzig.) Everyone who will use washes and baths as in harmony with his organism, and remain on intimate terms with air, light, sun and proper food, will always be proof against any contagion whatever.

Dr. L. Nichols has written us several letters in order to demonstrate the wonderful effects of the treatment of cholera by the natural way of living. In his introduction he says, "The fact may be taken as granted that a pure life and a clean body are the best preventatives against all diseases. Pure food, pure air and pure water are the best drugs. The best protection against any sickness is a body with the most pure blood possible."

Professor Sylvester Graham,* the most famous physiologist of all

*Sylvester Graham, a Presbyterian minister and reformer (1794-1851), was a central figure in health reform and inventor of the Graham cracker.

times, says: "About the epidemic in New York (1832),** I gave a lecture on the disease in the city in which I stated that total abstinence from meat dishes and meat soups, from all alcoholic and narcotic drinks, and from all kinds of stimulants, as well as, order and method in regard to clothing, bathing, sleeping, exercise, and the satisfying of the natural passions would be the very best way to prevent one from falling victim to the cholera. I repeated this lecture; and notwithstanding the powerful opposition I met on all sides, quite a number of citizens followed my advice. It is a fact that all those who submitted to this regimen, escaped that horrible pestilence; and if a few people showed symptoms of it, these were but slight."

Dr. A. Pollard says (1832): "During last summer and especially during the cholera epidemic, my duties made such claims on me that I often felt thoroughly exhausted for want of sleep and rest. During all this time I lived on one pound of coarse wheat-zwieback, baked without yeast, and spring water; I had no trouble with my stomach or my bowels, but enjoyed better health than I had for the last fifteen years. I also gained in weight. When I go over the notes I made, regarding my patients, I see that most cases were to be traced to an intemperate way of living or to serious dietetic transgressions. I speak of patients in hospitals as well as in families. At the same time I noticed everybody that followed a rigid diet and lived a plain, natural life, remained not only exempt from the cholera, but was also in perfect health."

Edwin York testifies: "My wife and myself felt very weak for a long time, and showed serious symptoms of pulmonary phthisis. We then followed a plain fruit and vegetable diet, and since that time our health has greatly improved. We and our children spent the cholera time in New York, strictly keeping up the vegetarian diet. Our neighbors often enough fell sick. The cholera raged, and many people around us were seized by the epidemic, while my family and I were spared."

"Benji Titler, an old Scotchman, lived at this time exclusively on fruit and vegetables. Just as an experiment by his own choice, he had taken his abode in that part of the city mostly infected by the cholera."

"W. G. Godell, publisher of *The Genius of Temperance*, who for many years was afflicted by chronic diarrhea, was cured by a fruit and vegetable diet, and though he often came in contact with people affected by cholera, he remained immune from it."

"Dr. Rees stated that not one of his friends who abstained from meat

**In 1832, New York City had a population of about 250,000 people and a cholera epidemic killed more than 3,500 despite the efforts of doctors armed with laudanum, mercury, and blood-letting. Someone who woke up healthy could suddenly become violently ill, have their skin turn a ghastly bluish tint, become severely dehydrated, and die within hours. —Ed.

and lived regularly was infected; but his wife, who towards the end of the epidemic, ate meat, was a few hours later seized by diarrhea.”

“In 1832, there lived no higher medical authority in New York than Dr. Rees. All his statements are authentic, and fully agree with the experiences made by Dr. Nichols during a later epidemic in New York.”

Dr. Beaumont assures that chyle of meat rots nine days sooner than chyle of vegetables.

Dr. Buchner found that the blood which kills bacteria will increase in power if an appropriate quantity of meat peptone is added to it.

The following illustration will prove what the drugless, poison-less cure can do. Theodore Hahn writes in his textbook (Leipzig, Theobald Grieban). “My brother-in-law Meyer, during the cholera in Schwerin, in 1850, saved 98 out of 100 cholera patients, whom he treated himself. And of 32 who had been treated and given up as incurable by physicians, he saved 16. The physicians lost 360 out of 600 patients; that is sixty percent.”

Theodore Hahn continues: “Mr. Kapp, principal of a high school who, for years suffered from a nasal polyp which had already been operated upon several times, came to take a cure at Alexanderbad. On the very first night of his arrival, he was seized by cholera. Early in the morning Mr. Hahn treated this patient—emaciated to a skeleton and tortured by the most painful cramps—to a sitting bath, rubbing, enemas and drinking of water. The evening before, Kapp had torn off the bell wire and all night he had remained helpless. When about 9 o’clock the famous physicians, Drs. Kapp, Fikentsher, and B., who had been sent for, appeared, they found the patient out of danger. Continued water drinking, rubbing of feet, and cold enemas resulted in an evacuation of a green and brown mixed phlegm. On the following night he enjoyed a healthy sleep; strengthened in the morning, he rose, cured from the cholera and took a long walk. At the same time the polyp, by which Mr. Kapp had been tortured for nine years, had disappeared. A phenomenon which followed clearly proves the extraordinary absorption of water formation in the digestive organs and appearing on the surface of the skin.”

It is quite amazing as proved by this case, and testified to by physicians, that the morbid matter which goes to the head from the abdomen is, by Nature, re-conducted to its place of origin and from thence evacuated by the rectum. Dr. Kuhne has observed these natural processes. On these he has founded his theories and illustrated, in his baths, how Nature has to be supported in her endeavors. His discoveries stand on par with those of Messrs. Priessnitz, Rausse, Hahn, Graham and others.

A physician who has a great deal of experience, says: “One night I was attacked with cholera and had nobody to call upon. I could do nothing else than drink fresh water, open the windows to let in the fresh air and

rub the calves of my legs. Then I felt acute pains which caused a stiffness of the whole body. I thought death was at hand, and I lost consciousness. Next morning I awoke in broad daylight, covered all over with sweat. I recalled what had happened and felt a lively desire for some warm drink. I rang the bell and ordered a glass of mulled wine; that is, red wine with nutmeg, cloves, cognac and sugar. No sooner had I swallowed it with a great deal of pleasure, than a new seizure (vomiting) stronger than before took place. It was like a protest of Nature against such an unreasonable procedure. After having got rid of the wine, vomiting stopped and thirst was created. The minute I ordered water, my colleague, Mr. P., to whom I had not yet been introduced, entered my room with the words: 'I have seen your business and also smelt it. As we have now a cholera patient in the house, I have to look after him. It seems you have had a severe attack. How do you feel now?' I told him the accident with the mulled wine. Mr. P., after having examined me, said: 'You are safe; your having conquered the mulled wine proves you to be a man of strong constitution.' At my question: 'Well, what was it, Asiatic cholera or cholera *nostras*?' He replied smilingly: 'As you have recovered, it was *cholera nostras*; if you had died, it would have been *cholera morbus*.'

"Then I asked Mr. P. how he treated cholera; and he replied: 'By the same method as you do, except as to the mulled wine. I order the drinking of water, rubbing, massage. To the peasants, who want drugs, I prescribe raspberry juice, and I have good results. Of forty patients only two have died, while the district physician who orders bottles of opium, loses half of his patients by death.' I recovered in no time without any drugs or applications whatever. My room, which had been soiled, was only scrubbed and cleaned, without any disinfectants; nor was anybody else in the house affected by the cholera. Before the catastrophe the doctor had drunk various wines and beers and had been constipated for several days, which, in view of the prevailing cholera, he had taken as a good omen. The upshot of this experience is: 'Keep your body clean and live a plain simple life.'"

In his highly instructive book, *The Cholera Sensation in Europe in 1884*, this physician quotes many cases of cholera in consequence of a plain, abstemious diet, notwithstanding the privations and hardships the soldiers had to undergo. On the other hand, he cites cases of the medical treatment and unnatural way of living.

Notwithstanding the comma bacilli [*Vibrio cholerae*], we have to this very day various kinds of cholera. The mild attacks have remained the same, and according to the quantity of morbid matter in the body, the disease may reach the very highest degree. This also explains the presence of the bacilli: the greater the rottenness, the more they (bacilli) will increase. How can we explain that cholera *nostras*, that is the milder form,

precedes the more acute one? The comma bacilli, we are told, produce the Asiatic cholera, in their special work. Do they first send out the cholera nostras to pave a way for them? It is strange that we have to recognize the comma bacilli as circumnavigators of the globe and that they are only there to kill poor helpless beings.

A citizen of Leipzig reported the following case in the year 1866: "A strong, robust, middle aged man was seized by cholera, and of course, treated by physicians. The patient was forbidden to drink water, though he was tortured by the most intense thirst. His nurse, following the doctor's order, refused to give him one drop of water. Consequently, the fever increased. In an unguarded minute the patient gathered all his strength, rushed to the water pipe and drank and drank. His vital energies being restored, following his instinct and only covered with a shirt and trousers, like a madman he ran into the street and even out into the park. This run brought on a perspiration and the patient was saved. His wife, on entering his room, was in a consternation to find the bed vacant. The sick man, on running away, had not been aware of what he had been doing; bye and bye, however, he remembered having pushed aside everybody who wanted to stop him."

I might quote more physicians who all give excellent reports of successful treatment by the natural method.

The natural healing method, properly applied according to the disease, and applied by the patient as ordered, never leaves any trace of sickness or pain.

The salt infusion with thymol for diluting the blood (that is, infusion into an open vein), injections of morphia under the skin to irritate the vitality of the heart, pieces of ice for drying up mucous membrane, inhalation of pure oxygen, and so forth, are outrageous interferences with Nature which leave in their wake horrible diseases and baneful consequences. If these operations are successful, the physician will say: "The patient will perspire and recover".

Can the weakest brain not understand that pure, fresh water quenches the thirst, moistens the mucous membrane, dilutes clotted liquids and that the liquid blood can be kept in circulation if pure air fills the lungs with oxygen? But the scholastic philosophy recognizes in this treatment a fountain of new, astonishing perceptions for therapeutics. The application of water, externally as well as internally, would save thousands of people from sickness and death.

Man! Noble creature, endowed with wisdom and culture, learn at last to think, to feel, to act according to your inborn instinct, and you are saved from death and disease.

Proper nutrition is of great importance both in sick and in healthy days. The first indispensable means of nutrition is air, always pure, filled

with oxygen, inhaled by the patient. The second means of nutrition is water. On account of its great loss, it is of greatest importance in cholera cases. To nourish means to replace losses. The human body is said to be composed of about 72 percent of water. What wonder that the cholera patient continually craves for water, if the body is composed of three-quarters of water which continually flows off on both sides of the body; therefore, drink, drink the divine fluid!

The very best drinking water is just good enough for man. The water which comes out of the ground is the purest, the best, if not too rich in minerals. The best tried standard for its quality is taste, smell and color; without applying any chemical experiments, one may judge by one's own senses. Anyone who does so will make no mistakes. Everybody should try to get pure spring water and drink it in its natural condition. The quality of the water is impaired if mixed with other substances. The inhabitant of large cities cannot enjoy this privilege; they must take the water as furnished by the pipes. As long as the quality is not impaired, one must take it as it is; but as soon as the taste is changed, or if it even begins to smell, it must not be used. Healthy water has no smell. By boiling the water, one can only neutralize the additions, and the quality of the water is impaired by boiling. In case of emergency, something must be done. It is better to make any sacrifice than to poison the body with dirty water, and then pay tribute to the druggist and his friends. Many people think that any water is good enough for cooking purposes. Imagine, for instance: the contents of the water closets [restrooms or bathrooms] of the city of Paris, peopled by millions of human beings, flow into the Seine. This water is drunk by the citizens of Paris; the same thing happened with the Elbe in Hamburg. And such conditions are called civilization. As we have stated before, all the minute little beings have their existence wherever rottenness of matter prevails. Can water mixed with excrements be pure and healthy? How much, for instance, has the water of the Elbe been polluted on its way before it reaches Hamburg!

For the highest developed creature of God's world, only the very best products of the earth are good enough. The juicy delicious fruits of the trees, the aromatic berries of the forests, with their natural sugar and acids, are not to be taken as desserts, but as regular nourishment, furnishing the richest blood. Ripe and healthy fruits and berries ought always to be taken uncooked; stewed and baked fruits may well be cooked with oats, rice, barley, and so forth (boiled in water); also legumes and so vegetables boiled in their broth are excellent. Good bread, too, is necessary. Of great importance is good bread. Much whole meal bread is now baked, but how is it baked? Pure Graham bread is the best. Everything should be taken cool and masticated well.

The testimonies regarding diet during the cholera are the best proof

for the value of a natural way of living. The modern vegetarian, brought to this diet by sickness and run down health can certainly not boast of health and strength and therefore becomes a laughing stock to everybody. Is it not a great benefit if a sick man is restored to health and life and activity? How many thousands of individuals have been restored to perfect health by the natural way of living! And what a wonderful development of body and soul do children exhibit who, from the very first day of their existence, are trained to the natural life. Their number will increase with every year and they will be such tangible illustrations of this training, that nobody will dare to scoff at them. Why should all the fruit ripened in God's sunshine be inferior to that which comes out of the stable? Of course, manure, liquid and chemical compounds injure the products of the vegetable kingdom, and cause sickness for plants, men and animals alike. (Hensel, Life, Berlin.) But whatever human beings prepare out of these products is still worse.

In regard to cholera there is one unanimous prescription in which all Naturopaths as well as Physicians agree; that is, "cleanliness". How pleasant this concord! Uncleanliness is degrading, be it external or internal. Into the human body must only go whatever is clean, whatever is good, and whatever is excellent.

"In fresh fruit is life; dead meat must cause death."

EAT and be HEALTHY !

**Why fast every once in a while,
or go on some rigid diet,**

when, if you knew how, you could just as well **Eat and be Healthy?** **Fasting**, like medicine, **merely removes effects, not causes.** How absurd to have to be fasting for illnesses, mere **effects caused by wrong eating!**

Eat right and you will never need to fast!

How?—"Eat and be Healthy," unquestionably the simplest and yet the most comprehensive and scientific book on the diet question ever written, tells you. **If you want to know the very heart of the diet question, read this book!** Send \$2.50 for your copy now!

DR. VIRGIL MacMICKLE
807 Dekum Bldg., Portland, Oregon

Why is this horrid fear at the mere approach of the cholera? Because we do not know how to control it.

In this essay I have tried to demonstrate the cause of cholera, have shown how to ward it off, and in case of emergency, how to treat the patient. Consequently, all fear is overcome and equanimity of mind, the chief factor in the well-being of a person, is undisturbed. Of great benefit also is a great deal of exercise. Men and women who lead a sedentary life should engage regular daily gymnastics that keep body and soul in harmony and the brain working, and alternate these with exercise in fresh air, work in the garden, sailing, swimming, dancing and bicycling..

Courage, blessed work, sympathy with all our fellow beings: these are the highest fruits of health culture which will become clearer to everybody the more he is devoted to it.

If you, my dear readers, will do anything for yourself and your fellow beings, study this subject, "Living Up to Nature." Its literature is to be found in all countries, and in all languages. Like every other science, it has thousands of writers. Only by studying the subject, however, will people become convinced of the truth of this new doctrine.

The specter of cholera can only be exorcised by strict obedience to the laws of life, as clearly and distinctly taught by the natural way of living.

All healing power is centered in himself; it can never be instilled from without. It can only attain to its fullest development, if all obstacles are removed and the proper conditions for life are fulfilled.

Man does not live by what he eats, but by what he digests; that is, what he is able to change into blood.

With most people, waste and repair are not equalized; the waste remains too long in the bowels which it obstructs with mucous, impedes their activity, and causes the creation of gases which first permeate the nearest tissues and organs and finally the whole body.

The more morbid matter the system has accumulated in itself, the better is it prepared for the reception of any disease.

The first phenomena of cholera are: painless and light diarrhea that continually increases; the discharge becoming watery and streaked with blood. Later on, great pain in the stomach and bowels, with burning thirst and violent vomiting.

Then cold skin, cold limbs, sunken eyes, pointed nose, emaciation of the face, cramps in the calves, acute pains in the back, head and the bowels. Frequently, painful spasms of the heart are the next symptoms.

In order to cool the bowels, a trunk or sitting bath with rubbing should be taken; and this ought to be continued as long as the patient is benefitted.

While this bath is being taken, a bed vapor bath may be prepared, so that the perspiration may be continued.

After this perspiration the body may be cleansed and cooled in a bath of 68° to 86° F/20° to 30° C, the temperature depending on the condition of the patient. When the cooling process has been fulfilled, the patient may remain in bed or take a walk if able to do so.

If, however, the patient has already lost consciousness enemas must be given at once. If the symptoms, diarrhea and vomiting, are painful the patient should take a sitting bath at 60° F/16° C. If he has also a headache, a cold compress should be applied to the head.

As soon as the vomiting and diarrhea have ceased, let a cold compress be applied to the abdomen, and let the feet, hands and the whole body be rubbed until thoroughly warm.

The compresses on the abdomen must also be continued as long as there is the slightest disposition towards nausea.

The compresses warm the body and excite its activity. The washes must not last longer than one or two minutes.

The individual having bacilli in his organism, is sick, unhealthy, and filled with fermenting, decomposing tissues for the bacilli to feed on; otherwise they would not be there.

What sympathetic physician will underrate the influence of the psychic power necessary for the recovery of the patient?

The more foreign matter there is to be thrown out of the body, the more violent the fever.

The duty of every human being is to keep his body clean and healthy, and then he will be proof against contagion.

Everyone who will use washes and baths as in harmony with his organism, and remain on intimate terms with air, light, sun and proper food will always be proof against any contagion whatever.

Pure food, pure air, pure water are the best drugs. The best protection against any sickness is a body with the most pure blood possible."

Proper nutrition is of great importance both in sick and in healthy days. The first indispensable means of nutrition is air, always pure, filled with oxygen, inhaled by the patient. The second means of nutrition is water.

The human body is said to be composed of about 72 percent of water. What wonder that the cholera patient continually craves for water, if the body is composed of three-quarters of water which continually flows off on both sides of the body; therefore, drink, drink the divine fluid!

THE RATIONAL TREATMENT OF TUBERCULOSIS

by **Walter E. Elfrink, D.O.**

The Naturopath and Herald of Health, VII (4), 135-137. (1906)

The student of the natural methods of healing finds it not only amusing but ludicrous to watch the dizzy gyrations of the regular physicians in their search for a cure for tuberculosis. Every few days the public is treated to a piece of exciting news in which the discovery of the long sought cure is heralded to the world. It does not require a prophet to predict the early eclipsing of each one of these alleged cures in turn, for there is an ever verdant crop of new ideas which ambitious well-meaning doctors are waiting an opportunity to disclose to a credulous profession and a rather suspicious public.

We have had serum treatments galore and they have fallen by the wayside. A few doctors still believe in this form of treatment, but it is fading away. Creosote has been and still is a standard remedy. The main thing that it seems to do is to thoroughly destroy what little semblance of health the patient still has left. It is a sure producer of gastritis in some violent form if used long enough and in large enough doses. It is certain to make everything about the house smell like a stale smoke house in the rainy season, which is pleasant or unpleasant, according to your point of view. Some people are said to rather like the odor left in the vicinity of the habitat of the *Mephitis Americana*, more commonly known as the skunk. However, they are as likely to attain a majority as the people who enjoy the perpetual presence of the odor of creosote.

More recently the daily paper and some of the monthly magazines have been heralding the advent of a diet cure, or more properly, a stuffing cure, which has been sired by Dr. Russell, of New York. It would be a travesty on the term, diet, to call this a diet cure, for it has seemingly taken no account of the things which are certainly fundamental in a rational system of dietetics. The doctors who are at the head of this new propaganda are getting a lot of free newspaper notoriety out of the business, and they are claiming to have cured a number of cases of this great white plague. I do not for a moment question their motives in this work. I really think they act from the very best of motives, but the whole thing is so absurd when seen through the eyes of a student of natural therapeutics that the temptation to make a few caustic remarks is very nearly irresistible.

It is only fair, however, to say that this idea is much in advance of that usually propounded by the medical man, blinded as he is by the accumulated traditions of centuries of error. It is a pity, though, that they cannot quickly recognize the simple truths of Nature Cure and so save themselves the humiliation of so much stumbling over things which are manifest mistakes to one who sees what truth is and what is falsehood in therapeutics.

Dr. WALTER E. ELFRINK,
Osteopathic Physician,
 Member Faculty American College of Osteopathy,
 Medicine and Surgery.
39 STATE ST., CHICAGO.

**Dietetic and Hygienic Advice, Osteopathic and
 Natural Treatment Given and Prescribed.**

An executive of the American Anti-vaccination League, Dr. Elfrink adamantly opposed compulsory vaccinations. His State Street office was located near Dr. Carl Strueh's office at 100 State St.

There are already a great many who are getting this point of view, and so it must not be supposed that the writer is taking an isolated position.

The fact that diet has been made fundamental in this treatment shows a very great advance toward the truth. The fact that it has been made a stuffing treatment, regardless of assimilation, shows that the authors are still "in the woods" when it comes to a rational, logical treatment of this trouble, and in fact, of any trouble.

To make a patient take two cups or more daily of emulsified fats is in itself enough to make one revolt at the idea. How any self-respecting digestive apparatus can fail to rebel at such abuse is quite incomprehensible. In fact, the stomach only submits under strong compulsion. It does not rebel, but its reasonable protests are put down with a strong and relentless hand. You can make almost anything stay in the human stomach if you disguise it enough with drugs, and then force matters with enough persistence.

The use of vegetable and fruit juices is a late addition to this form of treatment, and also an advance. It really looks as though they might stumble upon some part of the truth if they are not careful. German and also American Naturopaths would be glad to tell them without any more ado over the matter; but it would be unethical to take any information from such unorthodox sources.

They are quite right in claiming that malnutrition is the cause of tuberculosis, but that they should expect to cure the trouble by an increase of the sin against the digestive apparatus is about as logical as a belief in the beneficence of the Standard Oil Company.*

The important thing which seems to be quite forgotten by all these

*Standard Oil Company, owned by J. D. Rockefeller, promoted his interests in pharmaceutical development and undermined the early Naturopaths' efforts to strengthen the profession's legal position within American healthcare. —Ed.

people is the question of elimination. The germ is blamed for the trouble, but the medium which gives the germ a foothold is left entirely out of account. This is a good deal like trying to dry up a stream by putting a dam across it. You have to keep making the dam higher all the time, as the water accumulates, and in the end there is as much water or more than there was in the first place.

The inception of a tubercular condition begins with foreign matter in a state of fermentation. This foreign matter is a primary cause of the trouble, and of course, the foreign matter is the result of wrong food, bad air and general uncleanness. The germs are secondary to the filth, just as flies are secondary to a heap of kitchen refuse.

A body which is loaded with foreign matter is a standing invitation to the coming of all kinds of germs, and as is well known, the germs which are present everywhere are attracted to anything which is food to them. Pure, well ventilated and properly nourished tissues offer nothing but death to disease germs. Consequently, the strong, clean body is immune to every kind of disease invasion.

In the rational treatment of tuberculosis, we have first to clear the body of this foreign matter and to see to it that no additions are made to the media in which germs delight. This makes the need of fresh air obvious. Oxygen burns up these foreign aggregations, and so helps clear the body. The need of foods which will not add to these accumulations is also apparent. This will at once rule out the use of all animal foods, and the regular use of milk and cream. At the same time, it makes the need for the use of fresh fruits and vegetable clear, because these are easily digested, do not ferment easily, and at the same time furnish a large amount of solar energy in an easily assimilated form. It is not advisable to use these in the form of extractions; they should be used so far as possible in the natural uncooked state.

Furthermore, it is necessary that the activity of the skin should be promoted by the regular and persistent use of cold water. Of course, those who are not used to this have to get into the habit by degrees. There is nothing that will promote the activity of the skin like cold water, and without it there is little hope of recovery. It should be applied under the strength of the applications. External cleanliness may be attained through the use of hot or warm water, but it will not promote the physiological activity needed to bring about internal tissue cleanliness.

The use of whole grain products is also a part of this type of treatment. Most people are in a state of semi-starvation for want of the organic salts contained in the outer coats of grains and in fruits and vegetables. Most people throw away these things by throwing out the water in which foods have been cooking, not realizing that these salts are soluble in water. It is futile to try to supply this want by the use of things that you put into

a bottle. We have to take them as Nature prescribes them or else miss the benefit.

Exercise, either active or passive, or both, is also essential. The activity of blood changes and depends to a great extent upon muscular exercise. A motionless muscle is not likely to have an active circulation.

In a word, then, the treatment of tuberculosis, as well as the treatment of any disease, depends on the intelligent use of food, cold water, air, sunlight, exercise, magnetism and an outdoor life. The search for a specific drug or serum is foredoomed to failure. A successful treatment must look to a proper balancing of the things which are normally in the body. To try to cure anything with foreign materials is absurd and destined for failure. The search for something specific is doomed to failure. The cure depends on getting the whole life into harmony with Nature. Anything less than that cannot fall short of a most dismal failure.



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Katherine and Anthony Berhalter of Chicago had advertised in Benedict Lust's publications from their inception. They began selling whole grain breads and soon expanded to include healthy foods.

Creosote has been and still is a standard remedy. The main thing that it seems to do is to thoroughly destroy what little semblance of health the patient still has left.

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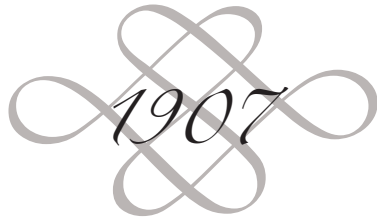
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MALARIA

BENEDICT LUST, N.D.



WHOOPING COUGH

BENEDICT LUST, N.D.



Located at 111 East 59th Street in New York City, this was the first of many buildings that Benedict Lust would occupy from 1896 until 1907.



The 55 rooms of this building in New York City, comprised Dr. Benedict Lust's Naturopathic Institute, clinic and hospital and American School of Naturopathy from 1907 to 1915.

MALARIA *

by Benedict Lust, N.D.

The Naturopath and Herald of Health, VIII (5), 129-134. (1907)

Third of a series of valuable articles which are the result of years of practical experience on the part of the editor in successfully treating human ailments by means of natural methods of cure. Articles in this series which have already appeared are: "Epilepsy: Its Cause and Cure", "Nervous Dyspepsia", "Stomach Disease", "Chronic Gastric Catarrh", "Spring Treatments". Articles may be reprinted when proper credit is given. Back numbers of magazine containing above articles may be had on receipt of price.



MALARIA

This disease is recognized under various names, such as alternating fevers, cold fever, intermittent fever, swamp fever and the common designation, malaria. I might say that the symptoms that attend its progress are as variable as the names which are given to designate the disease.

Malaria is a widely prevalent disease and common to most parts of the country. Few people escape being attacked by it at some time or another unless, of course, they have safeguarded themselves by means of natural methods of fortifying the body. We Naturopaths do not need to live in a perpetual state of fear in regard to catching this disease, since we believe that malaria is primarily caused by a low state of vitality of the body! I fully realize that the average physician will tell you that malaria is caused by certain bacteria entering the system. That is true, but the bacteria could never have found lodgment or multiplied themselves in the system if a low state of vitality had not been pre-existent. Germs are only a contributory cause. The patient was just as liable to get consumption or any other disease. Therefore, a condition of low vitality is the predisposing cause of malaria and in the underlying low vitality in the body we find excesses that weaken and vitiate the body, such as errors in diet, the

*The original article contained another topic, "Constipation", excerpts of which were moved to *Clinical Pearls in Naturopathic Medicine, Volume II: Chronic Diseases*. The original title was: "Common Diseases and Their Treatment by Natural Therapeutics".

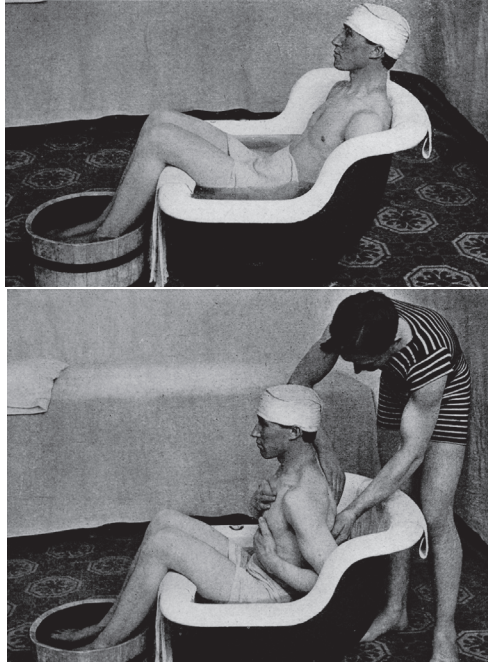
habitual use of coffee, tea and alcoholic drinks, cases of protracted colds, overwork, a run down condition and self-abuse.

The oncoming of the disease is recognized by various symptoms, not always the same in every case. Often a mild chill is perceptible, or a dry, oppressive feeling, prolonged or brief perspiration, periodical headache, lassitude and sometimes digestive disturbances predict the disease. But all of these primary symptoms have a highly important significance attached to them. If we do not recognize them at once, they may mean weeks and months of miserable suffering and helplessness in bed and very often death.

What is generally known as intermittent fever develops along three stages. The first of these stages is marked by chills. The early symptoms are a feeling of extreme lassitude and weakness, tendency to gape [widen] a great deal and to stretch the body, followed by chills which sweep the surface of the skin and make the patient inclined to get in bed and cover himself with thick blankets. The chill begins at the back and across the shoulders and travels toward the region of the lower stomach, while all the time there is still manifest the desire to gape and stretch the limbs. Despite warm bed coverings, the chill increases, the hands, knees and feet become cold, the finger nails and lips turn blue, and finally the real chill comes on which is evidenced by uncontrolled shivering and the chattering of the teeth. There is intense headache, oppressive feeling in the region of the chest as if a weight were resting there, the breath is accelerated, vomiting or the desire to vomit, the face becomes emaciated and of a pale, waxy appearance, the skin over the entire body contracts (goose skin), and has a bloodless appearance, the pulse rises to 100 or more, and the urine assumes a light yellow color. Externally the temperature sinks, while the temperature of the internal organism increases to a perceptible degree. This stage of the disease is nothing more than a cramp of the surface muscles and the muscle layer of the peripheral arteries; hence the pale, leaden texture, dryness and coldness of the skin, as well as the numb feeling at the fingers, the crowding of the blood in the veins, inability of the body to recover its warmth even with the additional blankets, tendency of the blood to crowd inwardly, and the swollen appearance of the spleen.

The shivering of the body that attends this stage of the disease has no fixed duration. It may last a few minutes or may extend over a period of six hours. The fearful thing about these tremors of the body is that their recurrence is always marked by an increase in violence. In prolonged alternating fever, they appear gradually with less force until this symptom gradually disappears.

It goes without saying that this stage is the most dangerous in the development of the disease, and it is the part of the Nature Cure physician to shorten the period by relieving the congested condition and cramp



Sitz bath

of the surface muscles and the muscle layer of the peripheral arteries. As soon as the symptoms of chills make their appearance, the patient should be taken from the bed and placed in a warm sitz bath (99° F/ 37° C) in which $\frac{1}{4}$ pint of lavender spirits have been put. In this bath, let the patient remain for 30 to 35 minutes, keeping the temperature of the water normal by the addition of warm water when required. Immediately at the beginning of treatment, I would also advise giving the patient a real warmth imparting drink, which can be made from elder blossom tea. Immediately after the bath, the patient should be wrapped in woollen blankets, ordered to bed and well covered with woollen blankets. Then give another cup of some good herb tea to induce copious perspiration and await the second stage of the disease, the heat stage.

We can reasonably expect that by the above treatment the second stage of the disease will have been arrested, but should the symptoms appear they will be indicated by extreme restlessness, slight delirium, cessation of head pains, returning warmth of the body until finally a permanent sense of warmth will eventually supplant the chilly feeling. The oppression in the region of the chest seems to be relieved, the breathing becomes deeper and more regular; intense thirst is apparent, the pale, contracted appearance of the skin disappears as well as the blue appear-

ance of the fingernails and lips, owing to the return of the blood to the surface of the body. Then the face becomes fuller and red or dark red, the pulse full and strong, the blood throbs fuller in the veins of the neck, the swollen appearance of the spleen subsides, and the temperature of the blood increases, although at a later period of this stage, it again decreases. The patient feels a dry, hot torturing condition of the skin, particularly in the hands. With these symptoms we know that the crisis of the second stage of the disease has been reached. If the patient has not been treated so far according to naturopathic methods, this heat stage may last from 1 to 12 hours, but if the rational methods referred to above have been followed, this stage, if it does appear, will only last a few minutes.

We recognize in the heat stage a forerunner of the vitally important third stage of the disease, the condition of perspiration. The return of the blood to the surface arteries has brought with it a large amount of impurities, carried there from the inner organism and which it is necessary for the body to eliminate as early as possible. The natural process of the body is to eject these poisons by way of the skin and hence the third stage, the stage of perspiration. The previous dry, hot condition of the skin is changed and the skin becomes moist, at first under the armpits, then at the forehead, and finally over the whole body. The perspiration now becomes so profuse, which somewhat relieves the patient. The head becomes lighter; likewise, the oppressive feeling at the chest, the pulse more normal and the urine darker in color, which is evidence that the kidneys are working hard at their end of the line, eliminating poisons. The urine also shows evidence of sediments of uric acid salts.

As said, the arrival of the heat stage and the perspiration stage demand our vigilance and here the real work of combating the disease begins, always keeping in mind that the treatment applied must accommodate itself to the constitution of the patient. Our aim should be to assist the functions of the skin in every way possible in its elimination of the poisons, at the same time taking care always to keep the temperature of the blood normal. This is the guiding rule that should lead us in combating an acute attack of malaria. But this is by no means all of the cure. A complete and permanent cure will take time. Months may pass until all of the poisons are eliminated from the system as well as the germs that found lodgment there.

Now let us see what is to be done during the cessation or lull in the fever. At this stage, the patient is largely free from pains and oppressive feeling, although weak and having the appearance of laziness, which however, is due to the low spirits of the patient. The appetite is poor, the respiration is not accelerated, eruptions in the mouth, granulated eyelids, feeling of oppression and heat around and in back of the eyes, and irregular functioning of the digestive organs. In fact, symptoms that clearly indicate stomach and intestinal catarrh are evident. The bodily

temperature is low and there is a sensitivity toward atmospheric changes, especially cold, and the pulse is slow. It is usual for the patient who is now weak and easily fatigued to resist any means of cure necessitating physical exertion. In fact, any kind of exertion is difficult to the patient. Yet this period is the most critical time and inattention in combating the disease at this time may mean death to the patient. The spread of the malarial poison through the system is still going on, though perhaps not at such a rapid rate as previously. The blood becomes weak until a condition of anemic blood has set in and the life of the patient hangs by a thread, as it were. Just at this period, it is necessary for the patient to fight if his life is dear and sweet to him.

It is vitally necessary, even if the fever has subsided, to take up means of restoring and building up the health of the body. I have known a recurrence of fever after 6, 12, 24, 48, and 72 hours, and even longer. Therefore, the patient should not be deceived in thinking himself well when the cessation of fever has come about. There is still a fight ahead for the physical organism, and it is only a matter of the system again accumulating enough poison to be confronted with a fresh outbreak of the disease.

The immediate thing to do is to change your residence, getting out of the locality in which you are living and moving to a healthier situated place. Then adopt a rigid system of Nature Cure as outlined in Adolf Just's *Return to Nature* and Bilz' book, *The Natural Method of Healing*. The blood must be improved and the whole organism strengthened and made disease proof. Adopt a plain vegetarian diet for several months, all spices and heavily digested food to be omitted. The advice is plenty of fresh, distilled water, apple juice, buttermilk, sour milk or lemonade. Then take a deep breathing and curative gymnastics for strengthening and developing the body.

Therefore, a condition of low vitality is the predisposing cause of malaria and underlying low vitality in the body we find excesses that weaken and vitiate the body, such as errors in diet, the habitual use of coffee, tea and alcoholic drinks, cases of protracted colds, overwork, run down condition and self-abuse.

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WHOOPIING COUGH

by **Benedict Lust, N.D.**

The Naturopath and Herald of Health, VIII (12), 355-356. (1907)

A bugbear for the mother and a torture for the little ones is the horrid whooping cough which demands its victims almost at all seasons of the year. Up to this time, opinions have differed about its cause. Some authorities supposed it to be a catarrh of the mucous membrane of the larynx and the bronchi and stated that the catarrhal secretion irritates the larynx and the bronchial nerves and thus causes the violent spasmodic coughs. Through the *Deutsche med. Wochenschrift* we learn that two professors in Koenigsberg, E. Czaplewski, M.D., and P. Hensel, M.D., have succeeded in discovering the real excitors of the whooping cough in small bacteria which they found in the sputum.

The bacilli are there and that they can be very viscous is proven by the fact that Dr. Czaplewski while experimenting was not only seized by a violent coughing fit, but also fell sick.

Children between three and ten years are mostly seized by the whooping cough in spring, fall and winter. It lasts, though not without interruption, from six to ten weeks and then stops for a time and reappears until the whole process is run off, if not stopped by some remedy.

The whooping cough begins with long-drawn whistling and panting; then follows violent spasmodic coughing, agitating the whole body, interrupted by a whistling, painful respiration until, finally, a tough, gluey transparent phlegm will be thrown out. This attack is preceded by restlessness and anxiety. The little patient complains of scratching and tickling in the throat and tries to suppress the outbreak. During this coughing, the patient becomes blue, even blue and black in the face and the eye balls protrude. The poor sufferer is the very personification of anxiety and horror and a most painful sight for the tender hearted mother. The carbonic acid [carbon dioxide] in the blood, having been accumulated, stops the respiration and causes the discoloration, while the violent agitation of the diaphragm will bring on vomiting, involuntary secretion of the urine and excrements; often blood will rush out the ear and nose. As alarming as these phenomena may be for the poor mother, they do not imply any danger for the child.

The attack over, the child is greatly exhausted and tired and will complain of pains in the stomach and now and again will cry. As soon as this subsides, the child will be composed.

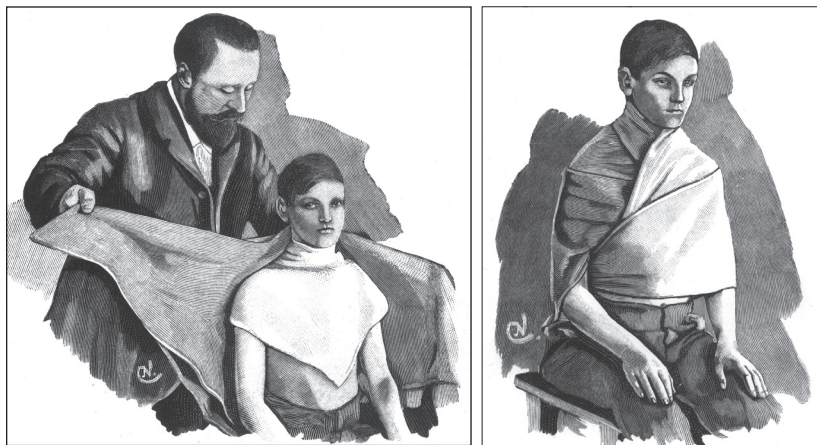
There are three stages in pronounced whooping cough. In the first stage the children are photophobic. They begin to cough and have fever. This is the moment the mother has to stop its further development.

The second stage is the real attack and the third stage is the throwing out of the tough cathartic phlegm. Gradually, these attacks diminish until they altogether cease.

Taken all in all, the whooping cough is a non-malignant disease; it becomes only dangerous if another sickness appears. Now it is the mother's duty to be most careful, lest inguinal hernia, umbilical hernia, pneumonia, emphysema of the lungs and dyspnea appear, by which the breaking out of the sickness will be impeded.

The treatment of this sickness by the Allopaths, as they themselves will frankly admit, is in no way satisfactory. Their only remedies are the following ones: belladonna, hydrocyanic acid, inhalations of silver nitrate and bromide of potash, injections of morphia [morphine] and so forth. Such treatment is real nonsense and is not only without any effect at all, but often enough accompanied by baneful consequences.

Kneipp's treatment, on the contrary, is very simple and always successful. As soon as the first symptoms of photophobia, fever and coughing appear, the mother has to put a shirt dipped in a decoction of hay flower on the child, wrap the child airtight into a woolen blanket and let the child rest for an hour. She then gives the child a cold wash and puts him or her to bed. As long as the child's body is warm, these washes have to be repeated two or three times during the day. If the whooping cough is fully developed, the child gets a thyme bath three times a day at 98° F/ 37° C, and remains in it up to the throat for ten or twelve minutes. After the bath, the child has to be washed quickly with cold water at 70° F/21° C, then lightly wrapped up and put to bed. During the day, light warm linen handkerchiefs dipped in hot water and covered with



A cold wet cloth is first placed on the chest and secured. It is then wrapped using a wool blanket.

flannel have to be put on the sufferer's breast for ten or fifteen minutes; as well, cold washes, three times a day, will be of great benefit. If the cough is spasmodic, a thorough wash and wrapping up in a shawl will bring relief. Besides, the child has to be given warm fennel or silverweed tea and twice a day from six to nine drops of fennel oil. As soon as the child begins to recover, usually after the first day, fewer applications have to be made.

It is a matter of course that the food has to be light and not stimulating and care has to be taken that the child does not catch cold. In order to prevent a hernia, a body belt of stiff linen has to be put around the child. The air in the room has to be perfectly pure and not too dry. During a coughing attack the child's head has to be softly pillowed; the best is to put the child to bed and give some fennel tea.



Silverweed
(*Argentina anserina*)

Such a patient has to be kept apart from other children, the whooping cough being contagious. The sputum has to be burned. By this kind of treatment the whooping cough can be overcome within a week.



"Alpine Whooping Cough Compound" is a syrup prepared from various plants, which cleanses the lungs (which is most important) and creates an appetite. The narcotic remedies used at present produce mostly opposite effects.

The remedy has relieved hundreds of cases and in no instance has any fatal result occurred, nor has any case resulted unfavorably, which fact can be vouched for by certified testimonials.

This remedy is not only beneficial for Whooping Coughs, but can be used as well for all ordinary coughs and colds, which latter it cures more rapidly. In case not obtainable at your druggist, write to the

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The whooping cough begins with long-drawn whistling and panting; then follows violent spasmodic coughing, agitating the whole body, interrupted by a whistling, painful respiration until, finally, a tough, gluey transparent phlegm will be thrown out.

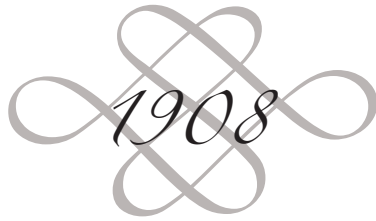
During this coughing the patient becomes blue, even blue and black in the face and the eye balls protrude. The poor sufferer is the very personification of anxiety and horror, and a most painful sight for the tender hearted mother.

As soon as the first symptoms, as mentioned above appear, as photophobia, fever, coughing, the mother has to put a shirt, dipped in a decoction of hay flower, on the child, wrap it airtight into a woollen blanket and let it rest for an hour; then she gives the child a cold wash and puts her or him to bed.

If the whooping cough is fully developed, the child gets three times a day a thyme bath at 98° F/37° C, in which the child remains up to the throat for ten or twelve minutes. On taking the child out it has to be washed quickly with cold water at 70° F/21° C, lightly wrapped up and put to bed.

During the day, light warm linen handkerchiefs dipped in hot water and covered with flannel have to be put on the sufferer's breast for ten or fifteen minutes; as well, cold washes, three times a day, will be of great benefit.

Besides, the child has to be given warm fennel or silverweed tea and twice a day from six to nine drops of fennel oil.



COLD AIR AND COLD WATER

DR. THEODORE JACQUEMIN

DIPHTHERIA

DR. THEODORE JACQUEMIN

A NEW REMEDY FOR SEA SICKNESS

EUGENE WOOLF

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COLD AIR AND COLD WATER

by Dr. Theodore Jacquemin

The Naturopath and Herald of Health, IX (5), 136-138. (1908)

It is a generally known fact that the Naturopaths who live far away from Wörishofen, the place of activity of our immortal health apostle, have a hard and painful struggle with the prejudices rife in those countries, where the name of Father Kneipp was never heard before. We all know from long experience that the swindler and the quack with his gilt bottles and dainty china jars, the contents of which he advertises in six feet long letters as a panacea against all possible and impossible evils, finds a willing ear among the credulous population, who imagine everything is done, if these remedies are used according to prescription. The poor deluded patients or would-be patients do not see how the quack laughs in his sleeve, if they so readily believe in his bragging advertisements. But that is an old story and though fools will never be convinced and honest men cannot help to be annoyed by such ignorance.

All laws are of no avail, as long as physicians themselves will not interfere with this medical swindle. It is really sad, if we read in countless papers and circulars the puffed up advertisements of patent medicines, and it is deplorable that the legislature is not able to stop the murder of little children, victims of just these patent medicines. There is only one country—Belgium—where the sale of all patent medicines is forbidden by law.

My experiences in this line during the few years of my profession are almost incredible. The victims made by “colic cure and soothing syrup” are countless. Where I was called, I was still able to save the life of a delicate child. In other cases, the blind belief in these secret medicines was so great that my appeal remained unheeded and the little one became victim of patent medicine.

Of course, these mothers and parents were ignorant people, who had never learned anything else from their family physician than keep the children in warm, stuffy, suffocating rooms, beds and clothes; cold water and fresh air being altogether interdicted. Besides all that, the little ones are treated to coffee, tea, Liebig’s meat extract and such things, more in order to get strength, as the doctor says. It is sad, but true.

It is really absurd, if we hear of certain directors of Kneipp’s Sanitaria, who, for the sake of profit, prescribe and apply gushes; while they themselves are just as much afraid of cold water, as the devil fears the consecrated water. They even eat with their patients at one table, drink bean, instead of malt coffee, and suppose they themselves fall sick, send for an Allopath, who then prescribes quinia [quinine], aconite, acetanilide and so forth, and thoroughly despises pack or compresses.

Such things are unpardonable; we are dumfounded. On one side we have so many noble advocates of our cause; on the other hand, we meet with sneers and the remark, "It is only another big fraud". The mere name, the outward appearance, the elegant prospectuses are of no account. The director of a sanitarium must in every respect be a worthy representative of the cause. He has to prove how cold water and fresh air are necessary for the preservation of health and must state how much these factors, which are within the reach of each and all from the very foundation of our method. But now to our subject: cold water and fresh air.

The fresh air in the country does not cost one cent, and yet it is not appreciated. How often have I had this experience when entering a sick room that fresh air is the chief factor in the method of natural healing but is not yet realized. Fresh air we need at every hour, at every place; cold water we only need now and then. Up to this time, fevers and inflammations were cured with water alone, with cold water in the form of gushes, packs and compresses. Recently, fresh air has also applied, and of course, with good results.

It would not be just to imagine that this is only done in our time; one hundred and fifty years ago, the old scholar and doctor, Johann Siegmund Hahn, said about these applications:

Nobody must be amazed at our methods. Our most acute fever patients we put to bed almost naked, though they may be covered with eruption and though they may perspire. We do not care if they uncover themselves as often as they please; besides, we change the linen bed sheets frequently and open doors and windows. Of such proceedings, we have noticed the very best effects on patients. They become quiet, perspire less; do not die when they faint, and if we help them along with water inside and outside, they recover only the quicker.

These are the observations of the old master, Hahn. As another authority on the same subject, we give a synopsis of Dr. Kaczorowski's essay: "The Cold Air as Antipyreticum and Antisepticum" published in *Der Deutschen Medizinischen Wochenschrift*, 1879.

COLD AIR IN TREATING FEVER

Good ventilation in the sick room has already become popular. The average temperature has to be 12° C/54° F. The reason why cold air is not yet sufficiently used in cases of sickness is the fear of catching cold, especially in drafts. The experiences made, for instance, at Gräfenberg (Silesia) teach that people walking in the fresh mountain air and also in the drafts of the house, do not suffer in the least; on the contrary, they are hardened and become fanatic apostles of drafts.



Picture taken at the Yungborn in Butler, New Jersey

It is not only the greater purity of the fresh air which keeps people in good health, but also the cold air in rooms is invigorating and makes fungi impossible to ferment. Though, if the air is very damp and windy and the human body overheated, colds will be caused. Yet, should a man, thoroughly heated, keep up exercise, the cold will not harm him and he may, without any prejudice to him, interrupt a hot air or steam bath with a cold douche. Even the most sensitive patient can well stand a cold friction, though he may be in full perspiration. Only then, if the reaction is neither produced by the activity of the muscles nor by friction, the inner organs might suffer and bring on a disease due to cold.

But a fever patient will better resist the influence of cold than a healthy man. This has been sufficiently proven by the full baths.

There is no reason why, in order to draw off heat, one should not as well apply air as water because the skin gets accustomed to the temperature of the air, more than that of the water. Besides, a cold air bath has never so disagreeable an influence on the skin as a cold water bath.

Then, in a cold water bath, the lower parts of the body are quicker cooled off and may affect chest and head. This may easily be avoided in an air bath, when the patient may partly be covered while the upper parts of the body remain exposed to the air. This air bath with the same temperature may be continued for a longer time than a water bath, which lowers the temperature by starts.

Acute cases of scarlet fever, smallpox, erysipelas of the face, abdominal typhoid fever, pleurisy, pneumonia, articular rheumatism and so forth were treated by cold air with excellent results.

Patients of this kind, as long as they are in fever, have to lie in cold rooms, the windows open night and day. It is wise to select for this purpose a room which has not yet been heated. If there is only one window, this has to be kept open, night and day. If several windows are in the room and if the air is filled with a great deal of water, one window may remain closed. According to their sensibility, the patients are covered only with a linen sheet, though chest and head must, as much as possible, remain uncovered.

As long as the fever lasts, the patients never complain of cold. On the contrary, the intelligent ones will express satisfaction; the higher the temperature, the lighter the covering. Typhoid patients can stand 8° C/46° F, (the temperature of the room); even if they perspire and should be obliged to uncover themselves in part, they do not feel cold. If the critical perspirations appear, the patients are covered a little more, but perspiration in this kind of treatment is never so high as in ordinary treatment.

As soon as the fever gets lower, the patients are put into a warmer room, the temperature of which must not go beyond 12° C/54° F, or they would catch cold; not before the patients are able to leave the bed, can they stand a temperature of 17° or 18° C/63° or 64° F.

In the cold air, not only the fever diminishes, but the usual complaints such as headache, tinnitus aurium, insomnia and so forth are no more heard. Even pulmonary patients cough no more in a cold room than in a warm one.

In the cold water treatment, no quick transgressions from heat to cold take place, as it will occur, if cold water is used. The temperature lowers by degrees. Then, for several days, it remains unchangeable and, at last, it sinks to the normal degree.

The patients who suffer from asthma, bronchitis and emphysema feel better in the cold air, and those tormented by coughing throw out less sputum; those who spit blood improve in the cold air. Sufferers from phthisis cannot stand a temperature below 12° C/54° F. Sufferers from chronic diseases will improve by daily walks in the open, even in winter; on returning, they should not be brought into overheated rooms and these have continually to be ventilated.

Acute laryngitis may be cured in cold air, but chronic or ulcerous ones will become worse. For pharyngitis, it is the *non plus ultra* cure and prevents the passing over to croup or diphtheria.

What a pity, many a reader may exclaim, that such a cure cannot be made in summer. But inventors have already foreseen this case and have created the cold air respirator (P. Niemeyer) and ice frames (O. Wolf), just as Father Kneipp has benefitted us with his watering can and his wash tub, in order to help us to use cold water.

—Town of Union, New Jersey

How often have I had this experience when entering a sick room that fresh air is the chief factor in the method of natural healing is not yet realized.

The experiences made, for instance, at Gräefenberg (Silesia) teaches that people walking in the fresh mountain air and also in the draughts of the house, do not suffer in the least, on the contrary, they are hardened and become fanatic apostles of draughts.

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DIPHTHERIA

by Dr. Theodore Jacquemin

The Naturopath and Herald of Health, IX (5), 156-160. (1908)

If these exudations not only permeate the surface of the mucous membrane but also its tissue, certain parts will rot and vanish. In such cases on a puffed up and dark red foundation, dirty gray or brown herpes of various length will be noticed and then pass over into abscesses with gangrenous decay, which is indicated by a horrid stench, permeating the whole room and revealing at once to the physician the state of the condition. At this stage, the lower jaw and lymphatic glands become hardened and swollen to an uncommon degree; then swallowing and turning the head will cause the most acute pains.

During this time fever prevails and the general well-being is disturbed. In many cases, the height of the fever is not in comparison to the disease. Often enough the feverish character is similar to that of a blood poisoning which always ends with death.

Yet there are favorable cases where recovery is possible, though all the tissues may be decayed. This may happen if around the decayed mucous membrane, a demarcation of the red and suppurating border of the abscess becomes visible.

In serious cases, the diphtheria process will affect the mucous membrane of the nose. Then, similar disagreeable sensations will be felt; the nose will be obstructed as in any cold. It has happened that diphtheria beginning in the nose, while the throat was not affected, was taken for a mere cold until a foul, sanious and ichorous discharge from the nose and the so-called asthenic fever revealed the mistake.

During the course of the sickness, the kidneys will become inflamed and cause any amount of troubles. If the eustachian tubes are affected, suppuration and foul pus will appear. The temporal bone and the cerebral meninges will be affected and cause inflammation of the brain which will usually end in death. Diphtheria in the eyes is no exception and will often enough end in total blindness.

A strange sequence of this disease is the diphtheritic paralyses; the larynx will usually be first paralyzed and hoarseness will appear; then the palate, the pharynx and the laryngeal muscles will be paralyzed. The symptoms are: speaking through the nose, difficulty in swallowing; swallowing the wrong way and throwing up of all swallowed liquids through the nose. On examining the pharynx, the vellum palati will have relaxed and will not rise when trying to utter the vowel 'a'.

Though as a rule paralysis appears first of all in and around the parts of the throat, it will, now and then, occur in groups of muscles lying far

away from the throat. Some time ago, I had a young man of about 27 years in my treatment. After he had apparently overcome and been totally cured of diphtheria, his lower limbs became paralyzed. I applied at once Kneipp's Water Cure and the strictest diet, and within a short time my patient was a new man.

The average duration of diphtheria is 10 to 16 days. Then, there are cases which take up only five to six days and again others where patients are chained to their beds for four to six weeks.

Because of the various degrees of intensity, it is impossible to give a clear aspect of the disease, its probable course and development. Its character is either light, heavy or mortal. Its course is a favorable one, if adults are seized by it and if accompanied by catarrh or light fever, and if other parts such as ears, nose, kidneys, and cerebral meninges remain in their normal condition.

Intense fever (104° to 106° F/40° to 41° C), young infancy, large diffusion of the coating, formation of the sanious abscesses, gangrenous shreds are most unfavorable symptoms.

So far medical science has not yet discovered the real cause of diphtheria, and consequently there are no ways nor means to prevent the very formation and origin of this fatal disease.

What does it profit us that we have been told and read about the Loeffler's bacillus, if we do not know how and when and where it comes to life and is developed? For the time being we have to be satisfied with the supposition that organic poison is the true cause of the disease and that in the treatment, we have to control and to master this poison.

If diphtheria was and is always a hard task for medical science, and if famous authorities (Henoch) declare to be powerless in the face of serious cases, the light ones are cured in spite of them. It seems only fair to try a method—though the scientific M.D.'s have labeled it an "unscientific one", the superiority of which can be proven by figures, a vindication not to be refuted by the most profound scientific arguments. According to the statistics made by the Hydropath, Dr. Nelke, of 53 diphtheria patients only 5.7% died. Another Hydropath had still better reports; his death toll showed but 3.2%, while the most favorable statistics of the medical science is 21%. Beside that we have the death toll of the hospital Bethanien which shows 67.4% (surgical treatment, tracheotomy).

Let it be known once and for all that the slogan of the Kneipp method is "Nature Cure". Is this method ever to be surpassed? In medicine, the dogma should prevail that Nature, pure and simple, has to be our sole guide. If we deviate from it, we shall fall into mistakes and errors. *Si naturam sequimur ducem, nunquam errabimus.*

I only smile when I hear physicians decry, disparage and stamp as "unscientific" the teachings of the great genius and Hydropath, Father

Kneipp. They fail to fathom the very essence of these therapeutics. If they would only enter into Kneipp's principles, they would be able to come to the following conclusion: disease is nothing but an exciter or enemy, whether called bacillus, microbe, spirilla, diplococcus or toxin, against which the total phenomena and Nature struggle. In the whole and immensely rich pharmacopeia, is there not one remedy that exists against any disease, whatever it is? Nature cures; the physician is but her servant.

First of all we should be anxious to combine our efforts with those of Nature in driving out sickness. Father Kneipp does even more. He tells us how to live that the hour of danger finds us hardened, strong, fearless and courageous, that we may stand proof against any attacks of the enemy (disease). In our daily habits, we have to use common sense; we must not neglect the practices of hardening which make the body invulnerable against all injurious matter which, in this or that form, will enter the human organism. If we look around, we shall soon notice that there are but a few select ones who prove their courage as well as their loyalty to their conviction in an invigorating water treatment, who then in critical moments, when epidemics visit the population, are proof against all infection and remain really immune from all sickness.

In regard to diphtheria, we recommend the rinsing of the mouth with cold water in the morning; thorough and frequent ventilation of the bed and sitting rooms. These have to be kept scrupulously clean and old clothes, dirty linen, waste and offal have to be removed as quickly as possible.

Cleanliness in the house and on the premises, the access of sunlight into all corners of the house; ventilation day and night—all this combined will contribute to develop our children into strong and healthy men and women, able to resist all detrimental and adverse influences. Look at the children of the rich who are examined every day by some famous M.D. and then watch their development into manhood and womanhood. Daily ablutions, frequent barefoot walking, plunging, douches, etc., are the methods by which the skin is cleansed, breathing is facilitated, and oxygen inhaled in large quantities. Thus the blood circulates quicker, the tissues are strengthened, more warmth is produced, and the power of resistance is increased to the highest degree. Men and women living in such an atmosphere may face any disease, any epidemic. The curative nature will be victorious.

Before we describe Kneipp's method, we must state that medical science has made no progress whatever in mastering this enemy, though from time to time she tries new experiments without any success. As we are so lucky as to live not only in the blessed age of bacteriology, but also in that of Serotherapy, we cannot help but mention the famous Behring's medicinal serum. Many physicians are opposed to this remedy,

as it is not at all harmless.* Besides, it seems ridiculous to put one's confidence into a remedy prepared of the blood of old worn out nags [horses], the chemical composition of which is unknown, while the effects and combination of this serum do not at all agree with our organism. This has been demonstrated by the cases of sickness caused directly by the injection of this medical serum. The application of this serum is really dangerous; its introduction into the human organism is often enough accompanied by the most malignant accessory phenomena [adverse reactions], as inflammation of the joints, diseases of the kidneys, severe cutaneous eruptions and nervous troubles of various kinds.

The unwarranted enthusiasm for this discovery in the years 1894 and 1895 causing a sensation over the whole globe abated more or less when the following thrilling notice appeared in one of the dailies of Berlin on April 9, 1896.

The funeral of our only, most beloved son, poisoned by Behring's medical serum, will take place on April 11, at 12 o'clock, at the Dorothy cemetery. —Prof. R. Langerhaus, M.D., and wife.

A sad event the professor himself had caused. When a servant of his house was seized with diphtheria, he gave his son an injection of Behring's medical serum to protect him against any infection. A few minutes later the two year old child was a dead body with broken eyes staring at his desperate father.

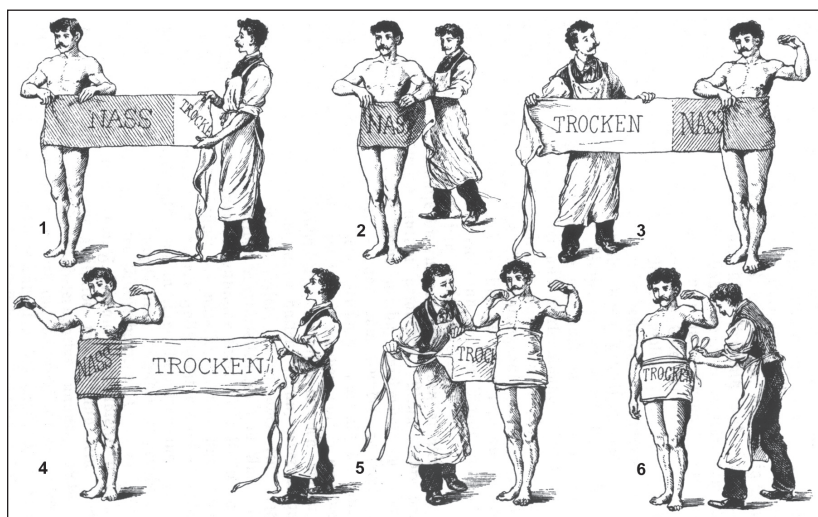
This one statement can never be sufficiently emphasized that among the few remedies medical science applies for diphtheria, none has had so fatal consequences as just this Behring's medical serum. The hecatombs made in those days of general craziness which raised Professor Koch to immortal fame we will not mention at all. The results were of such kind that Dr. Poirier, professor at the University of Paris, in a public address, stamped the whole affair as *une cochonnerie* [rubbish].

The anticipations of the partisans of Behring's method were blighted from the very beginning. In the years from 1885 to 1888, Berlin had a total loss of 22, 23 and 25 percent of diphtheria patients. That happened before the discovery of this marvelous panacea. In 1894, 26 percent died; all these unfortunate ones had been treated by a remedy the daily press proclaimed as infallible.

As nobody would benefit from the enumeration of the countless remedies recommended by physicians in books and medical papers, I shall rather demonstrate the essential peculiarities as taught by our highly

*Emil von Behring, a German physiologist, won the 1901 Nobel Prize in Medicine for his discovery of a diphtheria antitoxin. Behring is also known for having cheated a fellow colleague, Paul Ehrlich, out of recognition and financial gain for their collaborative work in diphtheria. —Ed.

respected and most beloved Father Kneipp. Yet I shall not omit to mention that I have found glycerine, sulphur and Priessnitz' compresses most beneficial in slight diphtheria cases.



A typical Priessnitz bandage comprised of a cold wet linen cloth wrapped around the body several times.

All those physicians, who make the development and propagation of Kneipp's method their life work, agree that sudorific applications effect a sure, though in many cases, a slow cure. "In order to cure diphtheria", says Father Kneipp, "vigorous solvents have to be applied, internally as well as externally." The external sweat is caused by washes with vinegar and water and packing in flannels, or hot, short or three-quarter packs of hay flower and a decoction of oat straw. Whenever we see in children the symptoms of diphtheria at the larynx, throat, velum palati, and tonsils—we have the aspect of blood poisoning; then the throat has to be wrapped up in a linen cloth, dipped into a mixture of equal water and vinegar, as hot as the patient can stand it. After 25 minutes, the cloth has to be removed. According to the individual case, this process has to be repeated every 25 minutes until the blue color vanishes, the patient breathes easier and the fever relaxes. Then the patient has to be plunged four or five times into cold water, until the fever has altogether subsided. In cases of suffocation, the child has to be douched. In any attack of coughing, the mucous deposits around the larynx will be dissolved and thrown out.

If the case is a slight one, the child covered with its shirt may be dipped into the water and then wrapped up in a blanket.

In each individual case, the physician has to order the special applications, be these packs around the throat, ablutions over the whole body or part compresses of ice water, applications of *Foenum graecum* porridge, half bath, packs on the feet, Spanish mantle and so forth.

For gargling, decoctions of shavegrass, oak bark, sage and *Foenum graecum* are well recommended. For restoring the gastric juices, every hour a tablespoonful of wormwood and rosemary tea has to be given or a mixture of sage and wormwood.

As internal solvents I recommend olive oil, tea of nettle, coltsfoot or plantain. Thirst has to be quenched by lemonade; also small pieces of lemon may be sucked. The nutrition has to be reduced to small portions of milk and oatmeal. Regular evacuations have to be brought on by cool enemas of a decoction of mint.

Though Father Kneipp did not like children undergoing the process of hot steam, decoctions of shavegrass and hay flowers have been of excellent effect in cases of larynx and nose diphtheria. It is indispensable that patients should be washed or douched after such steaming.

With such treatment, 94 and 97 percent of cures have been made, as has been proven by authentic statistics.

The advantages of this method are unquestionable; it supports continually Nature struggling for relief. The throat is soon cleansed of its coating, the strength of the patient is not much exhausted by this treatment, and fever soon subsides; the painful cauterizing with sharp essences is never applied. Most children treated in this way recuperate quickly and are not submitted to any fatal consequences.

In medicine, the dogma should prevail that Nature, pure and simple, has to be our sole guide; if we deviate from it, we shall fall into mistakes and errors.

Daily ablutions, frequent barefoot walking, plunging, douches, etc., are the methods by which the skin is cleansed, breathing is facilitated, and oxygen inhaled in large quantities. Thus the blood circulates quicker, the tissues are strengthened, more warmth is produced, and the power of resistance is increased to the highest degree.

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A NEW REMEDY FOR SEA SICKNESS

by Eugene Woolf

The Naturopath and Herald of Health, IX (11), 341. (1908)

Allow me, in the interest of Ocean travelers in general, to state the following: for the last fifteen years I have studied the question of a costless prevention of sea sickness. A remedy for curing sea sickness there is none, and will never be. The point therefore, lies in its prevention, for "prevention is better than cure". My simple head bandage made by folding a towel, a large handkerchief or anything similar, dipped into hot salt or sweet water, and applied round the head a few times, restores the proper circulation of the blood, relieves the abdomen from pressure, and checks the cerebral anemia.



A head bandage or wrap

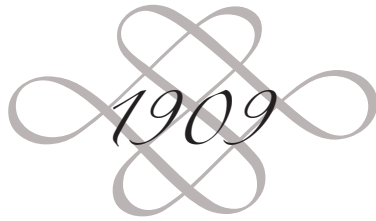
The question I wanted to solve was to find a costless way of preventing sea sickness, while traveling over thirty years in all kinds of weather, at all seasons, on the seas of this globe. I always felt a great pity for the steerage passengers, especially women and children, who had to suffer so severely when the sea got rough. For this reason I had to avoid the application of any apparatus, be it electrical appliance, thermophore, or any other construction for which a man has to pay.

The system of hot water bandages round the head (as one can hardly call it an intervention) is mine. All inventions and constructions that have come out ever since I published my simple prescription are based on my system and have passed through my hands. Up to now, every one of them I have had to condemn for being too heavy, cumbersome, dangerous, or too costly, etc.

If any of them were useful, the large steamer companies would have accepted them at once. You can well imagine how very important it is for steamer companies to prevent people becoming sea sick in the cabins. How pure and sweet the air would be at sea in the cabins if it were not for the repeated vomiting of bile, whose effluvia are extremely volatile and settle down at once in the curtains, floor, ceiling, paint, sofa, beds, etc., of the cabins. This in time forms one of the principal items denominated by travelers, when they enter a cabin, as "ship's smell."

Perhaps you will in the interest of humanity publish this letter (you will plainly see that I have no monetary interest in the matter), and also publish my prescription for the prevention of sea sickness, which ought to be copied by your newspapers. In conclusion, allow me to say that hundreds of people whom I have never seen in my life have written to me to express their thanks for my prescription.

My simple head bandage made by folding a towel, a large handkerchief or anything similar, dipped into hot salt or sweet water, and applied round the head a few times, restores the proper circulation of the blood, relieves the abdomen from pressure, and checks the cerebral anemia.



A REMEDY FOR CARBUNCLES AND BOILS

G. H. NEFF

HINTS IN TREATING PULMONARY HEMORRHAGES

DR. G. MAYERHAUSEN

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are free from all injurious aperients, being exclusively composed of herbal ingredients, and are universally considered the best for keeping the bowels open without weakening the stomach. These herbs are used by **Pfarrer Seb. Kneipp** at *Wörishofen* in his treatments. The pills may be taken for years without any injury to the system and with only beneficial results.

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3. To procure a thorough cleansing of the bowels take 2 pills at bedtime and 2 to 3 pills in the morning.

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Selling Kneipp products helped Benedict Lust in his efforts to promote Naturopathy.

A REMEDY FOR CARBUNCLES* AND BOILS

by G. H. Neff

The Naturopath and Herald of Health, XIV (3), 179. (1909)

As a long time reader of your very valuable family paper, *The Healthy Home*, I should like to contribute a sure remedy for the complete cure of a distressing ailment common to us all, the common boil or carbuncle as it becomes when grown to a large size. This remedy I have used for years and have never known it to fail in any stage of growth, stopping at once and curing speedily in a most marvelous manner. It is just fluid extract of burdock root and nothing else. Dose is one-half to a teaspoon three or four times daily in water. Get it at any druggists and insist on having what is called for. It will keep the system free from boils and carbuncles at all times by taking the above remedy for a few days. I cured a man who had an enormous carbuncle on the back of his neck, after his life had been despaired of. He sent to me and I gave him this remedy and he made a rapid recovery. It is the only specific for the cure of boils I have ever known.



Burdock
(*Arctium lappa*)

* Carbuncle is a large boil or skin cancer. —Ed.

HINTS IN TREATING PULMONARY HEMORRHAGES*

by Dr. G. Mayerhausen

The Naturopath and Herald of Health, XIV (7), 448. (1909)

In the following lines, I refer to a case of hemoptysis treated by me. This naturally is not done with a view of enlarging upon the results obtained in hydropathic therapy in general, but to specify results, gained in this particular case, for the purpose of recording and publishing observations in order to select the proper applications of water by preventing the use of improper means of treatment.

CASE

Mr. A. V., 25 years of age, is the descendant of a family of which several members, his father and brother succumbed to tuberculosis.

Six years ago our patient for the first time expectorated blood, which appearance, although less frequently, has continued up to shortly before the patient's entrance into my sanitarium, when during the period of three previous weeks the frequency of blood expectoration increased to one daily.

After a feeling of oppression in his chest, the patient was aware of a rising heat in his trachea, after which he would expectorate light red colored blood to the quantity of several tablespoons. Piercing pains in the left side of his chest would accompany the bloody expectoration.

Physical examination showed but a slight change in the lungs. Appearance as well as the state of nutrition of the patient were thoroughly satisfactory. He did not suffer from shortness of breath, and even was able to extensively indulge in mountain climbing.

Of himself he stated the following: "He has never been able to take a bath of any kind, since shortly after the attempt he would regularly give up blood." For this very reason he has very little confidence in Hydropathy, and only concluded to undergo the treatment on account of the absolute failure of any other treatments to improve his condition, by preventing his daily expectorations of blood.

These statements naturally caused me from the beginning to exert the greatest care in selecting the water applications, etc. All I dared try were total and upper ablutions in connection with knee and thigh douches, all of short duration.

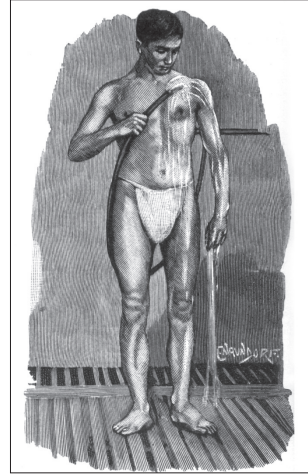
Although the patient could easily endure the full and upper ablutions, he seemed to be incapable of undergoing the knee and thigh gushes. With the certainty of a physiological experiment, blood expectorations would set in shortly after the patient had been treated with knee douches. These expectorations would regularly begin several hours after the knee douches

*The original title, "Hints to be Borne in Mind in Treating Hemorrhages from the Lungs" was abbreviated. —Ed.

had been applied. For instance, in the evening or during the night, if the patient had taken the baths at 3 o'clock the previous day, I was obliged to totally abstain from the application of thigh douches. As soon as the baths were limited to the total [full] and upper ablutions solely, the patient would cease to give up blood that would, however, unfailingly reappear as soon as knee douches were tried, for which reasons I decided to refrain from the application of knee douches.

Patient incidentally left my sanatorium, thoroughly recuperated and is in a good state of health.

This case can be considered a fair and distinct demonstration of the following:



A full body gush

1. That knee douches cause an increase of blood pressure in the lungs in general, and in the arterial system in particular.
2. That the said increase in blood pressure—at least in this particular case—reached its maximum several hours after the application of knee douches, proving that this increase in pressure cannot solely be the result of the immediate “*reflex-congestion*”, but more accurately ought to be considered as a “*repulsive-action*” that means, continuous irritation of certain systems of blood vessels caused by some reaction.
3. That this increase in pressure in these particular vessels will easily cause lung bleeding in individuals thus predisposed.

—Proprietor of the *Kneipp Kur und Wasserheilstalt, Bavaria-Bad* at Hals near Passau.

Although the patient could easily endure the total [full] and upper baths, he seemed to be incapable of undergoing the knee and thigh gushes.

As soon as the baths were limited to the total [full] and upper ablutions solely, the patient would cease to give up blood that would, however, unfailingly reappear as soon as knee douches were tried, for which reasons I decided to refrain from the application of knee douches.



THE EARTH AS CURATIVE

BENEDICT LUST

CLAY IN CATARRHAL AND PURULENT CASES

DR. MAX BACHEM



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THE EARTH AS CURATIVE

by Benedict Lust

The Naturopath and Herald of Health, XV (4), 232-233. (1910)

Men, after having read *Return to Nature* [Adolf Just, 1896] and become familiar with Nature's Cure, when traveling in uncivilized countries were astonished to see primitive people use earth in all kinds of ailments, sores and diseases. Who has told these people of the wonderful healing power of the earth? Nobody else but their own instinct, the voice of Nature. It is also a well-known fact that country people cure stings and all kinds of sores by wetting earth and smearing it on the sore place. Also animals, for instance, horses, are cured successfully by compresses of clay and earth.

We have become so civilized that we hear no more the voice of conscience, the language of Nature. If we want to be cured, if we wish to live in unbroken health, we must again listen to the voice of Nature as our only and infallible guide. Instead of cold water compresses and packs, we shall in future use earth as the universal remedy for all ills and ailments.

The earth is teeming with life. It emanates continually a tremendous force on man, whenever he comes in contact with it. This fact is verified by the legend of Antaeus; and that is why barefoot walking is of such beneficial influence. Also, the animals in the forest before lying down, remove all leaves, wood and snow in order to come in close contact with the earth. The animals also bathe in mud.

Earth is really part of man. He has been created out of earth and he has to return to it. We ought to lie and to rest on the bare ground; of most wonderful effect is sleeping on the bare ground in suitable nights, or on earth brought into the bedroom.

Damp earth or clay put on the body draws out all poisons, all morbid matter and heat. All the common diseases and ailments, as cutaneous eruptions of various kinds, ulcers, ear and eye complaints, pulmonary and abdominal affections, diphtheria, disease of the throat, of the sexual organs, female troubles, tumors, paralysis, gout and all kinds of pains are really cured and healed by applying earth. As the damp earth on the abdomen, the seat of all disease, is of such wonderful effect, its application cannot be sufficiently recommended. The cures made by earth are so wonderful and so varied that I will mention only a few:

W. S., BLINDNESS

He became suddenly blind in one eye. All remedies he applied had no effect. Then he tried damp earth; in a few days the eye was better, and

within four or six weeks the power of vision was completely restored. This reminds us of Jesus' healing the blind in the same way, though in virtue of his divine power he did this in a trice.

L. P., CHRONIC RHEUMATISM

He suffered from chronic rheumatism. His leg was to be amputated. In this emergency he applied clay packs; within a few days the leg was cured.

CHRONIC HEADACHE

Another man suffering from chronic headache got rid of it by one night's clay compresses.

TOOTHACHE

N., in J., suffered for many weeks from acute toothache; no dentist could help him. After a few days the toothache had disappeared by applying earth compresses.

EPILEPTIC FITS

A woman, overcome by fits, was cured by clay packs in the nape of the neck.

RHEUMATISM

A man who for years had been tortured by rheumatism was cured by sleeping for two weeks on the bare ground.

URINE RETENTION

G. suffered from a chronic retention of urine. In his utmost despair he applied damp earth on the abdomen and the sexual parts. After a few days he was relieved, these organs worked again their natural way, and he was completely out of danger.

DYSPEPSIA

He suffered from dyspepsia; he could not retain food; whatever he swallowed, he had to throw up again. As soon as damp clay was put on his stomach, vomiting stopped, his life was saved and his health soon restored.

In herpes and cutaneous eruptions, clay and earth compresses are of wonderful effect. Many more instances of the curative effects of earth and clay might be cited, but these suffice in order to draw the reader's attention to this plain and inexpensive remedy. This will not seem strange or uncommon to those people who are still open to the language of Nature

and her plain laws. The over-refined, over-civilized and enervated human beings can regain a certain bodily and mental elasticity and repose of the soul by attaching themselves to the earth. For this reason all nervous people should apply earth power to regain their lost vitality.

May the old, popular and primitive natural remedy find full approbation and the broadest propagation among all sufferers.



Guests sleeping outdoors at the Yungborn, Butler, New Jersey. Sleeping on the bare earth was popularized by Adolf Just and his book, *Return to Nature* (1896).

We have become so civilized that we hear no more the voice of conscience, the language of Nature.

Instead of cold water compresses and packs we shall in future use earth as the universal remedy for all ills and ailments.

Earth is really part of man. He has been created out of earth and he has to return to it.

Damp earth or clay put on the body draws out all poisons, all morbid matter and heat.

As the damp earth on the abdomen, the seat of all disease, is of such wonderful effect, its application cannot be sufficiently recommended.

CLAY IN CATARRHAL AND PURULENT CASES*

by Dr. Max Bachem

The Naturopath and Herald of Health, XV (10), 577-580. (1910)

Lecture held March 9th, 1910 in Naturheilverein, Frankfort-on-Main.
Translation for *The Naturopath* by Dr. J. Nordin.

The question, when dry clay is to be used, preferably over the moist, is of a very great and practical importance, but has not been sufficiently emphasized in the published articles in regard to treatment with clay. This really depends on whether or not the treated part of the body is to be dressed (bandaged). A few examples will illustrate it.

CASE

On March 5th, 1910, a former patient calls on me. His face was badly flayed after a fall, stumbling over a rail. The chin had been bleeding for a long time, the skin injured, and the parts underneath dirty and contused on many other places of the face.

Treatment: Thorough cleaning with hydrogen peroxide (consists of water and oxygen; the latter is very cleansing and stops bleeding); drying for ten minutes through hot air application; then white clay as dry as possible on the wounds and no dressing.

The patient, astonished over this treatment, returned after two days. The wounds are nicely dry and healing. The clay had performed its duty in a polluted and confused wound. It has absorbed the poisonous matter and kept the wound dry.

CASE

Last autumn, I was called to an elderly lady, who had been in the hospital many weeks. She had been run over and on my visit she showed me on the lower limb a wound, nine cm. long and one-third cm. wide, purulent, and exuberantly overgrown with "proud flesh".

Treatment: Daily drizzling with many quarts of cold water, and then dry clay. I then applied only a few turns of a bandage, allowing as much as possible air to pass. The wound was healed entirely in less than three weeks. As in this case, the dry clay treatment has often proved itself satisfactory, in cases of purulent, slowly developed or progressive ulcers.

*The original title was "From Science and Life: Successful Results of the Use of Clay in Catarrhal and Purulent Cases". —Ed.

CASE

I will state that the disagreeable symptoms of this latter form can be treated in this way very successfully. I mean the subcutaneous, phagedenic (corrosive) cankers. In February of this year [1910], a young man came to me suffering from a canker, which in spite of five weeks' treatment by a specialist grew larger.

My treatment: Hot water rinsing of the ulcer many times daily, during 10 to 20 minutes, then powdering with white, dry clay. From the beginning, the ugly-looking ulcer diminished and closed entirely. (*cfr. Zinsser, Muench. Med. Wochenschrift, 1908, No.26*) But I could not prevent the development of the (papulosquamous) syphilitic eruption; but this was also cured later through the customary use of sun baths, or as a substitute, light baths and so forth.

Not only the canker, but many other forms of syphilis disappear astonishingly after the dry clay treatment; for instance, the plaques, the moist pustules, and similar kinds. The plaques in the mouth are more difficult to cure because a dry clay treatment is impossible. I order the gargle with clay water, but the success is less striking and besides, the taste of the clay is to many patients disagreeable. Nevertheless, it cannot be denied that white clay meets all requirements of a mouth and teeth cleansing remedy and who knows but that some speculative druggist will someday mix white clay powder with a few drops of peppermint and this as "Bolo-dentin" with great profit!

When do I further use the clay dry? It may be mentioned: in the pointed condylomata (fig warts), where formerly sugar of milk was used for the same purpose. Gleet [gonorrheal discharge] disappears in one day. Here the dry clay treatment is far superior compared with the moist treatment—with clay or wad—which also would bring the desired result.

To reduce the umbilical cord of the newborn is very favorably accomplished through dry clay treatment. The cord is in one to two days transformed to a hard dry mass, "mummified," and falls off speedily. The child can by this treatment be bathed. After the bath, the navel parts must be dried very carefully and fresh clay applied. The covering and dress of the infant must be light and porous, as one of the important demands of the Nature Cure's care of infants. (I am convinced that skin eruption is caused by the rubber-swaddling trousers or similar arrangement. A rubber layer should be used under the child, never partly or wholly around the child's body. Even this layer, it seems to me, is for many children risky).

The treatment of coryza, in its common form, should naturally aim at drying up, exsiccation; for instance, a fresh catarrh of the nose will cease after three days of "dry food cure" [Schroth]. The effect of the steam baths and similar sweating procedures can be explained in the same way. At least it is my experience that they can be of benefit from hot drinks

only. Colonel Spohr advocated the rule (*Sexual Diseases of Men*, 1896, p. 53): "A local ailment, i.e. simple local process of disease, should be allowed to develop itself locally, i.e., be treated locally."

For the purpose of dry treatment of coryza, I use a nasal powder blower (according to Dr. Trumpp, Munich). The directions are enclosed. The cheap instrument is now for sale in the appertaining business stores. (Manufacturers: the firm Katsch, Munich). It may be replied, the coryza (nasal catarrh) is never a simple local disease, but always a (perhaps critical) discharge. Not going into details, I answer: what could better absorb and bring out such a discharge than the clay powder? More about this later.

So, regarding the dry clay treatment! The external application of wet clay is more fully explained in the *Naturarzt* and elsewhere. My experiences can be summarized as follows: clay compresses are to be applied where cold water compresses are customarily required; they compare with the dressings of hay flower, etc., instead of simple fomentations. The opinions of the Naturopaths may be divided as to the difference in the effect of hot water alone or hay flower decoction if clay compresses are to be preferred to the common wadding poultices. (The director of our Association Hospital will, please, give us some information!!) I personally have found water compresses practical, if a frequent change is necessary, for instance in pneumonia, when the high fever will probably last for a longer period. When, as in many cases of ulcers, the compresses can be kept longer, I use a compress of finger-thick wet clay. These clay compresses should be changed when they are still moist. In rare cases I let them become dry and leave them on for a longer time.

CASE

With this method I had a very great success a few weeks ago. An infant suffered from pemphigus. The eruption with its large flabby bubbles covered about the half of the back and extended towards the side of the abdomen. I ordered clay poultices to be kept until dry and even longer. Besides this, limitation of the milk diet in favor of vegetable food. A few weeks later the mother brought the child to me. No bubbles, except in one place only a spot rubbed off the surface layer of the epidermis. The most remarkable fact was that the eruption disappeared after one application only of the clay pack.

To prevent the injurious effect of vaccination, I do not advise the customary water dressings because they act too irritatingly to the skin and so cause the appearance of new pustules. This does not occur after the use of wet clay packs, which are kept until dry, and the clay absorbs the vaccine virus poison. Legally this procedure is permitted. If in the first seconds after vaccination the opportunity permits, immediately sprinkle white clay powder on the wounds and the pustules would not even appear.

As first president of the Anti-Vaccination Society in Frankfort-on-Maine, I have advised this method publicly and privately, without any unfavorable report.

Herpes zoster shows how the part of the skin nearest to the suffering nerves in nervous abnormal condition inclines to develop an eruption of vesicles, followed by the extending fading away. I have treated several cases with clay, but also a gentleman whose "belt" extended many centimeters wide from the breastbone to the spine. I find here the wet compresses, kept on for many days are not only the most comfortable for the patient and physician, but also the most effective.

I do not find any or only short mention of the internal use of clay-wash in some diseases of importance. I name the round ulcer of the stomach. It has been more fully ascertained that bismuthum subnitricum, which for a long time was claimed to be harmless because insoluble, will surely cause bismuth poisoning and, indeed, under conditions which we, by no means, are able to control. But clay is totally insoluble and fills its purpose as styptic and acidity-binding (absorbing) element excellently. The first few days after a hemorrhage of the bowels, I order cold water by the spoon, and I am very satisfied with the result.

CASE

Interesting is the following case: an elderly gentleman complains of bloody stools and has suffered for a long time. No hemorrhoids were present, which would cause suspicion of cancer of the rectum. I ordered a few injections daily with clay water. The hemorrhages ceased and have not since occurred—ten months. A decrease in weight was not any more observed. I could not believe he had cancer; but in any case, the patient and I myself were satisfied with the result.

I will not fail to mention that clay water may play an important part in the treatment of gleet. I hope to be able to report occasionally pertaining to this matter.

It has become a mode lately to ascribe the cause of all possible diseases to the irregular action of the intestines. Partly this is true. Therefore, I deem it advisable, for instance in cases of rheumatism, to scour the bowels thoroughly once or on many consequent days with clay water. Afterwards, the new building of noxious substances should be prevented through suitable diet (thick milk, fruits). This mode of treatment is especially to be recommended in cramps, as they, according to the explanation of Dr. Schoenenberger, almost always can be attributed to disturbances of the intestines, I claim, in 99 percent of cases.

The possibility to treat our patients externally, and especially internally, with clay has not yet been fully demonstrated. I hope that the articles at present published in the *Naturarzt* may arouse the interest of a wide

circle to investigate. I hesitated often to recommend the clay treatment, for the reason that I felt convinced the patient would not, or not exactly, obey. For instance, because he is a follower of the teachings of Nature Cure, he "takes nothing" internally (even if he in tea and coffee does not fear the coffin, or in wine and beer the alcohol!), or the necessary dose seems to him too large.

The mode of action of clay can be illustrated through a few experiments. The great capacity of the clay of "sucking up", absorption, can be seen, if eggs (without shells) whole or in part, are placed in the dry clay powder. They shrivel and become stone hard. Water and clay, equal parts each, do not require a double size of space, only one single part.

That the clay can absorb poisons, the following experiments with colored fluids will show: methylene blue solution filtered through clay will come out clear, but the clay will become blue. But other colors it will not always bind. For instance, acid of eosin flows through rose-colored; if violet blue eosin acid methylene blue is added, a rose-like fluid flows through, but the clay changes to blue.

It has been demonstrated exactly that the action of the clay is absorbing and adsorbing. I personally believe in its other potent qualities, which have not been proved as yet (earth magnetism, light rays.)

I recommend especially all practitioners the study of the interesting literature, mentioned in the German part of this magazine [*The Naturopath and Herald of Health*].

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will send a copy of the number containing the directions for using the Sand Cure to all readers of this paper sending twenty-five cents for a three months' trial subscription to

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Hot water rinsing of the ulcer many times daily, during 10 to 20 minutes, then powdering with white, dry clay.

Nevertheless it cannot be denied, that white clay meets all requirements of a mouth and teeth cleansing remedy and who knows, but that some speculative druggist will someday mix white clay powder with a few drops of peppermint and this as "Bolodentin" with great profit!

To reduce the umbilical cord of the newborn is very favorably accomplished through dry clay treatment.

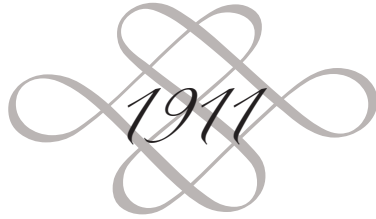
The treatment of coryza, in its common form, should naturally aim at drying up, exsiccation; for instance, a fresh catarrh of the nose will cease after three days of "dry food cure" [Schroth].

My experiences can be summarized as follows: clay compresses are to be applied where cold water compresses are customarily required; they compare with the dressings of hay flower, etc., instead of simple fomentations.

When, as in many cases of ulcers, the compresses can be kept longer, I use a compress of finger-thick wet clay.

These clay compresses should be changed when they are still moist. In rare cases I let them become dry and leave them on for a longer time.

To prevent the injurious effect of vaccination I do not advise the customary water dressings, because they act too irritatingly to the skin and so cause the appearance of new pustules. This does not occur after the use of wet clay packs, which are kept until dry, and the clay absorbs the vaccine virus poison.



MEASLES

SIEGFRIED HERRMANN

PLEURISY AND PULMONARY DISEASES

E. HASSE

CURE OF THE ASIATIC CHOLERA AND PROTECTION FROM IT

AUTHOR UNKNOWN



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MEASLES

by Siegfried Herrmann

The Naturopath and Herald of Health, XVI (3), 161-163. (1911)

Although everywhere people believe that measles are quite a harmless sickness, this opinion does not correspond at all with real facts. This sickness, as it is, might be perhaps less dangerous. The first feeling of uneasiness is mostly caused when, as is often the case, the cure is long delayed by a false treatment of the patient. Then maladies evolving from this neglect easily appear, whose cure the human organism, already weakened by the sickness of the measles, is less able to accomplish. Measles, therefore, must be taken easy as in all the other infectious sicknesses of children.

If we speak of measles as a sickness of children, we do not at all consent with the current opinion that a grown person may never be affected by it. The medical literature reveals not a few cases when the adult had to suffer very gravely of the measles, in some cases even several times. This leads us to that other opinion which, though much in vogue among those not learned in this science, has since long been proved as erroneous, namely, that each person must once in his life incur the measles. Only among such a people in which the belief in the effect of the so-called inoculated smallpox is fostered systematically, the superstition could also be developed, spread and retained, once fully cured, render the body immune from another infection.

This superstition is also responsible for the abominable malpractice to shut up healthy children with those sick of measles in the same families, to let them sleep even in the same bed with them, giving as a reason that they must anyhow once incur this sickness, but then are protected from a new infection for their whole lives. This custom which is not at all justified by anything, cannot too often be contradicted. For without rightly considering every sickness, even the seemingly lightest, as an injury or at least a hindrance in the development of the human organism, it is entirely false that everybody must once in his life fall prey to the measles.

Only suckling babies in the first year of their life and very old people are said to be really immune from an infection of the measles.

The measles belong to the infectious sicknesses, which is proven by the epidemic appearance of the malady. The poison that causes the sickness is unknown yet today, although rumor was going around about 15 years ago of the discovery of the poison in form of a bacillus.

The season when measles most frequently appear is the winter, especially in the weeks approaching spring. The later part of fall is also favorable to the epidemic.

The mortality by measles itself, i.e., not including the accompanying and later evolving maladies, is comparatively low, perhaps the lowest of all infectious diseases. Most of the children recover between 10 to 14; the least recover up to the age of 3 years.

Measles are recognized as one of the sicknesses which are caused by catching cold. The disposition for succumbing to an infection is greatly heightened by inhaling the bad air of narrow rooms where the sunlight barely enters.

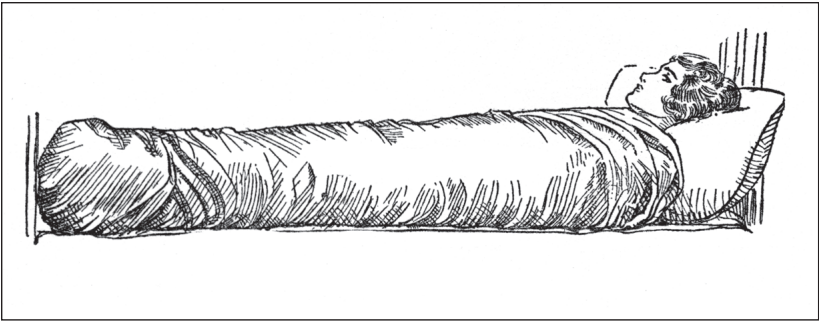
According to a common belief, 10 to 14 days intervene between the infection and the eruption of the sickness. It is well known that measles show their highest degree of development locally by small-dotted, roseate pimples of the skin. Only a few of those not learned in this science know that pimples of this kind show themselves first in the palate and on the interior side of the cheeks. Just by these circumstances we can easily recognize measles at the right time, which is very important in regard to the treatment of the patient, as we shall see later. At first the sickness begins with a more or less violent catarrh of the mucous membranes of the trachea, the nose and the eyes. The external symptoms of this catarrh are coughing, a cold and the eyes running with tears. The shunning of the light is especially characteristic of the sickness. The fever being weak in the beginning, increases till first in the face, then progressing to the neck, breast, back and finally to arms and legs pustules are sighted, consisting of pale-red spots of the size of lentils, which show in the middle a small raising which is perceptible to the hand striking over it as a little knot. Between the dots which disappear by pressure for a little while, places of normal skin are seen. The spots disappear by and by while the fever decreases, and after a full week no pimples exist anymore, but the skin peels off in little bran-like scales.

When the pimples recede, the sickness has not always totally disappeared, for the pimples are only external symptoms of the sickness, whose poison has often penetrated the whole body. In this case, the general contamination of the body is shown by all sorts of maladies evolving from it. These are gout, asthmatic cough, inflammation of the lungs, and of the ear tympanum, and most of all, the eyes. Very often the inflammation of the cutis is transferred to the cornea, resulting in a formation of ulcers on the cornea.

The representatives of the medical way of treating measles do not know a specific remedy for them. They mostly recommend, therefore, a waiting treatment. But this is in the interest of the sick body entirely false. The treatment, according to Nature's laws, possesses the means which promote extremely the favorable course of the sickness and assist the body in its effort to excrete the poisonous substances of the sickness.

As soon as an infection is feared, when the children become indis-

posed or if the characteristic redness in the cavity of the mouth is already perceptible, a proper treatment must at once be given. A total wrapping (77° to 81° F / 25° to 31° C) has to cover the patient; the higher or lower temperature in each case is determined by his age and the general constitution of his body. To the very sensitive a dry wrapping may also be given, which consists of an envelopment of the whole body by dry sheets and a woollen cover after a warm bath has been taken without wiping off. If an infection of measles was really attacking the body, the pimples mostly appear after one day already in perfect form, which proves that the body has been much assisted in the secretion of the poison by this treatment.



A full wet sheet wrap

The total wrappings are administered also at a later time of the treatment with great advantage. They interchange with partial wrappings of the neck and the calves, the breast and the trunk. The wraps are kept on one to two hours, but never as long as to cause uneasiness to the patient. After taking off the wrappers, the body must be washed with water of 73° to 88° F / 23° to 31° C or a lukewarm half bath of 86° to 91° F / 30° to 33° C must be dispensed to the patient for about eight minutes while a cool pouring [affusion] may follow.

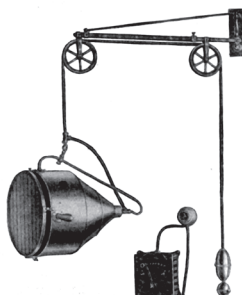
If the stool is tardy, the necessary evacuation of the gut must be brought on by lukewarm clyster [enema] and a short, cool and continuous clyster may be administered afterwards. The inflammation of the mucous membrane of the throat must be treated by baths of the throat with lukewarm citron water. The eyes must often be washed with pure lukewarm water.

In regard to the food of a patient of the measles, liquid food is to be preferred to solid. Meat and eggs cannot be recommended. Milk, lemonade from natural juices and light soups must be provided. Coffee, tea, cocoa and every form of alcohol must be avoided. Fruits, raw and cooked, are much liked; light, green vegetables, milk diet and farinaceous food may later be added.

The so-called treatment by red light has also been used for the measles and the most favorable results are said to have been realized. Further experiments in this direction may be rewarded with success. The windows must be covered with red curtains and every white sunbeam must be blocked. The lighting of the bedroom in the evening is similarly done as that of the photographic camera obscura, by red light.

It must greatly be warned not to adopt the injurious mode to cover up the windows of the sick room with thick dark curtains whose usage is found here and there, and which is excused by the sensitiveness of the eyes for the light. But a light dampening of the glaring light that falls directly in, is here sufficient.

Fresh air must also be abundantly provided for a sick room. This monition is altogether not superfluous. For just in the rooms where those sick of measles have been quartered, the windows are very often found to be firmly closed. The fear of a cold breath of air and taking cold, in consequence compels the nurses to act so foolishly. But every sick person needs for his recovery fresh and pure air. Therefore, again, open the windows!



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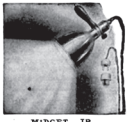
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The windows must be covered with red curtains and every white sunbeam must be blocked.

PLEURISY AND PULMONARY DISEASES

by E. Hasse

The Naturopath and Herald of Health, XVI (5), 311. (1911)

The transitory time from winter to spring is the time of catarrhs, influenza, inflammation of the lungs and other maladies from catching cold. Whoever is not firm then and hardened, must often suffer from it.

It is especially bad for such people who are disposed to pulmonary diseases. Such a case happened with my wife, who had been twice in a hospital for pulmonary patients. She complained of violent dry coughing, connected with vomiting, besides pangs in the right breast and a strong fever. The physician's examination proved pleurisy and pulmonary disease.



A short bandage or a three-quarter wrap

At first, a short bandage with water and vinegar was made to attack the fever. Then a pot cheese* was ground to a fine salve and a compress was made of it on the breast and the back and was replaced after three-quarters of an hour. As soon as the fever came back and the patient began to rave, total washings with water and vinegar were made. The cold feet were treated with hot bandages to draw the heat downwards. The bandages were made in such a way that short woolen socks were put on the patient's feet, after having been dipped in hot water; over this a woolen cloth was laid. To preserve the warmth, two bottles filled with hot water were laid on each leg and two warming bottles on the feet.

During the first four days the patient wore no shirt to make the treatment easier, as the shirt was a hindrance at the washings. These washings had been done in an unusual way. The patient had to sit in a stooping position when the water was poured over the back with the hollow of the hand from the cervical vertebrae to and over both shoulders. This

*Pot cheese is a fermented milk product that is similar to cottage cheese. —Ed.

mode of washing is similar in its effect to a little gush, and has a great and beneficent effect upon the patient. She feels like a newborn. A comfortable feeling of rest came over her. As soon as the fever returns, she will demand again these washings.

On the seventh day, the physician declared my wife to be perfectly healthy. Remedies were not used during the sickness, but only the simple applications of water and bandages, mentioned above. In spite of these simple means, my wife had recovered earlier than it would have been possible by a scholarly treatment, since a gathering of exudates was prevented by the absorbing action of the bandages. Since my wife had been very sick, according to the judgment of the physician, I have been convinced that she would not have escaped death without the method of curing of our great master Kneipp.

At first, a short bandage with water and vinegar was made to attack the fever. Then a pot cheese was ground to a fine salve and a compress was made of it on the breast and the back and was replaced after three-quarters of an hour.

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CURE OF THE ASIATIC CHOLERA AND PROTECTION FROM IT

by **Author Unknown**

The Naturopath and Herald of Health, XVI (12), 772-774. (1911)

In the years 1847 to 1852, I visited repeatedly Gräfenberg, where the late Vincent Priessnitz of world-fame cured the most difficult and inveterate maladies by the simplest natural means. On my special asking, I was allowed to accompany Mr. Priessnitz on the visits of his various patients, compelled as I was by my great interest in this method of curing.

It is well-known that Priessnitz in all his cures, which were always successful, followed the fundamental principles which has been adopted by many medical authorities:

Every acute malady is a salutary endeavor of the whole organism to secrete materials which cannot be assimilated. Our nature itself is a medical artist; we have only to observe its hints to support its efforts of curing by the simplest means, to not oppose it, and all maladies will be cured by it alone in the safest way.

How true this principle was, Priessnitz proved most evidently in all his cures, by curing chronic as well as acute maladies. And finally in cases when surgery considered extensive operations very necessary, they were avoided entirely.

In the year 1849, cholera appeared also in the factories near Gräfenberg, to which Priessnitz was called on immediately. He at once took along with him some of his well-schooled bathing attendants and he succeeded in a short time to put all the sick out of danger and to prevent this epidemic from spreading. According to the researches of Privy Councilor Professor Dr. Koch, material enters the body and cause this sickness. If at once the proper way of excretion by vomiting and diarrhea has occurred at first by the nature of the sick, every danger has been removed for the patient.

THE TREATMENT OF THE SICKNESS

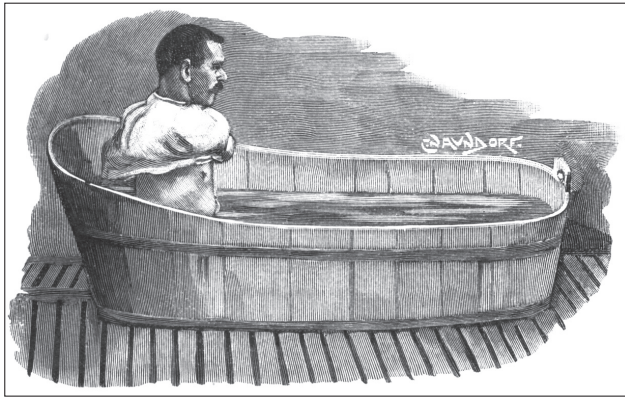
When entering a sick room, Priessnitz always opened one or more windows, which had to stay open all the time. He also used during the treatment described below, only fresh water, i.e. such as had been taken directly from a spring or a well, and never water which had been exposed to the air even for a few minutes.



Vincent Priessnitz
(1799-1851)

Generally this sickness began with violent and various cramps, vomiting and diarrhea, eyes surrounded by dark blue borders and receded into their sockets, and arms and legs appearing benumbed, etc.

To cause as quick a reaction as possible to revive again the totally defunct skin and to deduct the blood which pressed especially against the abdomen, Priessnitz let the sick first be rubbed by a wet bed sheet over the whole body while water was poured over them repeatedly till the cramps ceased entirely and the vomiting was done without a special effort and painlessly. Then every patient was allowed to rest for some time till pains were felt again in the abdomen. All the sick received was as much water to drink as they desired.



A half bath used enough water to reach the umbilicus

To remove the vomiting, the sick were placed in half baths and there the abdomen most of all was rubbed with wet cloths and the bare hands till the vomiting ceased. This lasted rarely for one hour. At the same time, the rest of the body was also washed and rubbed lightly. Patients who showed only weak cramps or none at all, were at first rubbed with a wet bed sheet, as told above, for about two or three minutes only and then treated accordingly.

At apoplectic attacks, which happily occur rarely, the patient is being rubbed on a bed or a long table by several persons with wet cloths and hands, water being thrown on him till the life returns. In some cases this has to last for four hours.

Priessnitz thought it to be of great importance never to stop the diarrhea because, according to his well-proven assertion, "this canal for the easiest excretion of diseased matter must not be obstructed". Only in cases when the stool became pungent and inflamed, a clyster [enema] of about 86° F/30° C was given to the sick from time to time.



A wet sheet rub entailed covering a person with a wet sheet and bath attendants rubbing the body with their hands.

As to the safest protection from this sickness, Priessnitz let every morning all the healthy people who came in contact with the sick be rubbed with wet bed sheets and drink fresh water before they could take their breakfast. The various factory workmen had to do this rubbing among themselves. Besides, fresh air had always to be let in the living and sleeping rooms of the healthy men also.

In regard to the diet, it must be observed that easily digestible foods were taken cool. Coffee, tea, chocolate and all the alcohols were entirely despised.

All these injunctions of a genial farmer proved to be the most effectual against this disease, for almost all the sick were saved and the cholera was at once extinguished in this country.

In 1866, I happened to be in Brest Betovsk, where cholera demanded a great many sacrifices. An intelligent physician of the place informed me that he had very few deaths among his many patients, because he had given to the sick nothing else than little ice balls to swallow, while all others treated with medicines, died not of the cholera, but undeniably of typhus.

From the previous accounts, the reader may see that generally all the maladies are easily cured according to Nature. Only the great mistake must not be made that as a patient, one torments himself uselessly by proceedings of many kinds and neglects the symptoms which are easily perceived.

If the symptoms cannot be sufficiently discerned and the patient is an otherwise strong personality, a packing can be given to him from the arms to the feet and this packing can be extended up to the neck. The symptoms will become by it more visible and gradually the right treatment can be given.

In general, we have at present three systems of curing of which Allopathy, according to an old belief, is yet to be considered as the prevalent. It has, however, as a science arrived only at the lower steps of its therapy. By this therapy, Allopathy is endeavoring to put into the blood of every sickness an antidote, so that this remedy which consists mostly of strong poisons forms an antidote in the present sickness. A weak and diseased body does not object to it, but always a nature of a robust disposition repels it often for a long time the adoption of remedies which are unnatural for the body. Therefore, we are astonished to see in simple maladies strong natures suddenly succumb, while weak natures often overcome the maladies, but afterwards slowly pine away. As soon as a new sickness turns up, the strongest armor is led against it as in cases of cholera and diphtheria. Though a patient is seldom saved, they stand faithfully by their doctrine and repudiate the saving remedies of another method of curing.

Even the older and more experienced physicians, as can be learned from their public utterances, recognize how unsafe their method is and how obnoxious their remedies, but before the great multitude they are powerless to change their system.

As ill successes in the medical field have often already prejudiced the public against it, they apply in modern times in cases of the simplest ulcers in the gut, vagina, and also of external ones, the most dangerous operations, although all these ulcers can be cured safely, though sometimes slowly, by warm dilutions, by purgative means and by a natural way of living in general.

In many sicknesses, for example, in inflammations, external as well as internal, Allopathy acts directly contrary to the laws of Nature using mostly the ice bags and this without a reasonable cause. It is, therefore, not to be wondered at that in the simplest maladies a very unfavorable success decries the adopted treatment.

For more than a thousand years already this medical doctrine was more or less put in action and the people always consented to it with the fullest confidence. It is also a strange fact that this science has not obtained yet a clear relation with the question of our nutrition.

Hahnemann, the founder of Homeopathy, was also convinced of the noxiousness of medicine and his reform had the purpose to remove the injurious remedies of Allopathy and to let the nature of the patient depend more on itself. He found the system of the powers, a dilution of the medicines in a far-reaching way. He left, therefore, in the hands of the physicians some remedy and with his patients the belief that medicines are necessary for the cures. Besides, his diet is being recognized as a proper one.

The Water Cure or natural method treats perfectly contrary to Allopathy. It is founded on the principle that the nature of the sick is the sole medical artist and must be supported in its efforts to heal only in a natural way. This support is necessary only in the simplest way in all acute sicknesses. While the medical method treats only locally, the natural method searches after the causes of the sickness and supports the organism according to the visible symptoms.

The physician must, therefore, in the face of the seemingly gravest maladies keep his mind with tranquility and must always remember "that no organism wants to murder itself". This stoic tranquility of the physician Priessnitz possessed in a high degree, being always an excellent paragon to me. As was already suggested, at least ninety-five percent of the operations were declared necessary and must be avoided, cured instead according to Nature with greater safety.

Priessnitz thought it to be of great importance never to stop the diarrhea because, according to his well-proven assertion, "this canal for the easiest secretion of diseased matter must not be obstructed".

As to the safest protection from this sickness [chloera], Priessnitz let every morning all the healthy people who came in contact with the sick be rubbed with wet bed sheets and drink fresh water before they could take their breakfast.

If the symptoms cannot be sufficiently discerned and the patient is an otherwise strong personality, a packing can be given to him from the arms to the feet and this packing can be extended up to the neck.

While the medical method treats only locally, the natural method searches after the causes of the sickness and supports the organism according to the visible symptoms.

The physician must, therefore, at the seemingly gravest maladies keep his mind with tranquility and must always remember "that no organism wants to murder itself".

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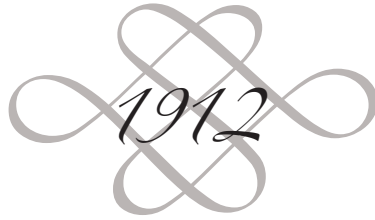
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George J. Drews wrote *Unfired Food and Tropho-Therapy* in 1912, and spear-headed raw food veganism and a permaculture movement in America.



DIAGNOSIS, WHAT FOR?

A. E. WITTING

SICK PEOPLE

ARNOLD EHRET

MY VISIT TO DR. CARL STRUEH'S YUNGBORN,
McHENRY, ILLINOIS

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By ARNOLD EHRET

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Arnold Ehret's book contribution to Naturopathy is still foundational for Naturopaths today. He fasted and advocated a mucusless diet in his teachings and books.

DIAGNOSIS, WHAT FOR?

by A. E. Witting

The Naturopath and Herald of Health, XVII (3), 175-178. (1912)

What is the good of a diagnosis?*

 It would be safe to assume that ninety-nine physicians out of every hundred, if confronted with this question, would either put the questioner down as a supreme joker, or instantly conclude that he were in imminent need of a mental “diagnosis”. Surely, no one, being in full possession of his mental faculties, would seriously ask that question, unless it be for the purpose of perpetrating the *latest sell*.

But for the sake of argument, let us suppose that this question were asked in all sane seriousness, and for no purpose other than an honest desire to obtain information. What is the good of a diagnosis? The physician, belonging to the above named majority, would of course immediately answer: “For the purpose of determining the nature of the patient’s disease; what other object could there be in making a diagnosis?” His answer is at once complete and conclusive, and despite the impulse to apply the theory, humanity would be fully content to let the matter rest there. Indeed, it would never have occurred to anyone to ask that question. But since there are hundreds of thousands of suffering humans directly interested in the practical side of this question, the whole matter immediately becomes, or has become, vastly complex.

The latter part of the physician’s answer allows no room for argument. Neither does the first part, as far as theory is concerned. But in practice, it is quite different. For in practice one directly meets with the further question: Is my diagnosis correct? If not, what possible good can come of it? And if acted upon, would it not inevitably lead to incalculable harm to my patient? Furthermore, if my diagnosis is not correct, how am I to know which is correct? Plainly, we have here entered upon an unlimited field, conducive to theorizing, supposing, and conjecturing, etc. Again all this could make no difference were it not that in the meantime, the helpless patient must bear the burden of every delay and drink the dregs of every mistake. It is the patient who must suffer the pain and after he has paid the bill, it is he who faces death unless perchance he gets well despite every mistake.

Yet, upon second thought there is greater and more far reaching tragedy in his recovery under these conditions, than there would be in his death. Does not his stubborn persistence in living, despite all mistakes of his physician, indicate the latter and justify him in all his stupid blun-

*Please refer to Appendix C and Dr. Richard Finley’s comments about the inclusion of diagnosis as an essential element of Naturopathy’s scope of practice. —Ed.

dering? It certainly does. The same tactics are practiced on every other apparently similar case, with the result that a large percentage of them, whose constitutions are unable to resist the damage done, are reduced to lifelong invalidism and in many instances killed outright. Yet the physician continues to point at the one who gets well as undeniable proof of the truth of his theory, and ascribes his failures to the interference of an all wise Providence. Surely such logic is unanswerable. If the original patient, who started this train of blunders by insisting on living anyway, had only had the charity to die for the sake of humanity, his name might someday have found its way to the Hall of Fame. However, in view of all the dense stupidity of this class of physicians, it must be admitted, that he would have run a tremendous risk.

The important question, then, seems to be: How are we to determine a correct diagnosis? If we again go to the regular physician for an answer, it will be as follows: "By the sum of the subjective and objective symptoms found in the patient." This is the crucial point, around which the idea of this article revolves. Accordingly, the question can logically be asked, why should disease be steadily increasing, in spite of the best efforts of ever developing science? Surely this is a question that must cause every honest physician grave concern. If he is honest, he must admit that somewhere there is something radically wrong in the practice of medicine. Does the fault lie with him? Has he not given the very best there is in him, even sacrificing his own health? Has he not followed to the letter the theories, taught and demonstrated in the best medical schools of the day? Has he not watched by the bedside, year in and year out, in an utmost endeavor to realize his cherished dream, the solving of the mystery of disease, only to see that vision, time without number fade away and engulfed by death? Often he has noted with satisfaction how quickly his patient responded to his remedial touch, and as he was about to pronounce him out of danger, he was again laid low, as though struck by some revengeful power. Again and again he rallies, struggling with heroic courage to weather the storm, but all in vain. The skillful physician, loving care of kind friends and relatives are to no avail. Slowly, relentlessly that Grim Reaper fastened his clutches on his victim and tore him away, apparently only to mock the puny efforts of mere man. Why all this sacrifice of human life? Can it be that an infinite God would ruthlessly slay countless thousands in the prime of life, merely to punish man, living or dead, for his sins? Away with superstition! Yet it would perhaps be advisable to go slowly in labeling that idea, "superstition".

Continuing to accept the theory that upon a correct diagnosis depends the ultimate recovery of the patient, is there then no hope for the solution of this menacing problem? Looking in the same direction as the regular physician, we answer most positively, no. He is building on a falsity, a

delusion. Science has spun beautifully sounding theories out of mere guess work, out of nothing. Far be it from our intention to cast reflection upon science. As long as science confines her attention to the stars and to dead matter, she may go on theorizing, blundering, correcting, and theorizing again to the end of the ages, and she will do much good without doing any harm. For the stars care not if we point our telescopes at them and then juggle a maze of figures to determine their distance, size and constituency. It can make no difference to the harmony of the great whole, if through profound mathematical deductions, we endeavor to determine the size and course of the orbit of a regular planet, or that of a wayward comet. That harmony will go on regardless of whether our diagnosis is correct or not. Dead matter need not cry out at the touch of deadly chemicals, and it can make no practical difference, whether or not the case prove fatal, unless the fatality should accidentally have reference to the operator. But when we approach the intricate mechanism of the human body, which no man has yet solved, and attempt to regulate the evidences of the secret workings of Nature, into which no eye has yet penetrated, according to our guesswork, theories, and haphazard deductions, then it matters much indeed whether our diagnosis proves to be correct or not.

Diagnosis in its last analysis can mean only one thing, viz.: cause. The failure of science lies right at this point, in its failure to reckon with the law of cause and effect. Science recognizes the outward evidences of Nature's activities under pathological conditions as the disease. Herein lies the falsity on which she is building. Further, by stamping out these evidences, she hopes to cure the disease. Herein lies her delusion. Consequently, building on a falsity and hugging a delusion, how can the exponents of medical science ever hope to arrive at the truth? The answer is obvious. The longer they build, the deeper their structure sinks into the mire, because falsity in its essence is absolutely without foundation, an utterly intangible nothing, upon which nothing can rest.

The law of cause and effect is in reality a succession of causes. The first effect turning cause of the second effect; the third effect is the result of the activities of the second, which thereby became a cause. From this it is evident that, in order to determine the real cause of any phenomenon, we must trace back this succession of causes to the point of original causation.

Normal functioning of the body indicates health; abnormal functioning indicates disease. As truly as there is a cause behind every normal function, there is also a cause back of every abnormal function, and the only way to determine a correct diagnosis is to follow up the law of cause and effect until we have arrived at the underlying, fundamental cause. To any thinking mind this can be the only true and logical course of procedure. Any one, dealing with any abnormality in life, who does not

reckon with the original cause of that particular abnormality, is sooner or later doomed to failure. To cut out the appendix and say we have thereby removed the cause of appendicitis shows no ability to reason logically. Building on that line of reasoning, couldn't we just as logically say, for consumption of the lungs, cut out the lungs, or for heart disease, cut out the heart? Both conclusions are as mentally rational as when applied to the appendix, although I grant, that the latter is less physically hazardous.

To present this point more clearly, let us take for example a case of chronic headache. The first question the examining physician must naturally ask himself is: What causes the headache? Let us suppose that this particular pain is caused by a perverted stomach, then what caused the perverted stomach? We will say, its inability to get proper nourishment from the blood. Why could not the blood properly nourish the stomach? Because of its saturated condition with surplus waste matters. How did this condition come about? Through failure of the eliminatory system to purge the body of the waste surplus. Why was the elimination not thorough? From the standpoint of original causation, there can be but one answer to this last question, viz.: because the system was overloaded and consequently taxed beyond its capacity. It must be remembered, however, that we are still dealing with causes, exclusively operating within the body.

Why, then, does the regular physician make a failure of his diagnosis? As previously stated, because he labels the pathological activities of Nature as the disease. In our above cited case he would probably stop with the perverted stomach, and his final diagnosis would in all probability be chronic stomach troubles. Whereas, the chronic stomach trouble is in reality only a symptom of the real disease, constitutional derangement. Immediately, the regular doctor prescribes a remedy for the perverted stomach and attempts to regulate its action with the action of chemicals, thereby absolutely ignoring the fact that the stomach, like every other bodily organ, can function physiologically only when properly nourished by the blood, which function of the blood also underlies unimpaired nervous impulse. Obviously, therefore, his treatment cannot be other than a failure. And it is at this point where our original question (what is the good of a diagnosis?) becomes pertinent.

From the foregoing arguments it is plain to the reader that our question has exclusive bearing on a diagnosis from the standpoint of modern medical science, and he will also anticipate what our answer must be, that a diagnosis from a medical science viewpoint is not only a false deduction, and consequently cannot be of any good, but furthermore, when acted upon, gives rise to further complications, which in turn leads to further false deductions and in place of getting nearer to the truth leads us ever farther away.

Going back to our cited case of chronic headache, and emerging from the realm of internal causes into that of external causes, another question might be asked, why, or as the result of what further cause, was the system overloaded, thus taxing it beyond its capacity of assimilation and elimination? Here we might conveniently throw ourselves upon the Scriptural teaching, which says that man has a natural tendency to do wrong. The tendency to follow his own inclinations, regardless of anyone or anything else, the tendency to gratify his desires, the tendency to satisfy his appetite, are the things that lie at the bottom of all woe and misery of the human race. This one great, universal underlying cause might be epitomized as, "wrong habits of life". These are legion, and never does anyone operate singly in producing any abnormal phenomenon in practical life. It is our opinion that the principal original cause of our patient's chronic headache is overeating. But it would be wrong to maintain that this is the only cause.

"Wrong habits of life" is, therefore, the original cause with which we must reckon in dealing with all human ills. It can make no difference what our disease, be it on the physical or mental plane. It can make no difference where our starting point is, we cannot come to any other logical conclusion and we cannot ultimately find any other causes. Our final and correct diagnosis cannot be other than, wrong habits of life. Permit us to add without the slightest taint of dogmatism that as long as we refuse to accept this as the truth, and refuse to take up the battle against our wrong habits, we will continue to bear the burden of our diseases in one form or another.

What are wrong habits? This question opens up a vast field, yes, an inexhaustible field beyond the scope of this article. Who is there who does not know of at least one bad habit that holds him in the clutch of its toils? Who can say that he is not a slave beneath the scourging lash of some perverted desire or appetite? If those who read this will not try to eliminate from their lives the wrong habits of which they are conscious, neither would they do so even if we enumerated them. Only those who take seriously the question set forth in this article; only those who do their own thinking and refuse to swallow Dr. Emdee's options and pills without asking the why and wherefore will derive any benefit from the suggestions made here.

—La Crosse, Wisconsin

What is the good of a diagnosis? The physician, belonging to the above named majority, would of course immediately answer: "For the purpose of determining the nature of the patient's disease.

Accordingly, the question can logically be asked; why should disease be steadily increasing, in spite of the best efforts of ever developing science?

Continuing to accept the theory, that upon a correct diagnosis depends the ultimate recovery of the patient, is there then no hope for the solution of this menacing problem?

Diagnosis in its last analysis can mean only one thing, viz.: cause.

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From this it is evident that, in order to determine the real cause of any phenomenon, we must trace back this succession of causes to the point of original causation.

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Permit us to add without the slightest taint of dogmatism that as long as we refuse to accept this as the truth, and refuse to take up the battle against our wrong habits, just that long we will continue to bear the burden of our diseases in one form or another.

SICK PEOPLE

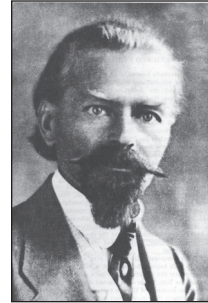
by **Arnold Ehret**

The Naturopath and Herald of Health, XVII (6), 369-371. (1912)

REMEDIES FOR THE REMOVAL OF THE COMMON FUNDAMENTAL CAUSE OF DISEASES AND THE PREVENTION OF THEIR RE-OCCURRENCE

After having told my readers the dread and horror of being sick or getting sick in the previous chapter, it befits me to show them the means and ways, as far as this is verbally possible, by which to successfully encounter mucus-poisoning, this greatest foe of health.

I have already mentioned that each patient requires individual treatment. In the form of verbal as well as written advices—only after detailed reports from the patients—I have already succeeded in numerous and serious cases to exert my helping and healing knowledge. Here I wish to show three means and ways which can produce a beneficial change.



Arnold Ehret
(1866-1922)

FASTING

The shortest and best way is fasting, so much talked about in this magazine. Fasting cuts short the life of the grim misdoer in our body and causes him to flee, and he leaves us fasters with fright and terror.

Healthy people can submit themselves to a fasting cure without any further ceremony. It goes without saying that they must fast reasonably and be responsible for not causing dangerous over-exertions during the fasting period, by demanding of themselves physical or mental performances which they could not live up to even at full fare. I insert here a precautionary measure which must be observed in all fasting cures: the complete emptying of the bowels at the beginning of the fasting by a harmless purgative or by a syringe, or by both. It lies in the nature of the thing that he who fasts must not be bothered by gas or decomposing matter which form from the excrements remaining in the bowels. It suffices that the mucus during the excretion gives him enough trouble, as already stated.

Whoever does not care to do a more prolonged fasting, although he is healthy, may try a short one. Even a fasting of thirty-six hours, weekly one or two times, acts in the long run very favorably. It is best to start by eliminating the supper and taking a syringe [enema] instead.

Then, in case of a thirty-six hours' fasting, nothing is taken until the morning after the next, and then nothing but fruits for breakfast. The eating of fruit is necessary after each fasting, as the juices of fruits cause a moving of the mucus-masses which have loosened. In the case of sick and old people, this treatment must be carefully individualized.

One arrives at this end, however, very much quicker if a longer fasting is done in the way described, for instance, three days, and then keeps an after-fasting cure. That is, not to eat anything for three days and drink only lemonade in single gulps as may become necessary and to begin on the fourth day with some fruits. At the close of the fourth day, take a thorough syringe and then add more fruit from day to day, until about the seventh day of the after-cure when the normal quantity of fruit-diet in the proper composition and selection has been reached. The fasting, however, can be extended for weeks by healthy persons and by those whose occupation permits them to spend their time in bed in case of difficult excretions of mucus. Nobody should mind then the so-called bad looks or the decrease in weight. The body fasts itself into health, despite such miserable complexion, and soon the cheeks will be adorned by a healthy, fresh red, and the weight is also restored very soon after the fasting to its normal standard. After a fasting the body reacts to every ounce of food. Very moderate and frequently fasting people have a very fine, spirited facial expression. It is said that Pope Leo XIII, this great faster and life-artist, had a very clear, almost transparent complexion.

In this connection, I wish to call attention to another point, already mentioned elsewhere. The success of the fasting depends upon it to a great extent: the fasting person must not unnecessarily become depressed or ill-humored. The one finds relief in the disagreeable moments by complete rest, the other by quick and decided work, especially in light and mechanical occupation.

When the body had been *de-mucused*, *de-slimed* and *de-pasted*, then it is the sacred duty of the person who has regained health to keep up the reclaimed highest earthly happiness, and to guard it by means of the correct food. On this a few short remarks in the following paragraphs.

HEALTHY DIET AFTER FASTING

He who cannot fast because of considerations of advanced lung or heart trouble for instance, may at least see to it that the further accumulation of mucus be cut short by refraining from pronounced mucus-formers, especially from all flour (cake), rice, potato dishes, from boiled milk, cheese, meat, etc. Whoever cannot miss bread entirely, must eat toasted black or white bread only. By toasting, the bread loses much of its harmfulness, as the mucus substances are being partly destroyed. The eating of toasted bread has the further advantage that not much can be eaten of it; it cannot be devoured as wild beasts do, and the necessary

chewing will fatigue even the most greedy gums. Whoever cannot bite the toasted bread, on account of bad teeth, may suck on it until it dissolves—a splendid way to restore declined strength. Whoever cannot give up potatoes should eat them only baked.

What then remains for “nutritious food” after I am to give up all albuminous food, like dried peas, lentils, beans, as little as possible? Thus many a reader will ask with a sigh.

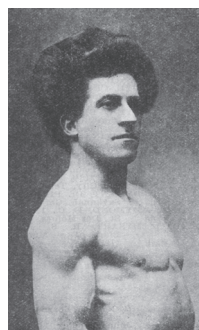
As to the value of meat, I have set forth my views elsewhere. The slight requirements in albumen are fully covered by sugary fruits. The banana, the nuts, combined with a few figs or dates, are first-class muscle-formers and strength-givers.

The vegetables (cut small and made into salads), the salads themselves, prepared with oil and plenty of lemon, and all the splendid fruits and berries, including those of the South, are worthy of being served on the tables of gods. And when springtime comes and last season’s fruits, especially apples, are on the decline, and the new vegetables not yet ready, does not Mother Nature help us out abundantly with oranges from the South? Will the aroma and wealth of these splendid products of Nature not induce man to eventually become a fruit eater entirely?

It is not possible for me to go into the question of food and its effects exhaustively in this article. For healthy people these statements may suffice; to sick people I give special prescriptions according to their state of health. It may be mentioned that non-fasters and people easily succumbing to illness may at least insert the morning’s fasting. It would be better for everybody not to eat anything before 10 o’clock and then nothing but fruits. The reward for this little chastising will certainly show itself, if the latter be kept up unflinchingly.

MASTICATION

Now, just one more word to those who think it impossible to give up the usual mucus food (meat, etc.). To these “poor ones” I also give the advice: to chew your food, and each bite, thoroughly, as per the American, Fletcher,* in one word: “Fletcherize.” Not that the fruit eaters should not do this; certainly, but the poison, that is, mucus-eaters must do so especially, if they do not wish to sink into their graves all too soon. The strong secretion of saliva in slow chewing decreases the formation of mucus and prevents over-eating. Of course, this class of people cannot quite achieve in health and strength, keep up youth and perseverance, physical and



Horace Fletcher
(1849-1919)

*Horace Fletcher wrote the book, *The ABZ of Our Own Nutrition* (1903). —Ed.

mental efficiency what can be achieved by the faster and fruit-eater. Once man is healthy in my sense of the word, by fasting and fruit diet, i. e., free from mucus, slime and germ, and if he stays with the fruit diet, he, of course, need not fast any longer and only then he will find a pleasure in eating which he never dreamt of before. Only in this will man find the way to happiness, harmony and the solution of all questions, especially the social question, as only through this he can become want-free and get "nearest to divinity" (Socrates).

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To these "poor ones" I also give the advice: to chew your food, and each bite, thoroughly, as per the American Fletcher, in one word: "Fletcherize."

MY VISIT TO DR. CARL STRUEH'S YUNGBORN, MCHENRY, ILLINOIS

by Benedict Lust, N.D.

The Naturopath and Herald of Health, XVII (6), 376-380. (1912)

When preparing for my Western lecture tour I included into my program a visit to Dr. Carl Strueh's famous Yungborn, at McHenry, Illinois, near Chicago. As I already mentioned in the May issue of *The Naturopath and Herald of Health*, five years ago I visited this place when Dr. Strueh was just starting his institution. I remember the day well when he and I went to McHenry together. It was a beautiful March day and the trees in the grove along the Fox River were just getting ready to put on their summer dress.



Dr. Carl Strueh

There was no building on the place at that time, and I witnessed the very first beginning of the Yungborn, for the carpenters were starting their work on this very same day. It, therefore, is no wonder then on my visit I looked forward with curiosity. Is there anything more interesting than to witness what a man, who stands for the same principles as you do, has accomplished within the short space of five years?



A row of air houses at Carl Strueh's Sanatorium

I must admit that when we entered the institution grounds I was amazed at the wonderful progress Dr. Strueh's Yungborn has made since my first visit. Open air cottages are scattered all over the grounds and the place really makes the impression of a cozy little village. The grounds are beautiful and the view down the valley is a delight to the eye. In the evening when all the cottages and the grounds are lit up with electric lights, a look from the river through the grove, which stretches all along the water, makes you imagine to be in a fairyland. And to think that all this has been done within five years.

Dr. Strueh has worked hard indeed, building up his Yungborn, but he has been rewarded by results which he can be proud of and for which he deserves all credit. He is one of those pioneers, who by his writings in popular and medical magazines and books and other deeds, has done his full share to help the Nature Cure to be recognized and respected, not only by the laity, but by physicians as well. He became a Naturopath by conviction, pure and simple and for no other purposes. He is a regular physician and has been a general practitioner in Chicago for quite a number of years before he took up the study and later the practice of Naturopathy.

He is a German by birth. He studied at the Universities of Zürich, Göttingen and Munich and after serving a term as assistant to Professor Eichhorst, the famous clinician, he came to Chicago to take up the practice of medicine. He is a respected professional man and a member of leading medical societies, such as the Chicago Medical Society, the Illinois State Medical Society, the American Medical Association, the German Medical Society of Chicago, etc.

Dr. Strueh could not have chosen a healthier and more beautiful location for his Yungborn, for the Fox River Valley is known for its pure invigorating air, its unsurpassed scenic beauty and its numerous inland lakes. The shores of the Fox River are covered with summer cottages owned mostly by Chicago people. The grounds comprise twenty acres, with an extensive water front, and present absolute privacy. One advantage is that Dr. Strueh's institution is only one hour's ride from Chicago on the Northwestern Railway, and that it can also be easily reached by automobile. Auto motorists are frequent visitors at the institution.

The method of treatment employed at Dr. Strueh's Yungborn embraces all natural remedies, such as the Kneipp cure and other forms of water cure, diet cures, sun and air baths, physical culture (gymnastics and breathing exercises), massage, Swedish movements, rest cure, regeneration cure, sleeping in air cottages, permanent out-door life, etc.

The meals served at the institution are very palatable and are regulated according to the condition of the patient. There is not one diet for all the patients. Some are put on a mixed diet (including meat), others on a vegetarian, or milk, or raw food, or fruit, or grape diet, while for some patients a strict fast is prescribed.

The day I was visiting I was served the following vegetarian menu:

Breakfast—Fruit, farina, boiled egg, whole wheat bread, or toast, butter, honey, malt coffee and cream.

Dinner—Fruit and nuts, vegetable soup, lentil chops, baked potatoes, asparagus, lettuce, with tomatoes, and apple pudding.

Supper—Fruit, boiled rice, whole wheat bread, honey, butter, and cocoa.

The vegetables used at the Yungborn are raised on its own grounds. It also keeps a large flock of chickens and a number of cows. There also are several hundred fruit trees and berries. Its own water plant furnishes the purest drinking water.



Dr. Strueh has a very fine system for his patients. The first thing in the morning is a barefoot walk in the wet grass, which is very refreshing and invigorating. Then follows a walk around the grounds, with breathing exercises. After drinking a glass of water, the patients get ready for breakfast. Those who need more rest rise later and have this breakfast served in their rooms.

After breakfast the patients rest under the shady trees, read or attend to their correspondence. At nine o'clock, they start for a short row on the river or play an outdoor game, such as medicine ball, croquet, tennis, etc. Others prefer gardening, which is one of the most healthy and enjoyable forms of exercise. It is physical work combined with a practical purpose.

Exercise is an essential feature at Dr. Strueh's Yungborn, and rightly so. No health without work! A lazy life leads to misery and premature decline. The circulation becomes sluggish, the lungs will not expand as they should and the digestion will be retarded by failure to employ the muscles properly. In short, every organ will be lacking in its function if we fail to exercise as we are meant to. Regular exercise is as important for the preservation and restoration of health as breathing pure air or eating the proper food.

In the open air gymnasium, which Dr. Strueh has placed in the shady grove, patients are given such exercises as are consistent with their physical strength and the character of their affliction. At half-past nine the patients

go to the treatment houses, of which there are two, one for women, and one for men, and take their bath or pack, or massage. Steam baths are more frequently applied on cool days and in the earlier and later part of the season than during the hot summer.



Women in their air park

After the treatment, the patients spend one to two hours in the sun and air bath. There are two separate ones for women and men. These sun and air baths are exceedingly beneficial. They put new life into our dead skin, which we must not consider as a mere covering, but which is one of the most important eliminating organs of the human anatomy. Through its millions of pores, it removes the poisonous waste matter which incessantly accumulates in the system. An active skin means health. If we enliven our degenerated skin by the influence of sunlight and air we will purify our blood, which in almost everybody is filled with impurities (auto-toxins). Whoever has experienced the wonderful effect of sun and air baths need not be told of their exceedingly beneficial qualities.

One day spent in them, with systematic exercise and outdoor games, and followed by a refreshing sleep in the open air will do more to restore your health than weeks of treatment in your home amid city surroundings.

To stimulate the action of the skin, the patients at Dr. Strueh's Yung-born dress very lightly and comfortably and wear sandals instead of shoes.



An air house

While in the air bath the patients go through a systematic drill given under Dr. Strueh's personal supervision. This is followed by a refreshing air bath.

At half-past twelve the dinner bell rings. After the meal, the patients rest outdoors and retire at two o'clock for a restful nap until three o'clock, when they play some outdoor game to warm up for the afternoon treatment which is given half an hour later. After the treatment they again go to the air bath and exercise with the medicine ball or by wrestling, sawing wood, etc. Before supper, which is served at six o'clock, some go swimming, while others go out in the boats or try their luck at fishing. After supper the patients assemble in the clubhouse, where they pass their time playing a game of checkers, cards, etc., or listen to the music. A little hop also is not an infrequent affair. One evening of every week, the doctor gives a lecture on subjects relating to the preservation and restoration of health. The object of Dr. Strueh's Yungborn is not only to *cure*, but also to teach you how to live and *keep well in the future*.

After partaking of a cup of herb tea, the patients retire between nine and ten o'clock looking forward to a restful sleep after having lived up to the day's program.

For those patients taking the rest cure, an entirely different system is established. They either rest in their rooms or in hammocks, which are hung up in the grove and their treatments consist mostly of massage, mild water applications and packs, proper diet and sun and air baths. Every patient's weight is assessed and also a urinalysis made once a week.

Every morning between eight and nine o'clock and every afternoon between five and six o'clock the doctor is in his office to consult with his patients. They appear twice a week, except in exceptional cases, when they consult or are visited as often as is necessary. The patients are made to understand that it is not good for them to discuss their disease with others and that they must try to distract their attention from their ailments as much as possible.

At Dr. Strueh's Yungborn any intricate chronic disease is received for treatment, such as general debility, nervousness (nervous prostration), insomnia, neuralgia, sciatica, locomotor ataxia, certain cases of paralysis, St. Vitus dance, hysteria, chronic catarrh of the lungs, nose and throat, susceptibility of catching cold (people needing hardening), asthma, hay fever, chronic dyspepsia (catarrh of the stomach), dilation and ulcer of the stomach, chronic constipation and diarrhea, flatulence, piles (hemorrhoids), gall stones, jaundice and other diseases of the liver, rheumatism, obesity, gout, diabetes, diseases of the heart, women's diseases, diseases of the kidneys and bladder, diseases of the skin (hives, poor complexion, etc.), anemia and chlorosis, scurvy, rickets, scrofula,* malaria, drug poisoning, ageing prematurely, etc. Cases of tuberculosis and mental diseases are not received.

Dr. Strueh's Yungborn may also be unreservedly recommended as an ideal resort for convalescents and delicate persons; it also has accommodations for a limited number of chronic invalids.

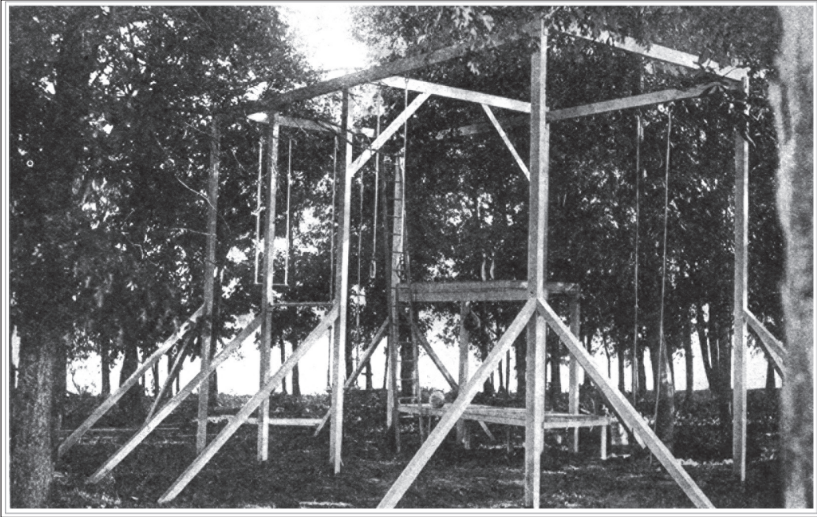
The Yungborn is not only meant for curing the sick, but it also is a splendid place for you to spend your vacation amid enchanting rural surroundings and under medical supervision. If you want to escape the noisy and conventional life of the ordinary summer hotel and the bar room connected with it, you will find no more suitable and pleasant place than Dr. Strueh's Yungborn at McHenry, Illinois.

There ought to be more places of this kind for vacation guests than there are. We all need a vacation now and then, for we all are more or less worn out physically or mentally. We are all slaves to unfavorable conditions, or foolish habits, which will sooner or later lead to sickness or general breakdown, if we deny ourselves an occasional rest.

A few weeks of vacation is the wisest investment for anyone who has voluntarily or involuntarily overtaxed his bodily or mental capacity. It is absolutely essential for the preservation of health that we get out of harness and change the monotony of our daily surroundings from time to time.

Do not wait until some incurable disease has developed, but do something to avoid it. This is the most pleasant way as well as the wisest.

*For a better understanding of scrofula, please refer to Louis Kuhne's article "Measles, Scarlet Fever, Diphtheria, Smallpox, Whooping Cough, Scrofula" in 1917, see page 352.—*Ed.*



Dr. Strueh was an avid promoter of Physical Culture and had a detailed exercise program available for his patients.

A stitch in time saves nine. Go back to Nature and for a while at least, live the *simple life* as you were meant to. Listen to the song of the birds and caress the picturesque flowers and everything that is beautiful in Creation.

If people would only recognize how much suffering and how many unnecessary expenses they would save by allowing themselves a short vacation every summer, there would not be as much sickness and suffering as there is. A few weeks spent on Nature's bosom will heal many an ill which unfavorable conditions have afflicted upon you and fortify you for another year's struggle.

There is plenty of entertainment at Dr. Strueh's Yungborn at McHenry, Illinois. Swimming, boating, fishing, ball games, lawn tennis, croquet, horseback riding, kite flying, etc. A great feature are the motor boat excursions which start right from the Yungborn's landing pier and take you to thirteen different lakes, through the most beautiful and charming country.

On account of its nearness, Dr. Strueh's Yungborn is well patronized by Chicago people. Business men have their families at the institution and go out every Saturday afternoon to spend Sunday with their loved ones and return to Chicago Sunday evening or Monday morning.

The rates at Dr. Strueh's Yungborn are such as to enable most anyone to spend some time at the resort. Dr. Strueh keeps an office at 32 North State Street, Room 1409, Chicago, Illinois, where he holds hours from 10 to 12 a.m. every Wednesday and Saturday. Write to him for

his descriptive booklet. It will not cost you anything, and it certainly is worthwhile.

An Institution for the Treatment of Diseases by NATURAL METHODS
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DR. CARL STRUEH'S

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AND HEALTH RESORT

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McHenry 92-M.

Only 1 hour's ride from Chicago, on the Chicago-Northwestern Ry. Easy to reach by automobile from all directions.

Located in the beautiful Fox River Valley. Healthful rural surroundings. No city atmosphere. No dust. Very home-like. No conventionalities.

20 acres of Park and Orchard, shrubs, flowers and grapes. Fine bathing beach. Large lawns for barefoot walks. Colony of open air cottages. All out-door games. Delightful motor boat excursions and cross country walks.

Splendid Results by our Regeneration Cure

All various Diets (mixed, vegetarian, grape, raw food diets). Fasting and Milk Cure (Milk supplied from Holstein cows).

Special diets in Gastric and Intestinal affections, Diabetes, Obesity, Gouty and Rheumatic conditions.

Complete Water Cure system. Sun and Air Baths in the open. Curative exercises (Gymnastics). Mud Packs. Massage. Rest Cure for physical and nervous breakdowns.

Splendid opportunities for those who wish to spend their vacation for the benefit of their health. Moderate rates. Circular and information upon request. Consultation at Chicago by appointment.

Dr. Strueh first opened a practice located at 464 Beldon Avenue in Chicago, Illinois, which he later moved to 32 N. State St. and then to 100 State Street.

Is there anything more interesting than to witness what a man who stands for the same principles as you do, has accomplished within the short space of five years?

Open air cottages are scattered all over the grounds, and the place really makes the impression of a cozy little village. The grounds are beautiful, and the view down the valley is a delight to the eye.

Dr. Strueh could not have chosen a healthier and more beautiful location for his Yungborn, for the Fox River Valley is known for its pure invigorating air, its unsurpassed scenic beauty and its numerous inland lakes.

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Universal Naturopathic Directory and Buyers' Guide

987



YUNGBORN

TANGERINE, FLA.
(Orange County)

Florida Nature Cure Resort and Recreation Home

Station on Seaboard Air Line R. R., ZELLWOOD

Station on Atlantic Coast Line, MOUNT DORA

Carrying out the principles of the genuine Nature Cure as practiced at the famous Yungborn at Butler, N. J., this FLORIDA YUNGBORN offers splendid advantages to those seeking relief and cure by the Natural Methods. Located at an elevation above Lake Ola, in the midst of the most glorious natural scenery. Commands a superb view of the Lake and surrounding country. The dry climate, freedom from fogs, malaria, mosquitoes and the extremes of heat and cold have long made this locality famous as a health resort. Fine bathing and swimming. An ideal place for convalescents. For those seeking health and recreation, the FLORIDA YUNGBORN offers an ideal spot for a holiday playground. The management of the Institution being the same as that of the Yungborn at Butler, N. J., every facility is afforded for carrying out the true Natural Life and Healing Methods. Sun, Light and Air baths, clay packs, lothannin baths, all branches of Hydro-therapy, Massage, Swedish Movements, Mechano-therapy, Chiropractic. Vegetarian and fruitarian diet. Special facilities for fasting. Good roads for auto-mobiling and driving.

Rates for patients, with massage and full treatment, \$35 per week, \$125 per month, and upwards.—Rates for boarders, convalescents and invalids, \$60 per month, \$25 per week. Visitors, \$3.50 per day.

For further information, address

B. LUST, RECREATION HEALTH HOME, BUTLER, N. J.

Illustrated prospectus sent on receipt of 4 cents for postage

The winter Yungborn at Tangerine, Florida opened its doors for the season in 1913 and attracted more guests than anticipated. The Tangerine Yungborn was the first "Nature Cure Resort" in Florida. (Lust, 1913, 840)



POISON IVY
JOHN SUMMERFIELD



Observational tower in newly erected buildings at the Butler Yungborn.



The Butler Yungborn was surrounded by orchards and beautiful vistas.

POISON IVY

by John Summerfield

The Naturopath and Herald of Health, XVIII (8), 503-504. (1913)

The little plant called poison ivy which grows so abundantly in many places, enjoys a very bad reputation. Still it flourishes in woody places, along roadsides and rough pasture lands. Animals walk through it, roll on it and even get particles of it in their food when grazing. It does not injure them in the least and will not injure people except to cause a little blistering and itching for a few days. The better condition one's health is, the less the ivy will affect them. In any case, I believe it is beneficial and a blood purifier.

It causes an itching rash which burns when rubbed or scratched. Most doctors believe the affected parts should be coated with some poison such as sugar of lead, wrapped up and never rubbed or scratched. Here are my four experiences with it and the treatments used. You may draw your own conclusions.

One summer day when I was sitting down on the ground, I leaned against a plant and crushed it with my elbow. The juice went through the shirt to my arm and that night I noticed an itching on that arm but thought it was a mosquito bite. I kept scratching it and two days later it had swollen a little and blistered. As I believed in medical doctors in those days, I went to see one. He said, "Poison ivy" and immediately smeared the arm with vaseline, sprinkled sugar of lead on that and then put absorbent cotton on, bandaged it, wet it and told me to dress it each day in a similar way. Always keep it wet and never scratch it. I did so. My arm swelled up from fingers to shoulder to twice its normal size, and all the strength left it. It was this way for two weeks. I could not even write and wore it in a sling. It finally got well, however.

Several years later when living on a fruit diet I crushed some poison ivy leaves and rubbed the juice onto my left arm and leg. Result: a little itching for a few days, no swelling or blistering and I did nothing for it. A year or so after, I got some on my face and in one eye. It swelled the face up a little and all I did was to put a cloth wet with cold water on occasionally and left it for about 15 minutes, several times a day. In four days it had completely disappeared and I was not inconvenienced in the least during that time.

Last year I rubbed some on my arm, rubbing the juice in thoroughly as an experiment. I was playing ball that day and later took a bath. I suppose my hands were covered with it and that I rubbed it all over my body, for that night it broke out on my arms, face and chest, swelled up, blistered and itched furiously for three days. I scratched it all I wanted to

and without compunction. All I did for it was to scratch it and bathe it with cold water frequently, which process is very soothing to any inflamed parts. On the fifth day it had completely healed. There is a fallacy that if once contracted it will return each year. This is not true.

While there is no occasion for a person willfully contracting poison ivy, still it is nothing to fear and cold water and a good old fashioned scratching will cure it quicker than any medicine you can buy.

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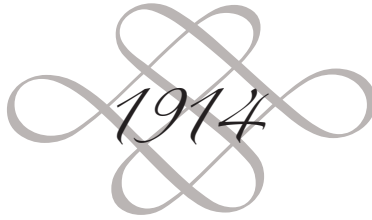
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REMOVAL NOTICE

BENEDICT LUST'S New York City Office, The Naturopath Magazine and the Kneipp-Naturopathic Store have removed to 112 East 41st Street, between Lexington and Park Avenues. The Naturopathic Institute, American School of Naturopathy and the Nature Cure Supplies Centre have removed to "YUNGBORN" Health Resort, Butler, New Jersey.

*BENEDICT LUST
BUTLER, N. J.*

Benedict Lust first made this announcement of his move in the December issue, 1912.



NATURE CURE

HENRY LINDLAHR, M.D.

SCIATICA

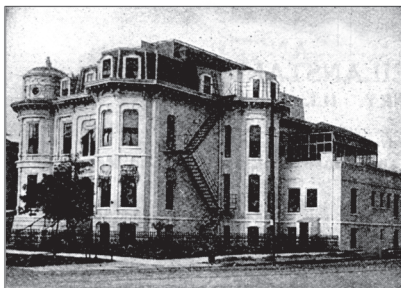
FREDERICK W. COLLINS, D.O., D.C.

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All chronic diseases treated by natural methods, such as vegetarian diet, fasting, osteopathy, chiropractic, massage, hydrotherapy, curative gymnastics, air and sun baths, mental therapeutics, homeopathic and herb remedies.

Competent physicians in charge of every line of treatment.



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Those who prefer the country to the city may go to THE LINDLAHR HEALTH RESORT, ELMHURST, ILL., 45 minutes' ride on the electric cars from the business center of Chicago. Seven acres of beautiful parks, lawns, and gardens. This combines the most pleasant country surroundings with easy access to the sights and life of the metropolis.

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THE 20th Century Method of Regaining LOST HEALTH NATUROPATHY

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MASSAGE, OSTEOPATHY, CHIROPRACTIC, SPONDYLOTHETAPY, ORTHOPEDIC SURGERY, SUGGESTION, HYDROTHERAPY in all branches, ELECTRIC LIGHT, HOT AIR, VAPOR, SUN, HERBAL, PINE NEEDLE, NAUHEIM and all other MEDICATED BATHS, OUR TREATMENT ROOMS AND ROOMS FOR RESIDENT PATIENTS ARE SUNNY AND STEAM HEATED.

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Important leaders in the Naturopathic movement, Drs. Henry Lindlahr and Carl Schultz both created schools, retreat centers and thriving clinical practices.

NATURE CURE

by Henry Lindlahr, M.D.

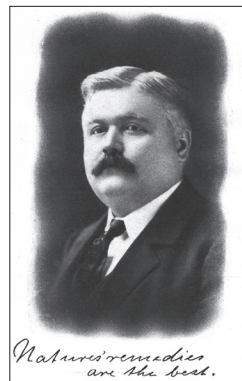
The Naturopath and Herald of Health, XIX (4), 251-253. (1914)

It was about seventeen years ago when I first became acquainted with Naturopathy. My wife and I had been in failing health for several years. The old school methods of treatment only made matters worse. A friend, who was aware of our precarious condition, loaned me a German book on Nature Cure, written by one of the pioneers in the movement.* We at once began to practice the natural ways of living and of home treatment, with good results.

Half a year afterwards, I sold my business interests and we went to Germany, partly for a visit and partly to complete our cures in the German Naturopathic sanitariums. The wonderful results I witnessed in others, and experienced myself, filled me with such enthusiasm for the work that I was not able to think or plan anything else, so I determined to make Naturopathy my life work.

Our first intention was to stay in the old country three or four months, but we remained for one year. I visited the best sanitariums and schools for Naturopathy in different parts of Germany, partly for treatment and partly for study. The more I saw of the work, the more I became impressed with its wonderful simplicity and effectiveness.

These experiences and observations awakened in me the idea and the desire to establish a work in this country, which should embrace all that is good in the natural methods of living and of treatment, and exclude everything doubtful and injurious. Therefore, after my return to the United States, I took up the study of Osteopathy and Medicine and in due time began to practice the natural methods of healing. While following the study of Allopathic medicine and at the same time practicing Naturopathy, I had the best opportunity to observe and compare the results of the “regular” and the “natural” methods of treating. I also studied the homeopathic, eclectic and physio-medical systems of medicine.



Henry Lindlahr
(1862-1924)

*Henry Lindlahr's life was hanging by a thread due to diabetes when he was lent *The New Science of Healing* by Louis Kuhne (1835-1901). The book changed the course of Lindlahr's life from a successful business tycoon to a doctor. Kuhne's book was first published in German in 1891 and translated into English a decade later. Benedict Lust also translated and published Kuhne's book in 1917, re-naming it *Neo-Naturopathy, the New Science of Healing*. —Ed.

Ever since I began to practice in Chicago, I have been endeavoring to combine in our work all that is good and efficient in natural healing methods. I have tested faithfully everything that promised results, sifted the good from the indifferent and bad, and combined the best in our work.

The result of it is the system of Naturopathy as it is taught and practiced in the schools and Sanatoriums established by Dr. Benedict Lust in New York and by myself in Chicago.

Immense sums have been invested in institutes for medical research. In one of them alone, over twelve million dollars for the purpose of studying the nature of and finding cures for acute and chronic diseases. It is a curious fact that most of the problems which these institutions are vainly trying to solve are already solved by Naturopathic Philosophy and Practice—and still they continue to experiment with human life.

We have proved that if acute diseases are treated in the natural way, there are no chronic diseases to cure, and that such chronic supposedly incurable diseases as tuberculosis, cancer, locomotor ataxia, paresis, paralysis agitans, infantile paralysis, secondary and tertiary syphilis, etc., yield to the natural treatment, provided there is enough vitality in the system to respond to treatment and the destruction of vital parts and organs has not too far advanced. The Naturopathic methods overcome the worst kind of heredity and build up perfect physical, mental and moral health, not by making human bodies the dumping ground for all sorts of virulent poisons nor by mutilating them on the operating table, but simply by teaching and practicing the natural methods of living and of healing.

It is a pity that these facts have not been proved to the medical profession and the laity on a larger scale. Untold suffering, an immense amount of invalidism and of physical, mental and moral deficiency could be avoided.

In order to make this possible, the Naturopathic method of natural living and healing must be legally recognized all over this country. The State of Illinois has already provided a separate examination for other (drugless) practitioners, and those who pass this examination are licensed to practice the natural methods of healing in this and other States which maintain reciprocity in this respect. So far, twenty-nine students of our school for naturopathic methods of treatment have taken and passed this examination and are now engaged in active practice with good results. These regulations of medical practice have been in force in Illinois for over 14 years and have given entire satisfaction to the public at large.

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SCIATICA

by Frederick W. Collins, D.O., D.C.*

The Naturopath and Herald of Health, XIX (5), 325-326. (1914)

Sciatic neuralgia is another form which we Mechanotherapists have to treat frequently, and it often taxes the patience of both doctor and patient. The treatment of this disease depends to some extent upon whether we have neuritis or a functional neuralgia. Neuritis is the most common cause of sciatic neuralgia and it may depend upon gout and rheumatism. There are some cases in which simple muscular overexertion will produce it, and it may also be caused by exostoses (abnormal enlargement of growth of bone especially a deposit of bony tissue upon the surface of preexisting bone), or tumors pressing upon the nerve in its course. It is much more frequent in males than females and generally occurs after the age of 40 years. The older the patient, the less chance there is of relief and recovery. The cause of sciatic neuritis is not always to be discovered, but in most cases it can be traced to exposure, cold and wet, sitting on a cold stone, or exposure to drafts while the clothing is wet. Occasionally it can occur by the patient sitting on a hard seat for a long time.



Dr. F. W. Collins

The pain generally begins at the hip following the course of the sciatic nerve. Occasionally, it is an inflammatory complaint, sometimes connected with an affection of the kidney. Associated with it may be tenderness along the nerve trunk and sometimes connected by paresthesia in the distribution of the nerve, numbness and tingling in patches of anesthesia on the back of the thigh and calf. In cases of long standing, the muscles of the leg become flabby, weak and atrophied. This is mostly noticed in the muscles of the calf. In cases of acute sciatica the pain is sometimes very severe from the start and it may come on gradually, growing more and more severe. In neuritis of the sciatic nerve there is more tenderness over the nerve and more sensory disturbances in the distribution of the nerve, than in sciatic neuralgia. Sciatic neuralgia more likely occurs in patients who are weak and anemic and also may be symptoms of locomotor ataxia.

There is no doubt that in many cases the disease is located in the spinal cord and the pain from the sciatic nerve is merely a referred symptom. At night the patients generally suffer greatly with pain causing them to lie

*In 1920, Dr. Collins was nominated by Alzamon Ira Lucas and Benedict Lust as a candidate for the Presidency of the United States on the Platform of the Constitutional Health Medical Liberty Issue.

awake most of the time. The sitting position aggravates the pain partly on account of the pressure of the nerve at the notch and by stretching the nerve and flexing the leg. Patients find more comfort in standing or walking about the room than lying down, although after walking the pain is more aggravated. And now I will endeavor to outline the treatment of this very painful malady to my best knowledge which I have obtained by treating numerous cases.

DIAGNOSIS

Sciatica is not very difficult to diagnose, as the pain and limited motion always occur in one limb, generally the left one, sometimes switching over to the right or vice versa. I wish to impress upon your mind to look for a condition of flat foot as very often the patient complains either of rheumatism, gout, or sciatica and the pain is caused merely by a broken down arch of the foot. In that case, it is advisable to treat the patient just the same but manipulate the bones of the arch of the foot into the proper position and order arches for the support of his feet at the same time.

TREATMENT

If the case is muscular, the ordinary different manipulations, which I will mention later, are sufficient. If the complaint is inflammatory and much tenderness exists, rest is essential and you have to convince your patient of that fact, which is very hard I know as the patient generally feels better by moving about. Rest, though, is absolutely necessary; so order it and see that your instructions are carried out. In order to reduce inflammation, dry cold applications are to be used over the course of the nerve in the form of ice bags or an infirmity tin case filled with ice, where the upper surface is hollowed out in order to receive the leg which rests in it. The temperature is kept about 59° F/ 15 C. But by adding salt to the ice it can still be lowered. It is important to support the ankle with a pad or pillow so that the heel does not bear the weight of the leg. The cold applications are to be kept on day and night for several days. When you observe that the inflammation has subsided, manipulations can be started, very gently from the beginning and gradually making them stronger and stronger. I believe in manipulating the entire leg as you will achieve better results.

1. Apply slight stroking in the course of the nerve in a downward direction.
2. Have patient turn over and lay on his back. Then apply digital kneading to the different muscles on the side of the leg working always in the upward direction.

3. Palmar, rotary kneading.
4. Lifting up of the muscles.
5. Crosswise ulnar percussion.
6. Digital or palmar stroking.

After this perform the same on the other side of the leg. When your manipulations are finished, then flex the leg and extend it. If you find that patient's foot is weak, manipulate the same and give the different movements of flexing, bending, rotating, etc. Rotate the leg in a flexed position several times, first inward and then outward. Have the leg in the flexed position, bend it first inward and then outward to the level of your table. Raise the leg upwards as high as you can get it, not letting the patient bend his knee and when you have it in that position, grasp the phalanges and part of the plantar surface of the foot and bend them downward causing a flexion of the ankle joint. This movement tends to stretch the muscles in the leg and also the nerve; but you must be very careful as it is generally very painful to the patient. Now the front part being attended to, have your patient turn over and manipulate the same way as before, finishing up with downward stroking over the nerve. Concentrate all manipulations over the course of the nerve.

Having done this, place your patient on the side and begin at the last dorsal vertebrae with your fingers close to the spine and manipulate the muscles upward and outwards towards to the end of the sacrum. You can also employ ulnar precision over the sacrum, and the chiropractic thrust over the spine from the last dorsal vertebrae to the sacrum. If the kidneys are affected, you naturally have to include them in the treatment. In some cases, I also employ the galvanic or high frequency currents and vibration over the nerve and lower part of the spine. The shower bath, scotch douche, exercise in the open air and whatever else will build up the general health, must be used according to circumstances. In regards to diet, have your patient avoid rich and fatty foods, coffee and alcohol. In general, have him live on a plain nourishing diet, taking care that the bowels should always be thoroughly unloaded as a distended rectum may cause the trouble by pressure upon the nerve.

In most cases which I have treated where the patient has been treated in a different way by different practitioners, and who employed heat in the form of hot applications and slight massage, the result was always unsatisfactory. You will find that if you treat this disease in the way I have described, you will always be successful in overcoming the trouble in a comparatively very short time.

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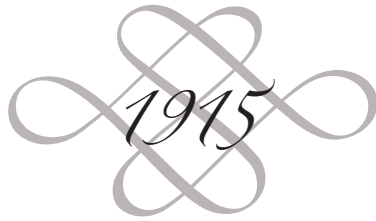
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EDWARD BOOTH, D.M.T., D.O.

RUSTY NAIL WOUNDS

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COUGHS, COLDS AND CHEST COMPLAINTS

by Edward Booth, D.M.T., D.O.

The Naturopath and Herald of Health, XX (2), 102-103. (1915)

“How’s your cold?” That is the universal question at this season of year. Not, how is your health, or your liver, or your family, but “How’s your cold?” The bottom may fall out of a stock market, the Mexican situation may look large and important on the horizon, trouble may continue to brew in Ireland, but “How’s your cold?” That is the most absorbing topic, the question of the hour! If your mind runs to figures or statistics, start out tomorrow to see for yourself what percentage of the persons you meet in a day show signs of being the humble and unhappy possessors of colds. It is a foregone conclusion that the result of your investigation will be a surprising one.

A consideration of the causes of the prevalence of coughs, colds and chest complaints brings to light much interesting information with regard to the habits and doings of the animal we call human. Of course, we know that many people are satisfied that they sat in a draft somewhere and caught the cold, while others are sure that they were inoculated while sitting in a crowded theatre, the cold germs being inhaled, but our idea is to go still further back, to get at first causes if we can.

Right at hand, staring us in the face, so to speak, is one great factor in this causation, namely, the change in habits of the average man or woman at the time of the coming of cold weather. As the cold season comes on, the man who spent the summer in his office or workplace with windows wide open, who sat on the veranda or balcony or took a car ride to a summer park in the evening, whose weekends were spent in the country, now closes up his windows, spends his evenings at the theater or the movies or with some cronies playing cards or billiards in an atmosphere of tobacco smoke of the “you could cut it” variety, and cuts out the weekend holiday entirely, spending Sunday morning in bed and the rest of the day in maintaining his reputation as an animal, reading in his den.

All this simply means that through the warm weather he breathed the open, fresh, pure air; now he breathes enclosed, vitiated air. And right there you have the great cause of coughs, colds and chest complaints. Other factors enter into the proposition, of course. Perspiration is naturally less in cold weather, more impurities being retained within the body as a result. Less exercise is taken in many ways. A diet that would prove satisfactory under warm weather and ample exercise conditions is not at all the right one for the cold weather and sedentary life. Taken all round, the great underlying cause is the breathing of bad, vitiated air as a result of the almost universal fear of drafts of cold, pure air. True, we have

improved greatly in this respect within the past ten years or so, but there is still an abundance of education for the fresh air fiend to do.

Now, having stated the cause, of course the remedy is quite obvious. "Cease to be evil, learn to do well." If one's cold or catarrh or sore throat or bronchitis is due to sleeping in an overheated, unventilated room, get the window open, even though one has to add another bedcover as a result. If lack of exercise, overeating or inactive skin are among the causes, then when we get out of bed in the morning, let us swing our arms around to have a brisk, vigorous stationary run, continued until we are puffing for breath; then a cold sponge bath and a brisk rubdown with a rough bath towel. The intake of food must be held down, and every morsel of the little taken must be thoroughly chewed. Two meals daily will be better than three. Cold water, plenty of it, must be taken between meals. An enema of two quarts of warm water, taken every other day for ten days, will be of decided value. We must walk to work and walk home, instead of taking the streetcar.



A throat compress

So much for the general treatment. Now for the relief of symptoms. If there is a large or troublesome discharge of mucus from the nose or throat, a gargle of cold salt water two or three times a day, and a quantity of warm, slightly salt water taken up through the nose and thrown out again through the mouth will be found of excellent character. This affords a most satisfactory relief of symptoms while the constitutional treatment is removing causes. Hot and cold compresses or packs are invaluable for the relief of the troubles in question, and should be used continuously in such cases until the painful symptoms are entirely dissipated. For an

attack of laryngitis, loss of voice, or sore throat, a pack, a piece of thick material folded into a broad band and wrung out in cold water, applied to the throat overnight, covered with a dry material will often bring about the very best of results. In fact, this one application often brings about a complete cessation of the unpleasant symptoms. In case of bronchitis, or where there are severe pains in the chest, a course of alternate hot and cold applications, with a cold pack sufficiently large to cover the entire affected area, left on overnight, is certain to be of very great assistance. If the patient is to be up and about the following morning, the chest and throat should be sprayed with cold water and rubbed vigorously until a glow of blood warmth ensues. A little alcohol rubbed on to finish with is a very good thing.

These methods of treatment for affections of the throat and chest which are often very troublesome, even though comparatively simple, are of tried and proven value, and in connection with the adoption of a more normal plan of living, bring about the happiest kinds of results.

The intake of food must be held down, and every morsel of the little taken must be thoroughly chewed. Two meals daily will be better than three.

We must walk to work and walk home, instead of taking the streetcar.

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RUSTY NAIL WOUNDS

by John Summerfield

The Naturopath and Herald of Health, XX (5), 316-317. (1915)

There is a strong belief prevalent that wounds from rusty nails, tin or pieces of iron must be instantly cauterized or blood poisoning will set in and perhaps lockjaw, followed by death. It has undoubtedly happened that people have had blood poisoning or lock jaw and died following an injury from a rusty nail, but it is my opinion that the complications arose, not as a direct result of the wound itself but because of the extremely irritating and poisonous treatments administered in the belief that they would cure or heal the wound.

Now let's see what happens when a man steps on a rusty nail. There is a hole punched in the skin and flesh. Tissues are torn and blood vessels ruptured, the wound bleeds a bit and in a short time stops because when the warm blood comes in contact with the cooler air, it gradually congeals and thickens until it has formed a little roof called a scab over the injured part. This protects the wound while it is healing, and as soon as it has completely healed, the little roof drops off and the foot is again as good as new. Now this healing process is carried on by the blood—not by any external application of salves or ointments or by internal doses of medicine. The blood alone heals it and if medicines are applied and it gets well, it is in spite of and not because of them. If there is any foreign substance such as dirt or small particles or rust left within the wound after the scab has formed, never fear, they will come out, for the wound heals from within towards the surface and any foreign substance is pushed along until gradually it is expelled at the surface.

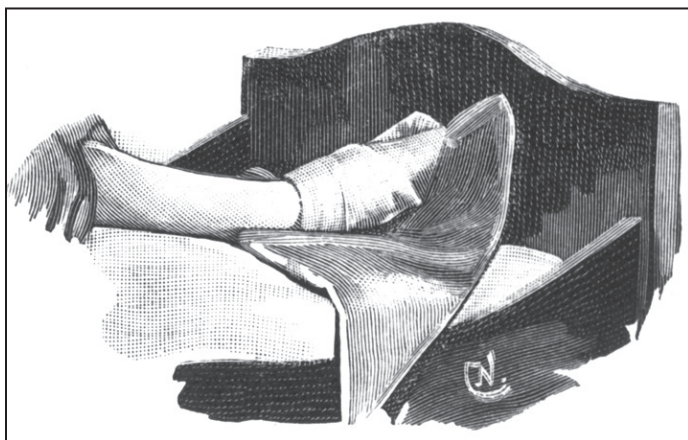
The presence of foreign particles usually causes inflammation and festering, but this is nothing to fear, for within the festured part is the cause of the trouble and it will shortly break out and expel both pus and dirt or particle of rust at the same time and then heal up. The wound cannot heal as long as it is filled with foreign substances, whether these substances be in the form of particles of sand, rust or medical salves. Consequently, it is Nature's way to eject them and she does this by forming a festured spot, the nature of which is to break out at the skin surface and empty its contents outside the body.

Every wound is healed by the blood and it doesn't make any difference to the blood whether it was caused by a sharp stick, a rusty nail, a piece of tin, a stone, a copper tack, a broken bottle, or a tooth. It goes about it in the same way and does a perfect job if you only let it alone. Bathe it in water if you wish and protect it until it gets well again, but don't try to heal it, for you can't do it. All you can do is to wash it as clean

as possible and then let it get well. If it becomes inflamed and aches, put a bandage wet with cold water on and keep it there till the pain subsides. This won't take long either. Now think a minute: this treatment is just what your instinct would tell you to do anyway. You don't need me or anyone else to tell you what to do. Just keep cool and listen to that voice within once in a while, especially in an emergency, and it will tell you every time. We all have common sense, but just because it is so common, we underestimate its value.

Once on a camping trip, when I was wading up a stream pushing my canoe ahead of me in the shallow water, I stepped on a rusty nail, but I paid little attention to it, for I had a long journey ahead of me and had several years back passed the stage of fearing such small things as that. When night came on and I got ready to crawl into my blanket, my foot was swollen and red and jumping like a toothache. In fact, it pained so I couldn't think of getting to sleep and I was good and tired too. So I got up and took a handkerchief, folded it cornerwise into a long strip, wet it at the tank, stood on it, brought the ends up over the arch, crossed them and tied together back of the heel. In five minutes, the soothing cool water had allayed the inflammation and the pain had completely left and in a minute longer I was asleep. The next day I went along as usual and had no more trouble whatever. The foot was scarcely sore at all.

I had another experience where I tore the back of the knuckles of my right hand badly on a rusty part of a wire fence. That night my hand pained terribly so that I couldn't sleep, but five minutes after putting on a wet bandage the pain left and of course, I slept as usual. The next day it started to fester a little. I was working hard, using my hands in spite of the fact that the knuckles were torn open. I put on a wet mud bandage



Foot compresses can be made using earth (peloids) or wet cloths.

for about half an hour and after that I paid no attention to it. It was a bad wound but I never had one heal as quickly and no scar was left at all, which fact greatly surprised me.*

A body can make tissue and brain cells out of a meal of meat and potato, vegetables, bread and butter, jam, milk, eggs and pie. A hundred and one other things can certainly heal up a little cut or bruise without the aid of you or me or a drug store, and don't forget that.

Bathe it in water if you wish and protect it until it gets well again, but don't try to heal it, for you can't do it.

In fact, it pained so I couldn't think of getting to sleep and I was good and tired too. So I got up and took a handkerchief, folded it cornerwise into a long strip, wet it at the tank, stood on it, brought the ends up over the arch, crossed them and tied together back of the heel.

I put on a wet mud bandage for about half an hour and after that I paid no attention to it. It was a bad wound but I never had one heal as quickly and no scar was left at all, which fact greatly surprised me.

*Using peat peloids as a compress on open wounds miraculously reduces swelling, pain and heals without any evidence of scarring or infection. —Ed.



A COLD

M. G. YOUNG

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A COLD

by Professor M. G. Young

Herald of Health and Naturopath, XXI (2), 115-118. (1916)

TREATMENT OF COLD

We will here reiterate a statement you have frequently read in the *Herald of Health* and we believe in no other publication, that "Nature and Nature only cures anything". By this we mean that the force of Nature which we call the vital force or that force whose intelligent action built our bodies to their present dimensions. The force constantly seeks to cleanse the body of everything it cannot use, and tells our consciousness when we should wait on Nature for the voidance of its general waste from food and drink. It is this force when understood that we are called upon to assist when there is a cold in the body and we desire to be cured of it.



M. G. Young

To illustrate: if you were going to help anyone who was in a hard struggle, your first object would be to find out what they were trying to do and in what direction they were exerting their energies. You could then co-operate with them and your efforts would be in harmony, work would be more quickly accomplished and the object soon reached. But if you were to direct your work independently, having no regard for the effort they were making, your work would hinder and perhaps thwart altogether the noble purpose or cause in which they were engaged. This would be exactly the case were you to undertake to doctor a cold without the foregoing knowledge concerning the vital force.

This cold calamity, having fallen upon the body, produces a condition which sorely needs prompt assistance. We will now tell you just what you may do to be of the greatest assistance to Nature while she cures the disease. Our attention should first be given to the bowels. Nothing is more important in beginning our treatment of a cold than freeing the bowels

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of all the old, retained, effete matter which continues to be absorbed and poisons the blood and weakens its energy so long as it remains in the bowels. This cleansing can be most effectually, quickly and pleasantly accomplished by the use of an injection to the bowels of an infusion of catnip herb, made by steeping three ounces of catnip in one gallon of boiling water for thirty minutes. Strain and temper with cold water to blood heat. The patient should be kept in a warm, well ventilated room. This is important. The temperature should be about 70° to 75° F/21° to 24° C. A four-quart fountain syringe should now be at hand, as it is the best—a smaller one may be used. The patient should lie on the right side and receive as much of the infusion as can be easily retained. After this passes off, resume the same position and again receive all that can possibly be retained and after this has passed, give a third time in the same manner. If directions have been followed, the patient will have been greatly relieved and found to be perspiring slightly.

The patient should now be put to bed and the treatment continued by placing to the feet and to the back, hot bricks [or hot water bottle] wrapped in cloths wet with vinegar.

Now prepare a tea by steeping an ounce of yarrow or boneset herb or chamomile or sage in a quart of boiling water. Cover while steeping and do not let boil. Steep fifteen minutes, strain, and give a cupful as warm as can be drunk to the patient, and repeat it every five or ten minutes until patient perspires freely. After sweating well for an hour, give all the

cold water the patient wishes to drink. In thirty minutes have the patient rise and quickly take a hand bath from head to foot; if there is no bath tub handy, a bowl of water will do. This will wash the sweat from the body and the pores will be promptly closed by the stimulating effect of the cold water. There need be no fear on the part of the patient that the cold water will chill him because the extreme warmth of the body will not be sufficiently overcome by the cold water to cause any chill, but on the contrary, he will discover that this cold bath feels good and that the cold is "broken". A brisk rubbing with a dry towel will give the skin a ruddy hue and it will feel clean and natural. The kidneys will also have discharged a considerable quantity of the waste material, the back will be relieved, the head also be discharging and the appetite be sharpened.

The patient should remain indoors for a day or two and avoid exposure. We will now direct your attention to another very important matter in restoring the patient from a cold. I regret that it is true that nearly every person who has a desire to know how to relieve suffering is more anxious to know just what medicines should be used and seems to attach more importance to that side of the treatment than to any other. I would be glad to reverse this general tendency and have my readers more anxious in regard to the food question than any other.

Were I to administer a dose of medicine for any form of disease it would certainly not be a very large amount, and if you were to compare it with the amount in bulk of the material taken at the table called food, you would see that the medicine would be a very small portion in comparison. From which of these articles should we expect the larger result when you remember that they are both taken into the system in the same way?

If the larger dose is of the proper kind, we should surely expect a greater result from it than we would from the small dose were it accordingly good of its kind. I hope now you can appreciate the importance of having the food exactly right.

There is not any food of more value to the one stricken with a cold than fruits and nuts. If patients would subsist upon these during the entire time they felt the effects of a cold, their recovery would be very prompt. However, if they feel as if they must add something else to the diet, let it be whole wheat bread which has been re-baked until it is yellow clear through and of course, very hard. Butter may be used on it if desired. If any meats are used, they should be broiled or roasted beef or mutton.

In regard to the fruit, it should be thoroughly ripe and mature. Bananas, however, are not good because they are never ripe here. They are pulled green and caused to ripen by withering or bleaching. Jellies, jams and preserves and all kinds of canned fruit which are canned in glass are desirable. One of the best fruits for a patient with a cold is a baked apple. The nuts which are most suited to this case are pecan or brazil

nuts. Walnuts are good if they have not been bleached, as they usually are in California. This bleaching of the nut kills its vital force and it will not grow, and so injures the nut that worms will not eat it.

This nut and fruit diet will ensure a speedy recovery, but nuts should never be eaten between meals. Eat both nuts and fruits as you would eat any other food, at the meal only. What I have said in this regard will apply equally well in the case of la grippe or influenza.

We have now gone over the subject of the cold pretty thoroughly and have discussed it as it relates to the definite and customary methods of treatment and nursing the patient. Also the diet has been considered, but I now desire to call your attention to the best method of prevention.

There perhaps is not a better method known for the prevention of a cold than the habit of taking daily a cold water bath. Your bath should be taken immediately upon rising. It is not necessary that there should be a bath tub. A bowl of water will be sufficient, and don't understand me to say a sponge bath. Bathing with the hand only. If you will apply the water quickly with the hand, begin by washing the face and the upper portions of the body first and then continue clear down to the feet. Do it quickly, so quickly that it will not require more than two minutes to bathe the body and thoroughly wipe dry.

If this is done as I have directed, in a few days it will become a luxury that you will not willingly dispense with. The stimulating effect of the cold water upon the skin induces a larger flow of blood to the skin and stimulates the action of the pores, cleanses off the effete matter and also positively affects the nerves of the skin. In this manner you have effectually closed the doors of the body against catching cold. I do not remember of ever having seen anyone who followed this method who complained of a cold.

There is yet another very important thing to be done by those who are frequently attacked with cold, and especially this applies to those persons who live in a damp, cold climate. I refer to the wearing of pure wool underwear. The woolen fabric next the skin absorbs the moisture of the body more readily than any other wearing apparel. Also, the friction caused by the wool touching the skin promotes a greater warmth of the body and skin than any other material.

Clothing is not warm, no matter of what material it may be made. The body's heat warms the clothing, and if the clothing is of the proper kind, it will hold the warmth received from the body. This is why wool is better than cotton, linen or anything else. I have said in times past, and I do not hesitate to say it now, that anyone who will wear a woolen abdomen band from September until the following June, I will be responsible in a financial way for all the la grippe they have.

The reason I can make this statement is because la grippe is contracted from a chill across the bowels and the chill in this way finds expression. I may say if you will keep the middle of the body warm, both ends of the body will take care of themselves.

I will now tell you a little story which will aid you to appreciate the value of the cold water bath. Some years ago, while crossing this continent in the winter time, our train stopped for about one-half hour at a city called Medicine Hat.* While there the writer, with several other gentlemen, stepped off the train to pace back and forth on the platform. Presently an old Indian, meagerly clad, came up to one of the gentlemen and asked him for tobacco. The man handed him the tobacco with the remark, "My God, John, I would think you would freeze to death with nothing on you but that old blanket." The Indian stood motionless for a few moments and then in a gruff voice replied, "White man face cold?" to which the gentleman replied, "No". The Indian then said, "Injun all face." In other words he had treated the entire surface of his skin as he would his face and would not feel the cold any more on any other part of the body than the white man would on his face.

In recommending the remedies for a cold, I have tried to select such as would probably be at hand in the home or could easily be obtained at any drug store. Were it not for the fact that few druggists carry very much, if any, botanic remedies, I could give you a formula for a remedy which I use in my own home and dispense from my office which I consider far more effectual than those I have recommended in this article.

But now, dear reader, I would not have you think for one moment that the recommendations of this article for treating a cold are not effectual, simply because I have spoken of these two items which I think are a little better. Let me suggest a few points of caution, especially to the ladies.

When you have dressed for a shopping trip and have put on different clothing from that you wear at home, remember that if there is any difference in the weight of the clothing, it should be heavier when you are away from home. It may be that the suit you desire to wear is much lighter than the one you are wearing daily. In this way colds of a very severe character are frequently contracted.

Also, many people contract very severe colds by sleeping in beds they are not accustomed to, while visiting, perhaps, as it frequently occurs they are given the use of the spare bedroom. The bedding is frequently damp from not having been used or aired properly. It is far better to take the precaution of observing all these matters than it is to suffer from a cold or treat one.

*Located in Alberta, Canada, Medicine Hat is known for its bitterly cold winters. —Ed.

Nothing is more important in beginning our treatment of a cold than freeing the bowels of all the old, retained, effete matter which continues to be absorbed and poisons the blood and weakens its energy so long as it remains in the bowels.

The patient should now be put to bed and the treatment continued by placing to the feet and to the back, hot bricks [or hot water bottle] wrapped in cloths wet with vinegar.

Now prepare a tea by steeping an ounce of yarrow or boneset herb or chamomile or sage in a quart of boiling water

There need be no fear on the part of the patient that the cold water will chill him because the extreme warmth of the body will not be sufficiently overcome by the cold water to cause any chill, but on the contrary he will discover that this cold bath feels good and that the cold is "broken".

Were I to administer a dose of medicine for any form of disease it would certainly not be a very large amount, and if you were to compare it with the amount in bulk of the material taken at the table called food you would see that the medicine would be a very small portion in comparison.

There is not any food of more value to the one stricken with a cold than fruits and nuts.

There perhaps is not a better method known for the prevention of a cold than the habit of taking daily a cold water bath. Your bath should be taken immediately upon rising.

Mechano-Therapy Department

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 ASSOCIATE EDITOR:
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ACUTE ARTICULAR RHEUMATISM

by **Dr. Chester A. Shewalter**

Herald of Health and Naturopath, XXI (4), 241-243. (1916)

DEFINITION

Acute articular rheumatism is a constitutional disease characterized by fever, inflammation of joints, acid sweats and blood contamination.

ETIOLOGY

According to the latest studies, articular rheumatism is supposedly an infectious disease, although the specific organism, which is supposed to bring about this trouble has not been discovered. In support of the infectious theory it might be stated that acute articular rheumatism frequently occurs in a considerable number of people, in the same locality, and at the same time, but this may be due to the fact that this same number of people are exposed to the same conditions which have a tendency to produce this disease; hence, this explanation would not be sufficient. Another circumstance which has led students along this line to the supposition that acute rheumatism may be an infectious disease is that it very frequently starts with a sore throat, preceded by a catarrhal condition of the mucous membrane of the nose, but since this is not the case in all individuals, this explanation again would be faulty.

It is not unlikely that the cause of this disease is a pathological condition in the elaboration of uric acid, particularly when the elimination of this substance is not perfect. And in support of this supposition might be stated the fact that uric acid is not easily dissolved in cold water but much more in warm water, and that it takes a large quantity of warm water to dissolve a small quantity of uric acid. The warm water which keeps the uric acid in solution in the human body is in the blood and in the tissues, and when this is gradually cooled off, as happens through continued exposures to wet and cold, there comes about a deposit in the joints of this substance, which is normally thrown off. The joints and their membranes



Dr. Chester A. Shewalter

are particularly prone to the deposition of these uric acid products, which stay in the joints long after they are thrown off in the other parts of the body, on account of the greater solution they undergo there than in the joints.

SYMPTOMS

This disease comes upon the patient rather quickly, although there are, as a general rule, certain prodromal symptoms, such as general mal-aise, weakness, hot and cold flushes, and catarrh of the nose and throat. A medium temperature of 102° F/39° C, or more, follows and about the same time an inflammation of the larger joints. A peculiarity of the trouble is that it progresses in jumps; that is, it may be noticed in the right knee and very soon after in the left hip. The joints of the knee, the ankle, the shoulder, the hip, the elbow, in the order named, are the extremities most usually affected. In milder cases the disease may simply last a day or so, but in most cases it lasts a week or longer. The pulse is accelerated, usually to about 110. The acids of sour sweats are very noticeable to the sense of smell and the urine is high colored and scanty.

The diseased joints are swollen, red, hot, and pit from pressure, a proof that we have more to do in these cases with inflammatory exudates in these joints, than with the watery accumulation about the joints. The diseased joints are very painful, particularly so upon motion, so that the patient suffering from this disease has great difficulty in moving the affected parts. Every attempt to put the patient in a different position causes great pain.

Of great importance in acute articular rheumatism is the heart action, as heart trouble is the most dangerous complication of the disease. The more joints affected, the more frequently does this complication arise, and young patients are particularly apt to develop an inflammation of the inner lining of the heart, called endocarditis. As a general rule, heart complications arise in cases that run beyond the first week. And in this connection, it is necessary to state that the intensity of the individual inflammatory process in the joints has nothing whatsoever to do with possible heart complications. When this complication does arise, there is an increase in fever, palpitation of the heart, actual pain over the heart region, and shortness of breath, known as dyspnea. In many cases this heart inflammation may stop here, while in others it leads to valvular heart trouble. An inflammation of the covering of the heart, known as pericarditis, is also noticed in a certain percentage of cases.

The nervous system very frequently suffers in cases of rheumatism, and particularly so in young persons. St. Vitus Dance, great nervousness and actual disturbance of the higher brain center are complications which often persist after the regular attack of rheumatism has passed away.

DIAGNOSIS

The recognition of this disease is usually easy, if one keeps in mind the acute beginning, the painful condition and swelling of the joints, and the acidic sweat. It is well to warn the practitioner against a too hasty diagnosis inasmuch as an acute inflammation of bone marrow, known as osteomyelitis, may be mistaken for acute articular rheumatism. This is particularly so when there is only one joint affected, but as soon as acute articular rheumatism follows a migratory course, the diagnosis is easy. There should be no difficulty in diagnosing acute articular rheumatism from gout, on account of the fact that gout occurs usually late in life, without any fever to speak of, and usually affects the small joints, particularly the large toes.

PROGNOSIS

The prognosis of acute articular rheumatism is fair and only three percent of cases have a fatal ending. When heart complications arise, the prognosis must be based upon the severity of these same complications.

TREATMENT

It is necessary to warn against the indiscriminate use of the salicylic acid preparations in the treatment of acute articular rheumatism because experience has proven that this is not a specific, and that heart complications are very much more apt to arise in cases that are treated with these drugs. Every experienced physician knows that the use of these preparations brings about a train of disagreeable features such as nausea, vomiting, dizziness and ringing in the ears, as well as disturbances in respiration and sometimes even a delirious condition. If one thinks that salicylic acid should be used, he has a much better substitute: apple juice or lemon juice.

In treating this disease by purely natural methods, it is necessary to restrict the fever to some extent, and yet it must not be forgotten that the fever is an attempt of Nature to throw off the uric acid poisons, and that these poisons are more easily dissolved at high temperature than low ones, as has been mentioned previously in this article. It is impractical to move the patient around and so the different parts of the body have to be sponged off frequently with water at the temperature of about 80° F/27° C. This sponging of the surface of the body may be done at as low a temperature as 60° F/16° C, and this is advisable when the temperature has a tendency to stay up.

It is well to use light friction on the affected joints with wintergreen oil, and then wrap the swollen joints in flannel and have the patient stay between blankets and not bed sheets. Sour milk or Bulgarian milk, as

an article of diet, is advisable. It is best to make this the exclusive article of diet until the patient begins to insist upon more food, as this desire for more food is, in itself, a very good sign and so may be indulged in. It is necessary to keep the bowels open, and for that purpose give a rectal injection of a pint of olive oil, or a quantity of soap water. As soon as the acute stage is over, stiffness of any joints must be combated by manipulation immediately, in connection with hot applications, up to 90° F / 32° C. It is not necessary to state that the hygienic surroundings should be perfect, namely that the patient should have a clean bed, plenty of fresh air and quiet.

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Naturopaths used acidophilus long before it was popularized.

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A TREATISE ON FEVER

by John F. Luepke, M.D., S.D.

Herald of Health and Naturopath, XXI (4), 273-276. (1916)

Periodic increase and diminution, or paroxysms of longer or shorter duration, with intervals of more or less perfect relief from all the symptoms, are characteristic of most febrile diseases of this kind, but especially of those arising from malaria. The duration of the paroxysms and of the intervals, the complete intermission or more partial remission of symptoms, become in such cases the characteristic facts that mark the type as it is called, of the fever which, accordingly, is distinguished as:



John F. G. Luepke, M.D., S.D.

- Intermittent, a fever which intermits or entirely ceases at intervals,
- Remittent, a fever which subsides or somewhat abates at intervals, and
- Continued or continual, a fever which neither remits nor intermits or it may also be distinguished according to the length of the periods as Tertian [48 hour periodicity],
- Quartan [three day intervals], and Quotidian [periodicity of 24 hours].

THE TREATMENT OF FEVER

HYDROTHERAPY MEASURES

Bear in mind the foremost rules: reduce the temperature, lessen the circulation, create a free action of the bowels, kidneys, bladder and sudoriferous glands, nourish the patient, watch the nursing and guard cleanliness, cheerfulness, regularity, ventilation and light.

Plenty of fresh air to the sick room, day and night, and soft, fresh spring water, mixed with fruit juices, also buttermilk will serve to subdue the inner heat, dilute the blood and humors and qualify them to dissolve and remove morbid matter through the emunctories.

A moist and perspiring skin is attained by the judicious application of steam baths, sweat packs, hot Epsom salt baths and rubbing, followed by cooler applications of whatever kind including cold packs to close the pores and to obtain the desired reaction.

I do not believe in forcing things. Should a patient show signs of unusual excitement and nervousness, such as increased palpitation of the heart or a more rapid circulation of the blood, the treatment has to be moderated accordingly; a warm soothing bath or a cold sitz bath à la Kuhne or Just, may be given in such cases.* Also the general trunk or abdominal pack, left in situ for one or two hours, more or less, and repeatedly changed, will often do wonders. Otherwise, keep the head cool, the feet warm and the bowels open—three principal things to be looked after. Constipation is to be relieved by the judicious administration of Epsom salts enemas and by rectal dilatation. This brings us to:

MECHANOTHERAPY

CHIROPRACTIC ADJUSTMENTS

The frequency of adjustments in fever, as anywhere else, is determined entirely by the nature of the case and the circumstances.

1. Adjust: atlas
2. General fever center, lumbar, 5 or 6
3. Kidney Place and Lower Private Place

Also give other adjustments according to location of specific inflammation and incoordination.

OSTEOPATHIC MANIPULATION

1. Stretching the muscles in the back of the neck, in the side of the neck and gently stretching and turning the head from side to side, frees the circulation in the neck and between the vertebrae of the entire spine. The patient is lying on his back. This is followed by a general treatment of the muscles of the spine with the patient lying on his side. Should be given once a day, while fever lasts, and three times a week after that.
2. Inhibit the action of the nerves that control the caliber of the arteries by pressing upon the superior cervical plexus with the patient lying on his back, and upon the splanchnic (i.e. 6 to 12th dorsals) and 5th lumbar plexuses with the patient lying in a prone position.

*The sitz bath used by Louis Kuhne incorporated friction to the abdomen, the seat of disease and called the friction hip bath. Adolf Just adopted the sitz bath as part of the "natural bath". For a complete description of these water applications, consult *Hydrotherapy in Naturopathic Medicine*. —Ed.

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These inhibitory manipulations may be applied two to three times a day or during the time the fever is high, as they will tend to keep the temperature reduced.

DIET

“The cardinal principles of feeding the sick, according to Dr. W. G. Thompson, *Practical Dietetics*, involve:

1. avoidance of all articles that disagree with the condition present; and
2. the giving of food best adapted to relieve the digestive organs of unnecessary labor, and to maintain nutrition.

In addition, for certain special diseases, there are classes of foods which have distinctly curative value. For example, the use of fresh fruits and raw vegetables in exanthematous fevers and of fats and oils in tuberculous and wasting conditions, hectic fevers, etc. Although, there is no curative food for fever, it should be remembered that there is nothing so easily assimilated as water, and advantage must be taken of this fact to introduce other foods into the body with it, giving them, therefore, in a liquid form.”

Thus our aim in the dietetic treatment of fever must be:

1. to save tissue waste by supplying sufficient nourishment;
2. to give semi-solid or fluid nourishment in a form which will not overtax the enfeebled digestive apparatus or leave a large residue for decomposition; and
3. to give abundant fluid with the object of relieving thirst, and to wash out, through the kidneys and bowels, the waste matter produced by the increased rate of metabolism.

In all fevers, presenting periods of remission, it is desirable to give the greater portion of the food while the temperature is lowest, so that it will be better digested and absorbed; for at this time the tissues appear to temporarily recover their assimilative power to some extent. Utilize it; it is the proper time for feeding a fever patient.

In mild cases, with remissions, if the appetite holds out, it may do no harm to allow some little variety in the diet, but if the fever is brief and the appetite fails, it is not only unnecessary, but *de facto* harmful to force the patient to take food.

Note:

To offer solid food in serious fevers, practically means to place foreign bodies in the alimentary canal which merely ferment and putrefy, causing discomfort with flatus, feter and diarrhea. The same may occur with undiluted, fresh milk. It should not be given, since the digestive powers are temporarily greatly enfeebled or wholly suspended. The danger from its continuous and exclusive use arises from its coagulating in lumpy masses which act practically as solid food. All solid food must therefore, be avoided until the temperature has remained normal for 10 days. This pertains especially to the more severe attacks and types of fevers such as typhoid, etc." (Thompson, *Practical Dietetics*)

Give mostly liquids in small quantities and often. Never give anything that cannot pass through the fine meshes of a sieve. Give more in the morning than in the evening. Loss of appetite should be respected in the acute stage. A good long fast will prove beneficial; it will not only clear up a dirty tongue, but improve the whole condition.

The value of water in health and disease is too well known, as that there would be need to emphasize again its extended use in fevers, externally as well as internally. The quantity taken daily should be from 1 ½ to 2 ½ quarts. If fresh milk is given, it should be mixed with water, half and half in proportion. Besides this: buttermilk, whey, koumiss, yoghurt, barley water, rice water, roast water, jelly water, lemonade, orangeade, fruit juices, as from raspberries, grape juice; lemonade of the white of an

egg are highly beneficial. Cocoa and eggnog should be used in extreme cases only. In the state of convalescence and when the patient has some appetite, let him have oatmeal gruel, Indian meal gruel, ground rice soup, vegetable broths, barley broth, broth with gelatin or an egg, clear soups and fruit soups, and put him on *Maltropon* and *Irontropon* mixed with diluted milk three to four times a day, or *Sanatogen* diluted with water (Dose: one teaspoonful to the cup). Above all: fruit, raw, baked or stewed; apples, oranges, peaches, prunes and berries; then broths of coarse meal (*Kraft-Mehl* and *Schrotbrot Suppen*) and soups of dried vegetables, which, if the patient's digestion is satisfactory, may be rendered more palatable by adding milk, a little butter or cream, etc.

CONCLUSION

It is clear from the above that, from our standpoint, only such methods in the treatment of fever could come into consideration which would assist in the elimination of morbid matter from the body, but at the same time stimulate the vital powers of Nature. This naturally excludes such medicinal treatments, which are known as sedatives and are used indiscriminately to suppress a fever. When a patient is placed upon a bed sheet and left in a bath tub filled with ice water for a certain length of time, as the custom in some hospitals is to freeze out high temperature especially in typhoid fever and similar conditions, such remedial agents are sometimes absolutely harmful. When the shock on the nervous system should prove too great and the poor patient, under this extreme horse cure, die from heart failure, and the blame is generally put upon Hydrotherapy, etc., while the fault lies somewhere else.

The principles of Drugless Healing, as Nature Cure, Hydrotherapy, etc., must be thoroughly understood before they can be applied in any given cases or condition, as that of fever. He who does not consider it worthwhile to really study our methods and philosophy, with an unbiased mind and with the sincere wish to remove the evil, as we understand it, to him we would rather say: "Hands off!"

Fever, as Dr. H. E. Lahn justly says in the 3rd part of his excellent book on Iridology, is a very important factor in the restoration of Health. "It is the action of the vital force which defends and restores." The process of regeneration, within the body, i.e. the dissolution and excretion of foreign matter and the formation of new and pure blood and tissues cannot take place without fever inflammation, etc."

The presence of fever is, therefore, to be hailed with a sense of relief in any ailment. There is no hope for a real cure in a chronic and serious feverless case, except it could be transformed into an acute febrile condition. The methods which we employ induce this state and are absolutely harmless, if properly applied.

Through the stimulation of the thermotaxic centres of the nervous system, these natural methods produce a violent feverish reaction of the whole apparatus, which in turn causes the dissolution and elimination of morbid matter and thus restores to the hampered organs freedom of action. They radically remove the ailment and reestablish perfect health, thereby accomplishing what Prof. Dr. Harless, Director of the University Clinic at Bonn, Germany, an authority on Internal Medicine, often wished when he stood at the bedside of a patient [namely that] medicines were of no avail, exclaiming, "If I knew how to produce a fever, I would be able to cure all diseases."

— Newark, New Jersey

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DYSMENORRHEA

by Dr. Lawrence E. Kaim, Ph.G., D.O., D.C.

Herald of Health and Naturopath, XXI (4), 276-277. (1916)

What a volume of untold mental and physical suffering and torture the mere mention of this one word conveys to the mind of the unfortunate female who suffers from it. While on the other hand, how easily it can be relieved, overcome and prevented by osteopathic and chiropractic methods. It is one of the most common and at the same time, one of the most dreaded advents, in the physiological periods of the woman's life, and owing to its monthly recurrence, has caused more so-called "nervous wrecks" than any other abnormal function.

ETIOLOGY

Dysmenorrhea, or painful menstruation, manifests itself in many different forms:

1. Dysmenorrhea congestion, due to congestion of the pelvic viscera.
2. Membranous dysmenorrhea, a painful form, marked by discharge of shreds of decidua (the membranous envelope of the ovum in utero).
3. Dysmenorrhea obstruction, (or mechanical) due to mechanical obstruction to the free escape of menstrual blood (generally flexion of the uterus).
4. Spasmodic dysmenorrhea is due to spasmodic uterine contraction.

If due to the ovaries, pain manifests itself four to seven days before the flow; if it is caused by obstruction (probably ante or retroflexion of the uterus), pain appears at onset of flow. Inflammation will cause pain at the onset and continue during duration of flow, and then disappear. Again, should pain commence some days previous and continue all through the period, it is almost certain that it is a combination of ovarian trouble, inflammation and obstruction. In the obstructive form, caused by ante-flexion of the uterus, the blood is clotted due to the compression of the uterine walls, and is compelled to remain in the uterine cavity until uterine contractions become strong enough to expel it, which causes severe pain.

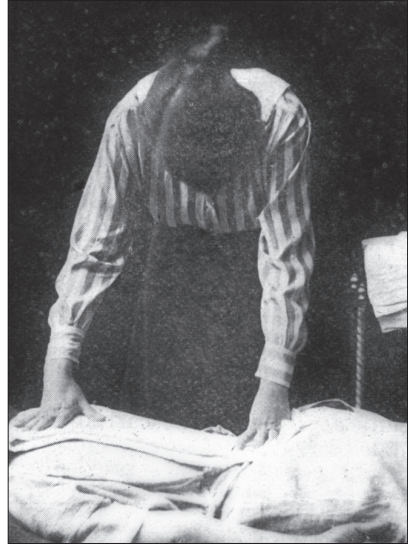
TREATMENT AND TECHNIQUE

Treatment differs in different individuals, but I have found the "Rotary Lumbar Adjustment" scientifically applied, the best and quickest way

to relieve and correct recent and chronic cases promptly.

Place patient on table, first on right side, with right leg fully extended, flex left knee to abdomen, or as high as possible, and place your thigh against it to retain it in position; then gently pull right arm and shoulder from under patient. While in that position, place your left hand on the acromioclavicular articulation and your right hand behind the crest of the left ilium.

Let the patient relax thoroughly. Then exert pressure with your left hand away from you and your right hand toward you simultaneously, until you correct the existing bony lesions or subluxations, when the familiar clicks and snaps can be plainly heard and felt. Then turn patient on the left side and repeat the proceeding in the same manner.



If pain existed before the adjustment, it will disappear almost entirely in most cases, as the proper nerve and blood supply to the uterus and ovaries is normalized and no longer hampered by the lesions in the sacral, lumbar and lower dorsal regions. It is needless to say that extreme caution should be used in the amount of pressure applied, as under no circumstances must it be painful to the patient.

Place hands firmly (if possible on the skin) to avoid slipping, as this would not only fail to accomplish the purpose, but would cause a painful condition and your patient would perhaps never come back. All the muscles must be previously relaxed by proper manipulations.

Deep pressure and vibration over the uterus and ovaries, with the palm of the hand, in an upward direction from the pubes, greatly relieved the congestion. Applications of dry heat, by means of electric pads, hot water or sand bags, will also greatly ease the pain. Hot foot baths and even hot sitz baths are advisable in some cases.

The bowels must be kept open by proper manipulations. A nourishing diet, deep breathing, open air exercise in moderation and plenty of fresh air and sunshine are useful factors.

Naturally other existing predisposing causes must be carefully located and corrected. Patients should be treated twice a week and before the expected period, three times a week.

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Dr. Alice Bunker Stockham, an outspoken obstetrician and gynecologist, was the fifth woman to become a medical doctor in the United States. Her books promoted equality, birth control, and sexual fulfillment for men and women for successful marriages.

If due to the ovaries, pain manifests itself four to seven days before the flow; if it is caused by obstruction (probably ante or retroflexion of the uterus) pain appears at onset of flow. Inflammation will cause pain at the onset and continue during duration of flow, then disappear.

If pain existed before the adjustment, it will disappear almost entirely in most cases, as the proper nerve and blood supply to the uterus and ovaries is normalized and no longer hampered by the lesions in the sacral, lumbar and lower dorsal regions

Deep pressure and vibration over the uterus and ovaries, with the palm of the hand, in an upward direction from the pubes, greatly relieves the congestion.

Hot foot baths and even hot sitz baths are advisable in some cases.

FEVER, SYMPTOMS AND TREATMENT

by Joseph A. Hoegen, N.D.

Herald of Health and Naturopath, XXI (7), 411. (1916)

Fever is a condition, in which we find excitability, heat, rapid pulse, disturbance of the nervous system, and also disturbed digestion, coated tongue, increased temperature, sometimes as high as 105° F/41° C, pulse beating 80 to 120 per minute, increased respiration, and a changeable feeling of cold and heat. Extreme thirst, loss of appetite, dry skin, headache, dark-colored urine, having much sediment, general weakness and debility, delirium and restlessness are also symptoms found.

Fever is not a disease in itself, but an effort to rid the organism of a disease, and to restore a normal condition. The whole body taking part in such disturbances or diseases is really nothing else but an aid, in which the whole organic strength is battling to throw off the poison in the body. How often have I seen patients raving with fever, all windows closed, and rooms kept warm so that the patient would not get cold? How cruel towards the poor patient! There is absolutely no danger of a fever patient catching cold. The windows should be wide open and the patient sponged often with cool water.

Many fever conditions are brought on by impure blood. Some people believe that their blood is in good condition when there are no pimples or blotches on the skin. This is a serious mistake, and the worst diseases are caused by impurities in the blood. Those that have eruptions on the outside are better off sometimes, because it shows that if the blood has power enough to throw out the impurities from the body, it also is capable to defend the inner organs.

To treat fever patients, see that the feet are warm; if not, they should be rubbed with warm hands, or hot water bottles may be applied. If a patient is constipated, a lukewarm enema, should be given; also plenty of fresh water or lemonade. Fresh air is absolutely necessary, and the windows should always be open. If the patient has appetite, give oat or barley gruel and also stewed fruit. There should be a fever thermometer in every family, to ascertain the patient's temperature. If fever is found, it is well to make at once a lukewarm whole pack for about one-half hour, then a lukewarm bath for 15 to 20 minutes; dry off the patient and put back to bed. If fever returns, repeat the procedure until normal temperature has returned.



Joseph A. Hoegen, N.D.

I had a case not long ago where I had to make nine packs in one night before the patient, who had typhoid, was out of danger. The feet should be made warm with hot water bottles while in the pack. Sometimes a patient feels uncomfortable in the whole pack. In this case, make a three-quarter pack.

To make a pack, take a woolen blanket and spread it out on the bed. Then wet a good-sized bed sheet, wring it out well, and lay it on the blanket. The patient then lies down on the sheet and first wrap the sheet well around the body; then the woolen blanket. See that every nook and corner is tight and snug to the body. This form of pack is used in chronic diseases, especially where it is necessary to have the skin eliminate poison from the body.

In packs for quieting and reducing fever, the bed sheet is not wrung out so hard. All packs must be made quickly, and it is better to have everything ready before the patient undresses. If the patient perspires in the pack, give plenty of fresh water to drink. Also, put cold compresses on the head, which must be changed when warm. After each pack give a lukewarm bath or at least a sponge bath.

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DR. LUNTZ'S REMARKABLE CASE

by Dr. Harris H. Luntz, M.D., D.O.

Herald of Health and Naturopath, XXI (7), 482. (1916)

Dear Doctor,
Your letter received, I will accommodate you in reference to publishing my case. I have already refused five of the leading medical journals permission to publish it.

Beginning: Christmas I celebrated in New York with my family and at 6:30 p.m. I came back to my office and had an attack of thoracic aneurysm. Three of the leading specialists of the city of Philadelphia were called in and Dr. Flack, Dean of Osteopathic College, a friend of mine was also here. They could not stop the hemorrhages, so they took me down to Jefferson Hospital. And every three hours or so, a tumbler of clear blood came out. Then I thought about Kneipp's system of water cure. As you know, I was always a faithful believer in his methods. Mind you, even Dr. William Schaare of Chicago, my medical preceptor, came flying down and tried physio [therapy] on me at the Jefferson Hospital with the permission of the hospital directors. They tried anything to save my life. Professor Funk of the Jefferson College, Professor of Chest and Lung Diseases, and a personal friend of mine, was also present. I had a private room and paid \$65 a week, so they did not object to outside doctors, and allowed me many privileges.

I had my mind determined that water alone would stop the hemorrhages. I allowed them to give me eighty-two hypodermic treatments just to convince myself of allopathic practice. I wasn't afraid of death, so on the fifth day I got a little bit worried and ordered my nurse (there were four nurses around me) to let me have all the ice water and big chunks of ice and cold applications on the chest on the right side and on the apex of the right lung and also water applications around my throat. I ordered one gallon of Kneipp's shavegrass infusion [*Equisetum arvense*].



Dr. Harris H. Luntz



Shavegrass
(*Equisetum arvense*)

Resolution: All the medical doctors were shocked at my wonderful will power and constitution and that I could stand such hemorrhages. Then on the ninth day I had an embolism of the right kidney to the renal artery. It went through my heart and brain. Of course, I was unconscious for three days and the leading doctors of the Jefferson Hospital told me when I regained consciousness that it would take a sledge hammer to kill me. They shipped me to a medical sanitarium called Belle Vista, located at Chestnut Hill, Pennsylvania. On the second day there, I had an attack of phlebitis on the left leg caused by unclean hypodermics. On the seventh day after the attack, the blood clot broke away and got into the femoral vein. I was delirious for six weeks and I stayed in that sanitarium until May 15th. Since I had a private room, I was privileged to order hydro-pathic treatments.

Of course, the medical directors sneered at me, but I didn't pay any attention to them. The result was that when I left the sanitarium I weighed 160 pounds—30 pounds more than before I took sick.

Of course, I cannot do much practice because I want to give the wound a chance to heal completely.

Dear Doctor, you can use this article for the benefit of all the drugless practitioners, and if they want to communicate with me I will gladly give them the scientific part of water application, in case of such dangerous attacks, providing they send me a self-addressed stamped envelope.

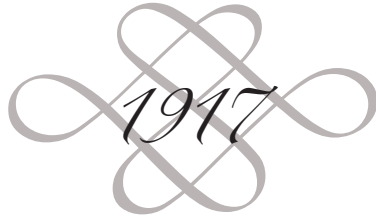
Give my love and best regards to old friends and drugless practitioners in New York.

Your sincere friend,
Harris Luntz, M.D., D.O

Christmas I celebrated in New York with my family and at 6:30 p.m. I came back to my office and had an attack of thoracic aneurism.

*I had my mind determined that water alone would stop the hemorrhages. I allowed them to give me eighty-two hypodermic treatments just to convince myself of allopathic practice. ...so on the fifth day I got a little bit worried and ordered my nurse (there were four nurses around me) to let me have all the ice water and big chunks of ice and cold applications on the chest on the right side and on the apex of the right lung and also water applications around my throat. I ordered one gallon of Kneipp's shavegrass infusion [*Equisetum arvense*].*

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DIARRHEA

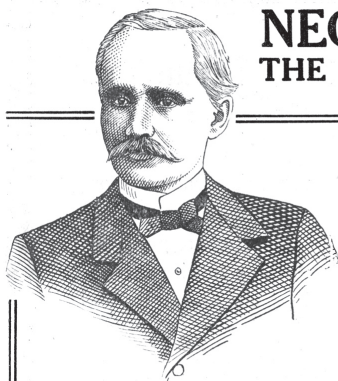
M. G. YOUNG

ANTERIOR INFANTILE POLIOMYELITIS

DR. CHESTER A. SHEWALTER

MEASLES, SCARLET FEVER, DIPHTHERIA, SMALLPOX,
WHOOPING COUGH, SCROFULA

LOUIS KUHNE



NEO-NATUROPATHY THE NEW SCIENCE OF HEALING

By LOUIS KUHNE

THIS work, devoted to the removal of the cause and, therefore, the cure of every disease, has been so highly indorsed, that it has been translated into over 25 languages, and millions of copies have been sold. Its appearance in English means a tremendous addition to the circulation of the work.

The true nature of disease, which for ages has baffled the scrutiny of medical science, is proven by Kuhne to be only the varying manifestation of a single cause; viz., a deposit of poisonous matter in the system, due to the debris of dead tissues and

the fact that waste products of food, the debris of dead tissues and completely eliminated by the excretory organs.

The foreign matter not wholly removed by the skin, lungs, liver, kidneys and intestines, owing to wrong methods of living, consists of substances that are soluble, decomposable and fermentable, and as shown by illustrations, are frequently so abundant as to cause malformations on the face, neck, and other parts of the body.

This state of disease is known as Retention

The symptoms are inactivity of the skin, a chilly sensation, sneezing, great nervous tension, a dread of cold air, an excited pulse owing to capillary obstruction, coated tongue, hyperacidity of the stomach, soreness of the muscles, perversion of taste, loss of smell, catarrh, etc.

These conditions cause acute or chronic Enervation

The symptoms of Enervation are low vitality, lack of metabolism, emaciation, a weak heart, neurasthenia, sleepiness by day and sleeplessness at night, great weakness of the sympathetic system, owing to which the cells refuse the natural nutrients in the blood. Retention and Enervation together furnish the conditions for the development of the various micro-organisms that produce the various infections and contagious diseases that afflict mankind, thereby hindering progress.

Such condition is known as Invasion

as medical science supposes that disease is caused by an invasion of microbes from without, a wholly false conception in the great majority of cases.

There is only one disease and, as regards essentials, only one method of treatment is actually necessary

Now comes the immense value of this great work. Kuhne, the master of disease, rejects drugs in toto and employs Natural Methods of healing, describing the same so fully, so clearly and so simply that nobody needs any more to visit a drugging doctor, as he or she can be cured at home by employing the methods of healing recommended in the book.

His remedial agents include the use of steam baths, sun baths, followed by the cooling and friction sitz-baths, and other treatments supplemented by a system of vegetation diet that raises the vitality of the body. The sympathetic nervous system is in particular the object of his keen regard, as it is the citadel of strength and power in the body.

Kuhne shows how his remedial treatments can be most successfully practiced at home. He devotes fifty pages of the work to the testimonials of those who have cured themselves of every conceivable disease by following his wise and benign advice.

To an ailing man, this book is worth a thousand dollars.
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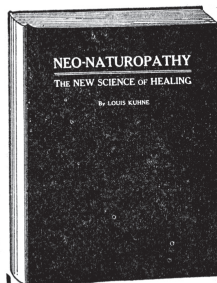
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NEO-NATUROPATHY The New Science of Healing

By LOUIS KUHNE

Cloth Bound, 300 pages, \$3.00

SYNOPSIS

Part I

What led me to the discovery of The New Science of Healing—How does disease arise—The nature and cure of children's diseases—measles, scarlet fever, diphtheria, etc.—Disease a transmission of morbid matter—Rheumatism and gout: their cause and cure—Cold hands and feet: their cause and cure—The science of facial expression—My remedial agents—What shall we eat? What shall we drink? Indigestibility of de-natured food—A rational, natural system of diet—Man a frugivorous animal—Beneficial value of vegetable diet—Simple home recipes.

Part II

Nervous and mental diseases—Pulmonary affections—Cause and cure of nodules—Tuberculin inoculation condemned—Sexual diseases—curative crises—Diseases of the bladder and kidneys—Heart disease—Poverty of the blood—Epileptic fits—Diseases of the eye and ear—Diseases of the teeth—Diseases of the throat—Headache—Inflammation of the brain—Typhus—Dysentery—Cholera and Diarrhea—Climatic and tropical fevers—Leprosy—Scabies; parasitism—Hernia—Cancer—Proud flesh.

Part III

Treatment and cure of wounds, without drugs and operations—Diseases of women—How to bring about safe and easy parturition—Conduct after birth—The bringing up of children.

Part IV

Reports of cures and of appreciation (fifty pages)—Illustrating the science of facial expression—Child inoculated with tuberculin forty-five times, and the results.

Louis Kuhne's book, *The New Science of Healing* was published in German in 1891. In 1917, Benedict Lust translated and republished under a new title, *Neo-Naturopathy, the New Science of Healing*. Kuhne's book was essential reading for anyone considering Naturopathy in the early 1900s.

Phytotherapy Department

(The American Herb Doctor)

Address all communications for this department to its editor

Prof. M. G. YOUNG, 4156 Arcade Building, Seattle, Wash.

DIARRHEA

by M. G. Young

Herald of Health and Naturopath, XXII (1), 591-593. (1917)

This very troublesome complaint is most common in the warmer part of the year, and especially when there are warm days and cool nights. When these weather conditions prevail, catching cold is very common, because of neglect to provide proper clothing. In this country, the Puget Sound especially, pure wool underclothing should be worn during the entire year. The outer garments may be as light as desired, but have wool next to the skin. This will prove a great protection against not only diarrhea but many other diseases.

There are other practices which induce this unnatural condition of the bowels, such as gorging the stomach with too much cold food. Ices of every kind should be forbidden! They are pleasing to us when it is very warm, but they chill the mouth, throat, and stomach and produce many ailments. Catarrh of the head, throat and stomach is often started by eating ice cream. This ice cream slop is in many cases only a cheap combination of eggs (none too fresh), corn starch, sugar, and gelatin, with some flavoring extract and cheap coloring material beaten up together and frozen and has no cream in it whatever.

There will be much suffering and many deaths will result from this frozen trash which is so greedily sought by the people who do not consider their health but only seek to gratify their cravings. It is not very pleasant to tell those who are addicted to the use of these destroying habits the very truth, for they will usually disregard the warning and be sorry they heard it; but be that as it may, I will do my duty.

The chilled stomach soon fills up with phlegm and sourness; then its walls become irritated, and this acid material passes down through the bowels and they too become irritated. Then the diarrhea discharge appears and with it passes out this phlegm and other effete material and the bowels become weakened and the stomach is unable to digest the food. The rough and unnatural condition the foods are left in continues to irritate the bowels, thus continuing the injury. This soon wears down the strength of the patient, and at this juncture the doctor is called, who

ignorantly feels it to be his duty to stop the discharge, and he soon doles out some of his quieting poison, opium in some form, and then, after the repeated attempts to stop Nature's effort to discourage this undesirable material. The patient has become very weak, the doctor decides that the disease has taken some other form and introduces a stronger narcotic or opiate to stop Nature's natural work of emptying filth.

It is a pity the poor dunce could not understand that Nature is never wrong and when she is sending out through the bowels or any other part of the body an excess of waste material, it is because that waste material was in the body and could not be tolerated there and his whole duty should be to aid her in her commendable work of throwing it off and out of the body. At this time, the duty of the one thus afflicted is to aid Nature. No doctor is really needed and it can be performed right at your own home.

Let an injection be prepared in the following manner. Steep one-quarter pound of red raspberry leaves in a gallon of boiling water. Have the leaves clean, bruise them or break them up fine and let them steep covered thirty minutes. Strain and when cooled to blood heat use as an injection to the bowels, having the patient lie on the right side when taking this treatment. Give three or four times all the patient can hold. After this passes off, have the patient placed in warm bed with hot water bottles to extremities.

If the stomach gives evidence of being much afflicted in the sense of nausea or a consciousness of foul condition, let there be a thorough emetic administered. This will cleanse out much of the morbid material which is blamable for the diarrhea. It will also prevent the absorption of this material. The emetic treatment should be given with proper means to produce thorough emptying of the stomach. I have repeatedly advised all of my readers to procure my emetic treatment and diarrhea remedy and keep it on hand for emergencies of this kind. I can furnish a complete kit for a thorough emetic treatment for \$4.00.* This will contain a sufficient quantity to give anyone eight emetics or possibly ten. This treatment may be used for all conditions in which the stomach or whole system requires cleansing, and will be found perfectly efficient and absolutely safe.

The diarrhea remedy is my Neutralizing Cordial** as it neutralizes the acids of the stomach and relieves the irritating effect the acids would have on the bowels, enabling Nature to become strong in these parts. It also relieves gas and bloating. The Neutralizing Cordial can be had at 50c per bottle, sent post-paid. I sincerely wish that these two means of treating disease were in every household in America, accompanied by the

*M. G. Young did not reveal the contents of his emetic formula. —*Ed.*

**M. Young's Neutralizing Cordial was a formulation known only to him. —*Ed.*

knowledge necessary to properly administer them. This is sent by us fully explained in plain printed material with every treatment. There will be thousands this year pass into the future world because they do not know how to give Nature the needed aid that these remedies would produce.

It is also very likely that the reader of this article may have the opinion that they need to check the diarrhea with some remedy. The one I have given above in the recommendation of the raspberry leaves is the safest and best. However, an injection of strawberry tea is also good. This may be made by boiling the entire plant in sufficient quantity of water to make a strong injection. The roots of the blackberry may be dug and crushed and boiled, then strained and sweetened with loaf sugar and drunk. The inner bark of the hemlock tree may be boiled and used as injection. It may also be drunk in severe cases. These remedies as you will readily understand are in no way poisonous and do not injure anyone by they certainly are efficient in the relief of Nature's ailment of this kind.*

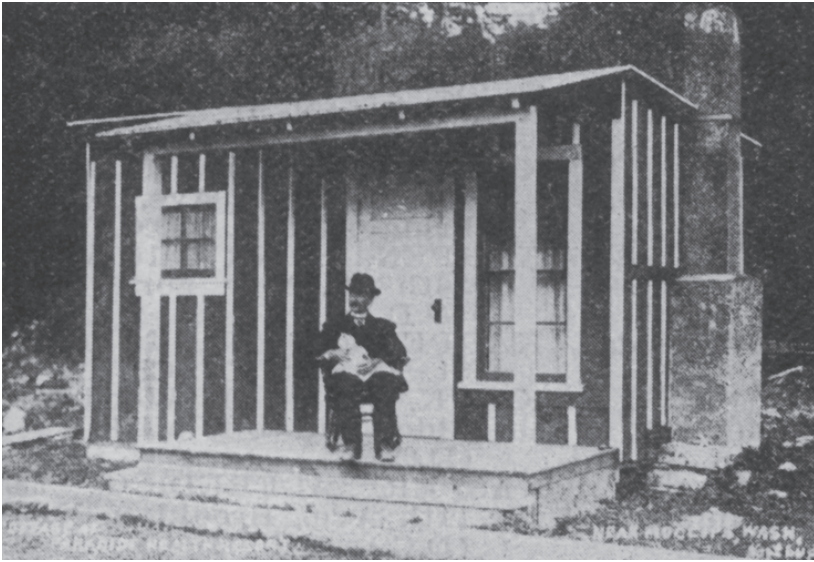
Above all things, I earnestly desire to impress you with the necessity of having plenty of flannel on the skin of the patient who has diarrhea. The food is an important matter. I desire to direct you safely in this matter as well as the remedial side. Let the diet consist of whole wheat bread which has been placed in the oven until the slices are yellow or brown clear through. This may be made soft by pouring boiling water upon it, adding some butter, salt and pepper. It will make a kind of "coffee bread" which will be very desirable and at the same time very easily digested. Under no circumstances should the patient have cold or raw food while this condition prevails. Milk is not desirable in any way. Avoid the use of fruits with the exception of prunes, baked apples or black figs. They should in either case be cooked. A small quantity of roast beef or mutton may be allowed or mutton broth which is free from fat. This should be accompanied by the whole wheat bread prepared as before stated.

Do not take taxing or energetic exercise or be on the feet much until Nature is through with this cleansing out of morbid materials. Nothing will be more helpful to a case of this kind than to have a broad band of flannel around the body, covering the bowels, reaching from the stomach to the groin. This should be kept on continuously night and day. Do not drink cold water but have it as hot as can be taken. If the patient is

*From an article entitled "Authentic Medical Report" (Unknown Author, 1908, 141) "Vehement diarrhea is conquered by hot, four-fold compresses of a decoction of hay flower on the abdomen for one hour and to be renewed every half-hour. Every hour a teaspoon of tea, made of oak bark, shavegrass and tormentil. After two weeks replace this tea by that made of juniper berries, angelica and wormwood. Only by frequent variation may a cure be accomplished. Also, the compresses have to be changed to water and vinegar. Colic may be stopped by a hot cloth on the abdomen; or one or two cups of milk boiled in fennel seed." —*Ed.*

a child, the above treatment in its entirety is just as efficient as in the case of an adult. Do not allow some fool doctor to tell you that this disease is caused by some germ and do not allow him to use any of his poison dope if you want your child to live.

Now, my good patient, I have clearly explained to you a safe, sane and scientific method of coping with this very common ailment. Again I desire to say to you, for God's sake, do not try to stop Nature's action. It is your duty to aid Nature in the work she is trying to do, not only in the case above discussed but in all cases whatsoever. If the child having diarrhea is barefooted put on good, heavy woolen stockings and warm shoes and do everything you know how to do to keep the extremities warm. I am sure that there will not be another case of death in any family from diarrhea where the above directions are followed.



Professor Young's fresh air bungalow

Let an injection be prepared in the following manner. Steep one-quarter pound of red raspberry leaves in a gallon of boiling water.

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However, an injection of strawberry tea is also good. This may be made by boiling the entire plant in sufficient quantity of water to make a strong injection. The roots of the blackberry may be dug and crushed and boiled, then strained and sweetened with loaf sugar and drunk.

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Nothing will be more helpful to a case of this kind than to have a broad band of flannel around the body, covering the bowels, reaching from the stomach to the groin.

Do not drink cold water but have it as hot as can be taken.

Again I desire to say to you, for God's sake, do not try to stop Nature's action. It is your duty to aid Nature in the work she is trying to do, not only in the case above discussed but in all cases whatsoever.

Mechano-Therapy Department

Address all communications for this department to its editor
Dr. CHESTER A. SHEWALTER, 328 Walch Block, Akron, Ohio
ASSOCIATE EDITOR:
Dr. R. Morklin

ANTERIOR INFANTILE POLIOMYELITIS

by **Dr. Chester A. Shewalter**

Herald of Health and Naturopath, XXII (3), 164-166. (1917)

ETIOLOGY

This is an acute infectious disease of childhood, characterized by sudden muscular paralysis in one or more limbs, or of individual muscle groups, and followed by atrophy of the affected part. This disease is by far the most common cause of paralysis in childhood. It occurs most frequently during the first three years of life and rarely after the sixth. It is much more frequent in summer than in winter and occurs in epidemics. The specific germ which causes the disease has not as yet been described. People often remark that teething and fright and early continued attempt at walking have had something to do with this paralysis, but there is no truth in these statements. It has been shown that exposure to cold, great heat, as well as the use of many blankets for the purpose of wrapping the child, appears to predispose to this disease.



Dr. Chester A. Shewalter

PATHOLOGY

Degeneration of the nerve cells in the anterior, grey matter or motor portion of the spinal cord particularly in the cervical and lumbar region is the characteristic lesion of this trouble. It is probably true that the disease starts in the blood vessels which become clogged and interfere with and finally shut off the nutrition of the nerves. The degenerated nerve cells then shrivel up, or they may be replaced by a proliferation and overgrowth of connective tissues, causing a contraction of one side of the cord and, in cases of long standing, part of the cord affected is distinctly smaller than normal. The affected muscles undergo fatty degeneration and fibrous changes, thereby causing permanent atrophy.

SYMPTOMS

This disease starts in many other acute infectious diseases of childhood, namely, with a fever of up to 104° F/ 40° C, vomiting, headache, pains in the joints, often with convulsions and great drowsiness. In very young children, there may be noticed gnashing of the teeth, rolling about of the head, turning of the eyes, and unconsciousness (coma) in quite a number of severe cases. It is possible that there may be only a mild rise of temperature in exceptional cases, but the above [symptom] complex is the usual one and generally lasts one to two days. And as the above symptoms gradually subside, the paralysis comes on, so that when a mother wants to take her sick child out of bed, it is noticed that the child cannot move his/her extremities, these members being [paralyzed]. This paralysis comes on just as quickly as the disease does and is usually complete inside of 24 hours after the first symptoms of lameness are noticed. One or two extremities are generally involved, but it may be more widely distributed, for instance, over the muscles of the trunk. If there is any of this last mentioned wide-spread paralysis, it will usually diminish for a week or two, but after that time little improvement can be hoped for as the muscles then affected remain permanently [paralyzed].

As we would naturally expect from the pathology of the case, the [paralyzed] muscles will atrophy and the affected limb become smaller and shorter than the one that is not affected. In some rare, fortunate cases, the paralysis may retrograde and a complete restoration take place. Otherwise, these little ones remain in pretty good general condition with a good appetite, sleep well, and in fact the only thing that remains, and of course this is the most unfortunate part, is the paralysis. The skin over the shrinking muscles is cool and either looks like marble or has a reddish blue tint. The failure of development not only retards the growth of the muscles but also of the bone, and this means, of course, that the affected side will have the bones considerably shorter than the other, and the affected member will be literally skin and bone. The reflexes are entirely abolished, but happily the bladder and rectum perform their functions properly. Deformities of various kinds are the final and inevitable results of this paralysis and the most common are *talipes valgus*, which is club foot, the foot being turned out; and *talipes varus*, which is club foot, the foot being turned in. Notwithstanding this, the patient generally can walk with the aid of medical appliances and braces.

DIAGNOSIS

It is very difficult to know that a case of infantile paralysis has started during the initial symptoms, because they do not vary from those of any infectious disease in the beginning, but when the course of the disease and

the paralysis with the temporary and subsequent complete paralysis with rapid wasting are noted, there can be no mistake. The only disease that anterior poliomyelitis should be distinguished from is cerebral paralysis in its acute form, and we will discuss the differential diagnosis between the two in our lecture on acute cerebral paralysis.

PROGNOSIS

This trouble very rarely has a fatal ending. The paralysis is most complete at the close of the acute symptoms, for as stated in the symptomatology, there is a little improvement in this. Muscles which have become atrophied and which do not respond to the application of a faradic battery after the disease has been in existence for six or eight months, will [remain paralyzed].

TREATMENT

In case of an epidemic of infantile paralysis, it is wise to remove the children from the particular neighborhood. In the acute stages, hydrotherapeutic in the nature of baths at a temperature of 75° to 80° F/24° to 27° C, with packs at the spine at 65° F/18° C and packs on the legs at about 70° F/21° C, constitute the best treatment, both for the immediate symptoms and for any possible influence on the course of the disease. Cold applications to the head are excellent, and the bowels must be kept open either by soap water or by olive oil injections. And this treatment should be used without waiting for further development of symptoms. After the first stage of this disease has passed, it is a good idea to continue with the spinal packs, previously mentioned. Friction of the lame member of the body, immersing them in a bath at a temperature of 85° F/29° C and then putting a cool pack around it, is good local treatment.

The most important treatment of this disease is, of course, manipulation and gymnastics. Thorough extension and manipulation of the spine is the first necessity. Manipulation of each affected joint is the next thing to do, and attention to the various organs, such as the [stomach], the intestines and the liver should be given. Manipulating the muscles or the neck, so as to cause relaxation, should always be included in the treatment and the general treatment of the spine should finish the sitting.

It goes without saying that a very nourishing diet and plenty of fresh air are necessities for these paralyzed children. And finally, the use of the Faradic battery is worth a trial. Mechanical appliances for the support of the limb and correction of deformities are sometimes necessary, for when the parents of such a child are not in a position to have the continued attendance of one who understands manipulation, they will be doing their duty by applying the proper mechanical appliance.

This disease starts in many other acute infectious diseases childhood, namely, with a fever of up to 104° F/40° C, vomiting, headache, pains in the joints, often with convulsions and great drowsiness.

This paralysis comes on just as quickly as the disease does and is usually complete inside of 24 hours after the first symptoms of lameness are noticed.

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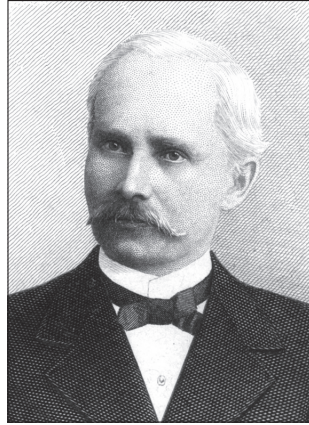
MEASLES, SCARLET FEVER, DIPHTHERIA, SMALLPOX, WHOOPING COUGH, SCROFULA

by Louis Kuhne

Herald of Health and Naturopath, XXII (5), 292-303. (1917)

Now, let me trace in detail the course of the diseases of childhood. In doing so, I shall retain the usual names, because although they are no longer of any special value to us, they aptly designate the characteristic forms of disease.

Diseases in children occur, as we are aware, in very different forms and are attended by various degrees of danger, so that it does not seem easy to find the right remedy in every case. I shall now try to explain clearly to you the differences between these diseases and how they may be successfully treated. But first of all I must remind you that even with the most dissimilar forms of disease, there are always two leading symptoms: *heat and cold*. Be sure to remember this in following my explanation of the individual symptoms.



Louis Kuhne (1835-1901)

MEASLES

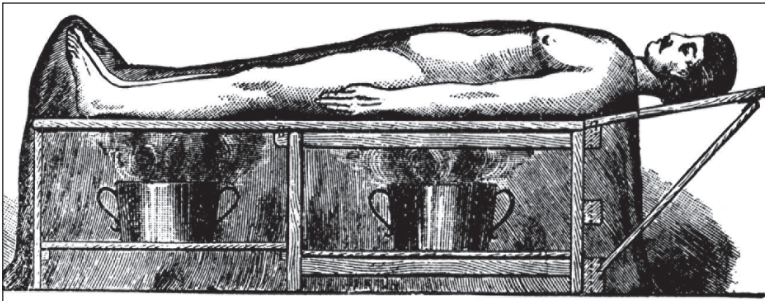
Let us imagine a child suffering from measles. First of all we find the child restless, sleepless with a hot, dry skin; in common parlance, “the child is feverish”. But nobody can yet say what kind of illness it is. Only the fact that other children have the measles leads to the supposition that this is a like case. Nevertheless, we are in a position to proceed at once with the cure. The method of treatment follows quite clearly from our theory of fever.

Fever can only be allayed in the following way. We must endeavor to open the pores of the skin, so that the body perspires. In addition, we must draw away the heat by some cooling means. At the first outbreak of perspiration, even the fever will decrease.

With this treatment, the measles will in most cases never really make their appearance. That is to say, the foreign matter will be conducted away and expelled in a form which cannot be given the name of any special disease, being discharged from the system through the natural secretory organs, in the sweat, the urine, through the bowels and in the breath. If we neglect to do this soon enough, however, the measles break out, appearing, as we know, in the form of crimson patches. The more profuse

the eruption, or what amounts to the same thing, the more actively the fermenting morbid matter is ejected through the skin, the less the child's life is endangered. The less abundant and slighter the eruption, on the other hand, the greater is the danger from the heat developed in the internal organs, because then the fermenting masses burn them up. Inflammation of the lungs can then very easily occur, and the child dies, not *because* the child has the measles, but because the child has *not had them thoroughly*.

To effect a complete cure of the measles, we must thus try to open the natural outlets, the skin, kidneys and bowels, and cool down the system, until the internal heat completely disappears, whereby the digestion will also be regulated.



Steam bath

The cooling is effected by friction hip and sitz baths having a derivative action. Perspiration can most simply and easily be produced, if the mother takes the child into her own bed at night, and thus helps the child to perspire by the warmth of her own body. Otherwise, it often suffices to cover the child up well in a good large bed with duvets or blankets. Care must be taken to let in fresh air by night and day by keeping the window open. If we do not succeed in this way, a steam bath must be employed.



Kuhne's treatment protocol invariably began with a steam bath and finished with a friction hip bath.

This can be given most conveniently by means of the folding steam chamber bath, which I have designed. But where necessary, the bath can be arranged in a different manner. After every steam bath the patient must be cooled down by being given a friction hip bath.

When we succeed in making the child perspire, his condition will be materially improved. Should the fever return, the cooling process, that is the friction hip or sitz bath, must be repeated and the child then put to bed, in order that perspiration may be induced. This process of cooling and then again warming, must be repeated as often as fever reappears.

When there is an especially strong pressure to the head, the eyes or any definite part of the body, we have first of all to seek to remove such pressure by the application of a merely local steam bath to the organ encumbered. As soon as the skin begins to perspire, the part will be immediately relieved, and the danger that any organ may be destroyed by the gathering ferments, is past. After every such partial steam bath, a friction sitz or hip bath should be given to cool and soothe the system.

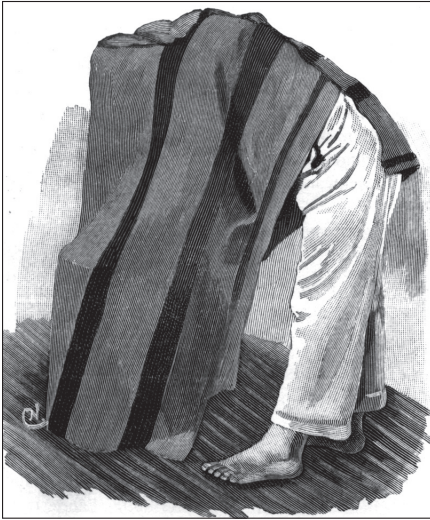
Now, if you consider all that I have first said about fever and measles, you will perceive that this disease is simply caused by a considerable amount of foreign matter lying latent in the system, which through some cause or other, ferments. Fever is thus caused and the form of disease called the measles is produced. You see, therefore, that measles originates in just the same way as any other fever, and I shall show you further on, how all other forms of disease of which I propose to speak, can be traced back to the same cause.

SCARLET FEVER

A child ill of scarlet fever shows essentially the same symptoms as one having the measles; but the fever is usually far more violent, so that the parent's anxiety is increased, and with reason.

In scarlet fever, spots also appear on the skin, and from their scarlet color the disease receives its name. The spots themselves are at first small, but gradually run together thus increasing in size. The eruption is not, however, as general as in measles; it often extends over only a portion of the body, appearing chiefly on the head, chest and abdomen, whereas the feet remain more or less free. The latter are often cold, while the rest of the body is in a state of violent fever. The head and heart are most severely affected in scarlet fever, and it often happens that children suffering from this illness complain of pains in the ears and eyes. You will now find it easy to understand these symptoms. This condition already explained has set in. The morbid matter in a state of fermentation has forced its way from the abdomen in an upward direction only, toward the neck and head. Only the morbid matter already accumulated in the upper part of the body has passed into active fermentation. The smaller that portion of

the skin which cooperates in expelling the morbid matter, by admitting an eruption to break out, the greater the danger.



Head vapor bath

But the main question still is: what can we do to provide a rapid and effectual aid? In the first place, we must take care to divert the danger of permanent injury to the eyes and ears. This we can accomplish by opening the pores of the skin by thoroughly steaming the head. (The manner of taking whole and partial steam baths is described on subsequent pages.*) As soon as the head has become thoroughly moist, the pores are opened, the pain ceases, and the first danger is over. But it is often the case that such steam baths for the head must be repeated

several times, as the pain frequently returns after a short period. Indeed, it will recur regularly at short intervals, if we do not take care that the fermenting matter is expelled in another way. This is likewise accomplished by taking a cooling friction bath for the abdomen, in which manner the matter is expelled through the bowels and kidneys and also through the skin. The digestion has undoubtedly been out of order from the commencement of the fever; nor could it have been in order before, whether the parents noticed the fact or not. The fever deprives the digestive organs of their mucous secretions; they become dry, can no longer perform their work, and constipation is the necessary result. The cooling and accompanying friction, mentioned above, have an excellent influence on the digestion. Before long the bowels will be loosened, which is always a sign of scarlet fever patients. Considerable time and energetic employment of the remedies stated are nearly always necessary before success comes. This is another proof that more morbid matter is present than in measles.

You see that scarlet fever, likewise, is produced only by the fermentation of foreign matter in the system causing fever. Only here, there is much more fermented matter, the fever therefore being more violent and the fermentation spreading further upwards. The cause of this disease is

*Please refer to Louis Kuhne's description of the steam bath on pages 405-408 in *Hydrotherapy in Naturopathic Medicine*. —Ed.

seen to be common to all fevers. I will illustrate this treatment of scarlet fever by an example from my practice.

CASE

The daughter and son of a Leipzig manufacturer, aged seven and two years respectively, were taken ill with scarlet fever and the family physician characterized the case as a very serious one, the cure of which might require six to eight weeks. Mr. W., who had already purchased one of my steam bathing apparatuses, for use in his own case, now consulted me about his children, the cure the family doctor proposed effecting by physic [using drugs], striking him as being rather a tedious one. After examining the children, I could give the father the comforting assurance that with my treatment the entire illness would be over in about one week. The treatment was no other than which I have already described. The children were given a daily steam bath followed by a friction hip bath at 70° to 72° F/21° to 22° C. Whenever the violent fever reappeared, a hip bath was given, this having at first to be done every two hours. It is evident that in this case, special attention had to be paid to the diet, as it is certain that spiced and stimulating meat dishes, etc., aggravate the fever and make it harder to cure. The children were therefore kept on a strict diet of bread, gruel made from whole meal, and raw or stewed fruit, and only allowed to eat when really hungry. As I had foretold, to the delight of their parents, the children were well again within a week and the family doctor, who had at first asserted that such a rapid cure would certainly bring on disease of the kidneys, was obliged afterwards to admit that the children were perfectly cured.

DIPHTHERIA

The word diphtheria is an alarming one for every parent, for the great danger inherent in this dreaded illness is well known. The outward symptoms are somewhat different from those of the above diseases, but fever is apparently quite mild, especially in the case of children, who lie listlessly on the sick bed and complain only of difficulty breathing. As a matter of fact, it is just such children who are generally the most seriously ill. In these cases the fever rages all the more internally, the skin is almost inactive, and the bowels and kidneys are sluggish. Nevertheless, the fermenting masses press outward, space inside being wanting. Such cases are the most dangerous. If the system succeeds in expelling the morbid matter through the skin, as in measles and scarlet fever, all danger is over at once, but there is great danger where fever is chiefly internal. If we do not succeed in drawing this internal heat to the surface, there is little hope of a cure. There is then but one outlet for the body, the throat, to which the fermenting mass accordingly rushes with all its forces, so there is often immediate danger of death from suffocation.

Where this danger is imminent, the first thing to be done is again to apply local remedies and to free the throat, even if only for a few moments. In diphtheria, this is done most speedily and effectually by steam, which lessens the pain and effects the expulsion of the collected matter. True, we have not gained much so far, but the momentary relief gives us time to cleanse the principle source of morbid matter, which is again to be sought in the abdominal organs. It is astonishing how quickly the condition of the throat is changed by my soothing baths. The friction sitz baths, in particular, have a most remarkable effect, so that the abnormal growths sometimes disappear after only a few baths. However, another change has taken place in the throat by reason of the pressure; it is swollen and inflamed. This swelling and inflammation are far more dangerous than the fungoid excrescences. Before the actual outbreak of diphtheria, the patient complains, as a rule, of pains in the joints, for instance in the knees or shoulders. One can endure even a violent inflammation in these parts for a considerable length of time, but not an inflammation of the throat. Therefore, the most energetic steps possible must be taken. It would be a great mistake after the removal of the fungoid growth, to cease with the treatment of the abdomen. The cure must be carried on persistently, until there is easy motion of the bowels and regular digestion. Not till then can the patient be declared out of danger. As secretory organs, their peculiar function is to expel the morbid matter which has accumulated near the surface.

Imagine, again, the bottle with elastic sides. As long as it is closed, the fermenting matter cannot escape expansion, and tension follows. But on puncturing the sides with a needle, this forming minute holes like pores of the skin, the fermenting masses instantly escape through them, and the bottle regains its original form. It is just the same with the skin. Perspiration is nothing but foreign matter forced out from the interior by the process of fermentation. Digestion is a process of fermentation, and the skin must, therefore, operate perfectly if the body is not to become diseased. The skin of all healthy persons is consequently moist and warm; a dry, cold skin is a sure sign of disease.

In the case of diphtheria patients, the skin is almost wholly inactive and needs powerful stimulation. Even in this illness a healthy mother need not be afraid to take the child into her bed; it may be the means of saving the child. Particularly in cases where there is no regular evacuation of the bowels, the system seeks to employ the skin especially as a secretory organ, this being, indeed, its function always. Had the mother observed the skin begin to grow dry, by her own bodily warmth induced the child's pores to open, and at the same time seen to proper action of the bowels and kidneys, the diphtheria would probably never have broken out at all.

Only when it is impossible to start the perspiration in any other way should artificial aids be employed, and the children be given steam baths. You have now learned that the nature of diphtheria is exactly the same as that of the before mentioned forms of disease, the difference being only in the external symptoms. Only the most superficial can be deceived into believing that these various forms of disease have different causes. The report of a cure which occurred in my practice will render the matter plainer.

CASE

I was called to a Mrs. S., whose son, aged nine, was somewhat seriously ill with diphtheria. The boy was first given a steam bath. A steam bathing apparatus, such as I construct, not being at hand, one had to be quickly improvised. We, therefore, placed the boy on a cane-seated chair and set underneath this a pot containing a gallon of boiling water. His feet were placed over a pail half filled with boiling water and covered with two strips of wood. The whole body had been previously carefully wrapped up in a blanket, so that no steam could escape. After a profuse perspiration had broken out, the patient was transferred to a friction hip bath at 72° F/ 22° C, in which the abdomen was bathed until the heat disappeared from the head. The great difficulty experienced in breathing at the commencement gradually disappeared. It was necessary, however, to give a friction sitz bath for half an hour every three hours, and then also through the night, so that the fever should not increase. Naturally, as long as the child was in bed, the window had to be kept open a little day and night, in order always to have fresh air. By means of the repeated baths, we succeeded each time in at once allaying the fever, so that already on the first day of the application of the treatment, all danger was past. The cure being continued in this way, in about five days the boy was fully restored to health. Thus is the dreaded diphtheria cured, whilst short-sighted medical learning is still seeking a remedy.



Full steam bath

SMALLPOX

Smallpox occurs oftener than is generally supposed. It is true the official statistics do not show this. For any father who has some little

acquaintance with the natural method of cure is in no great hurry to report the case to the police as prescribed. He would only be subjecting himself and his family to the most unpleasant restrictions and annoyances, without any benefit. With proper treatment, smallpox is, as a rule, an almost harmless process, as we shall see. The disease characterized by pocks occurs in very various forms, such as *water pox*, *chickenpox*, *smallpox*. Formerly all eruptive diseases were designated *pox*. Smallpox is undoubtedly the most dangerous, for here the fever is most violent, and with wrong treatment, death may very quickly result. Just for this reason it is so greatly dreaded. Those diseases in which with wrong treatment death quickly ensues are always supposed to be more dangerous than those, the end of which is preceded by a long illness. As a fact, however, even where recovery is possible at all, the latter are far more difficult to cure, notwithstanding proper treatment, requiring a much longer time for their eradication. Smallpox has become so dangerous simply because its treatment has not been understood, recourse being consequently to vaccination. With correct treatment, the latter would never have been thought of.

Smallpox may easily be recognized when thoroughly developed, but in its early stages it exactly resembles the other children's diseases, as nothing but high fever is observable. Gradually, scarlet spots the size of a small pea appear, like those in the measles. They continue to rise until they resemble a currant, with one half in the body and the other projecting. In the middle a black dot is formed. Those pocks may spread over the whole body, or be confined to isolated spots. Their cause is the unequal accumulation and distribution of foreign matter in the system, by which the progress and course of the fermentation are determined. The patient is worse off in those cases in which the eruption appears on the face, as it may then leave the familiar pock marks behind, if the correct treatment is not applied.

It is no mere chance that in one case, the eruption appears especially on one part of the body and in another somewhere else, or that the head is peculiarly liable to be affected, so that many patients show few pock marks on the body, while the entire face is disfigured. Again call to mind the instance previously mentioned, of the bottle with the elastic cap. On that side of the body where the foreign matter was gathered most abundantly, most fermentation takes place, and here most pocks will be formed. Now, if other parts of the body of limited extent are encumbered more than the rest with foreign matter, more pock will be formed there than elsewhere. Thus it may happen that a person may have his face pitted all over from ear to ear, whilst on other parts of the body there

Note: Louis Kuhne wrote *Science of Facial Expression* (1897) in an attempt to identify disease before it manifests. —Ed.

are marks but here and there. The head is, so to speak, a terminus of the body. When the fermenting masses are in motion, they always find a limit here. But as we saw in the bottle over which we drew the rubber [covering], the fermenting matter always presses upwards, and if in the head it meets with a hindrance to free fermentation, it acts all the more vigorously here.

As soon as the smallpox rash is fully developed, vital danger is over in most cases; for usually only those patients die whose system is incapable of expelling the fermenting masses. It often happens that the eruption breaks out suddenly just after death; and here too, one might well say that the patient died, not because they got the smallpox, but because they did not get it. The patients always die in a high state of fever.

There can be no doubt that this illness also must be accompanied by violent fever; and it is a fact we find smallpox patients, especially before the rash breaks out, in a very high fever. In the heated state of the body, the pustules cause intense itching and burning, inducing the patient to scratch himself. Thus, the pustules are torn out before they are ripe, and then the disfiguring pock marks remain. This was also observed in former times, when the poor patient's hands were often bound to prevent his scratching himself.

A widely read German encyclopedia still advises this procedure. What torture for the unhappy patients! We have a better means of healing smallpox, without leaving behind those ugly scars, and one which removes all fear of this otherwise so much dreaded disease. We prevent the itching and scratching by the same simple remedy which we apply in the fevers already spoken of: we open the pores, so that the body perspires, and cool the abdomen, where the source of fermentation is. In the case of wine or beer, everyone knows that fermentation goes on more slowly, the lower the temperature. The fermenting matter in the system obeys the same natural law. Increased warmth favors all fermentation; cooling hinders, retards and stops it.

This is a disease requiring the utmost care and attention, the system being most violently excited. But my mode of treatment robs the disease of its terrors, and one may be sure that with extremely few exceptions, recovery will be thorough and speedy. The exceptions are found where the system is so overloaded with foreign matter that in spite of the action of the skin, it cannot be expelled fast enough, or the body is too weak to expel it. As a rule, however, this will be the case only when the treatment is begun too late. Therefore, I cannot repeat often enough the warning that the fever should be fought from the very moment it commences. We must never wait to see what outward form the disease may assume.

You see that for the dreaded smallpox, we use with success exactly the same remedy as for the other diseases mentioned. But this can be possible only on the supposition that this disease has the same cause as stated:

the encumbrance of the system with foreign matter, as we have seen, is the case. Nowadays, when measles and scarlet fever are no longer classed as formerly with smallpox, and the latter has in consequence apparently become rarer, it is impossible for us fully to picture ourselves that period in which they came as a dread plague and terror. As we now know of the unity of all diseases, and how to cure them, we naturally no longer have the same fear of illness. Besides, by the aid of the *Science of Facial Expression*,* we are in a position to recognize years in advance, where there is such a great encumbrance of the system with foreign matter that some cleansing process of the body, such as smallpox, may occur. Here I will acquaint you with another case of smallpox which I once treated.

CASE

In the family of a mechanic, three of his five children, aged 7, 9 and 13 years were taken ill with smallpox. The father, who had also had it and knew the disease, soon perceived what danger his children were in. At the same time, he was also aware of the indescribable annoyances and difficulties to which he and his family would be subjected, should the authorities get wind of the matter. He consequently applied my method of cure in all three cases with the greatest secrecy, using only steam and friction hip baths. The children were already in a highly critical condition. The skin was covered with black pocks. To hide this from notice, he had smeared the children's faces and hands with ashes in order to escape the protective measures of modern hygiene at all hazards.

After only four steam baths and ten friction hip baths at 71° F/22° C, the fever was so far overcome, that all danger was over and the skin began to peel. An unstimulating diet and fresh air had likewise aided the cure. By continued steam and friction baths, the children recovered so well in a few days, that they could get up and go out again, although my method had to be applied a week longer in order to attain a complete cure.

The most interesting fact about these three serious cases of smallpox is that not one of the children has a single pock mark to show. All five children of his family had been vaccinated repeatedly; nevertheless, three were attacked by smallpox. From these cases, we see how little danger smallpox is when its treatment is understood, and what very doubtful protection vaccination affords. When it comes to their knowledge that smallpox has broken out, anyone who knows the elaborate and unnatural precautions adopted by modern sanitary authorities is less able to understand them after vaccination has taken place, since the latter is supposed to afford complete protection.

On the reprehensibility of vaccination, I hardly need make any special remarks. By vaccination foreign matter is directly introduced into the blood in an artificial manner. It is, indeed, almost a marvel, how human

* Louis Kuhne's book, *Science of Facial Expression* [1895], offered diagnostic clues for early detection of diseases.

beings can stray so far from Nature; but where knowledge is deficient, one is prone to believe in miracles. I have dealt more fully with vaccination in my little pamphlet on the "Rearing of Children".

WHOOPING COUGH

Although whooping cough is not held to be so dangerous as diphtheria or smallpox, a good many children die of it and the others suffer dreadfully, to say the least of it, from the fits of coughing. Respecting this point, I should remark, that any cough must be regarded as a sign of serious illness, for man is neither a coughing, nor a spitting animal. A cough never arises until the pressure of the foreign matter tends upwards, and the natural outlet below is obstructed. Either the skin operates insufficiently, or the bowels and kidneys perform their functions imperfectly.

Children suffering from whooping cough also show the familiar symptoms of fermentation, in other words, *they are feverish*. The matter seeks an outlet at the throat and head, though there is no secretory organ there. Now it is a question of primary importance, whether the patient perspires or not, when seized with a fit of coughing. If he does, he can get well without further remedies. But if no perspiration makes its appearance during the fits of coughing, the patient grows blue in the face, and the whooping cough leads to certain death if no remedy be applied. At last, blood often streams from the eyes, nose and ears, for all the foreign matter seeks an outlet there. At this stage aid is usually no longer possible. If, however, the system receives timely assistance, it masters the disease even in most serious cases.

In this illness too, the treatment is the same—there can be no other, as the nature of the disease is the same. The first and chief duty is to start perspiration immediately. It is also necessary to draw downwards to the secretory organs, the foreign matter which is pressing its way upwards in the body. The body has its definite organs of secretion, and only through these is it possible to expel the morbid matter in a natural manner. We completely attain our purpose by using the before-mentioned baths. As soon as perspiration sets in, marked alleviation of the cough is apparent, and when the digestion improves, the coughing will altogether cease. The time required for the cure is quite indefinite. The cough may vanish for good and all in a few weeks, often even within a few days. It is an error to suppose that it must last two or three months.

I have now shown you that whooping cough arises in the same way as the other diseases; that is, the morbid matter present in the system begins to ferment causing fever. After all these expositions, you will now feel convinced, that all acute fevers are simply an effort of the system to regain health, by expelling the foreign matter which does not belong there. We should therefore welcome every such acute fever. It is, in reality, a curative

crisis. We have seen of what great use to the body it may become under proper treatment, thoroughly cleansing the system of all foreign matter. It may be well for me to give another illustration of what I mean.

Fever in the system may be compared with a thunderstorm. Just as an acute fever is preceded for some time by chilliness and uneasiness, a thunderstorm makes its approach known by the heavy and sultry air, which none can help remarking. We say the air is heavy, we feel oppressed, and have a feeling that relief must come through a thunderstorm, because it is, so to speak, in the air. The heat and sultriness increase, until they reach that state which immediately precedes a thunderstorm. We feel the coming danger of the approaching storm, but the actual danger begins only as the storm breaks upon us, and is over as the storm passes. All is now fresh and cool, Nature is reanimated, as it were. The thunderstorm is a process of fermentation of foreign matter in the air, whereby the latter endeavors to expel the invisible, floating vapor which in this case is foreign matter. The storm is, therefore, a process for cleansing the air. By the fermentation, the vapor also changes in appearance. At first invisible, it is now condensed by the change of temperature to clouds, and then falls as rain and hail.

It is similar in a fever case. Whenever fever breaks out, the body is in danger, which is only over when the fever disappears and a refreshing reanimation takes place. You perceive that in these cases danger first arises through the thunderstorm and the fever, which afterwards, however, cause reanimation and recovery. Reanimation and recovery are only to be attained by this dangerous process, the cause of which, in the one case, is the surcharging of the system with morbid or foreign matter. This example will logically convince you of the uniformity of natural laws in all phenomena.

Concerning this illness also, I will tell you of a cure effected in my Institute.

CASE

In the middle of July 1889, the four year old son in a Leipzig family got the whooping cough. At the beginning of August the sickness had reached its height. Then the baby daughter, aged two, also took ill. For ten days the illness became worse and worse, and during this time the child could take no nourishment. At last, the parents, who till then had been using the natural method of cure to the best of their knowledge, came to me. I took over the case. The little girl had lost so much strength that she could no longer stand. I ordered four friction sitz baths daily, the children then to be put to bed, or given a sun bath to bring out the perspiration; simple natural diet to be observed. The beautiful weather allowed daily sun baths which were taken, which in conjunction with the

friction sitz baths worked wonders. After only a few weeks of energetic treatment, both children were out of danger, and in two months they had fully recovered. In regards to the diet, it was curious to see how the little girl refused to touch oatmeal gruel, made without salt, sugar or butter, which would have done her most good, and would only take her customary unboiled milk and chocolate. From this, one can see how important it is to habituate children to the simplest food from the first. Nor was it possible to keep her in bed with her mother, although this would have been the best way to make her perspire. Accustomed to her own little bed, she cried so much for it, that we were obliged to give in. Nevertheless the warmth of the human body is the best means to secure perspiration and repose. One need feel no anxiety concerning the ill effects of the exhalations. The lower animals are our best model; to strengthen their weak and sickly young, they simply warm them with their own bodies. While children are well, accustom them to nestle on their mother's bosom; in sickness they will then find nothing strange in it. Of course, the words "well" and "sick" are used here in their ordinary sense; for we know that a really healthy child cannot become sick at all if brought up rationally.

SCROFULA

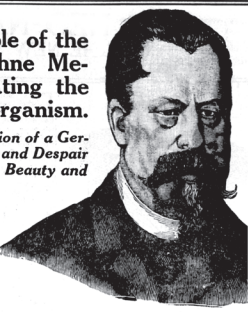
Scrofula is not a disease which excites heat and is not, therefore, commonly classed with fevers, although in reality it should be. It is at least as serious as the others already mentioned; I might say, worse. It is one of those latent chronic diseases which are generally inherited. The system is not sufficiently vigorous to bring about fever. As I observed before now the temperate and colder regions of the earth are the home of this disease. The outward symptoms are much as follows: a large head, square face, inflamed eyes, bloated body, weak legs, deformed hands and feet, and mental sluggishness. Of these signs, however, we generally meet with only one, or a few, in any given case; very seldom all at once. They are accompanied by cold hands and feet, and a chilly feeling all over. It is just this state of chilliness which makes the disease a serious one. It proves that the extremities of the body, by reason of being encumbered with foreign matter, have in great part lost their vigor and functional capacity and that in the interior there is, therefore, a wasting heat.

The case must be imagined thus: the extremities of the body, especially the hair-like ends of the blood vessels [capillaries] become obstructed by foreign matter, just as drain pipes clogged up with mud. The blood can no longer circulate to the surface of the skin and thereby the feeling of chilliness arises.

The disease not being of an acute nature, causes no pain, so that it is only from the general character of the whole body that we perceive it is diseased. No one had been really able to say how the disease arises, of what it consists, and still less, how it is to be cured. Usually, help is [1895]

A Classical Example of the Power of the Kuhne Method of Regenerating the diseased human organism.

A Wonderful Transformation of a German Artist from Disease and Despair to Health, Youth, Manly Beauty and Abounding Vitality.



NO sculptor ever chiseled a block of marble to represent a vital human figure more skillfully or with finer grace than Kuhne chiseled a moribund human figure laden from head to foot with a load of effete matter, into a figure practically twenty years younger, alert, vital, and so disencumbered of his load of poisonous deposits, as to be unrecognizable even to his closest friends.

No greater testimony to the absolute power of the Kuhne treatment to drive disease from the human organism, can be given. Let us hear the story of this most remarkable cure, in the words of the patient himself.

"I take pleasure, my dear Mr. Kuhne, in sending you two photographs which have not been retouched in any way, one showing my appearance when I first consulted you, after having been dismissed from Dr. K's allopathic sanatorium, and the other representing me after having undergone three and a half years' treatment under your direction.

"I had undergone four months' indescribable treatment at the sanatorium referred to, and was dismissed as fully cured, when the first photograph was made. Who but a madman after looking at this photograph would call me a well person?

"I determined to follow your instructions implicitly, for I was convinced by my interview with you that you held the secret of my restoration to health in your hands, and I can only express my satisfaction with the result. The complete changes shown by the two photographs are scarcely to be believed.

"I take a friction sitz-bath lasting thirty minutes at six a. m. From eight to nine a. m. I take a walk, varied with gymnastic exercises.

"From nine till eleven o'clock I give lessons, sitting at an open window, or draw in the open air. From eleven to twelve I take a friction sitz-bath; twelve to one, dinner; one to two, I rest in the garden.

"From two to five o'clock, I am occupied with teaching, or drawing, outside. From five to seven, I take another walk. At seven o'clock, I take another sitz-bath, and afterwards, supper. At nine o'clock, I retire.

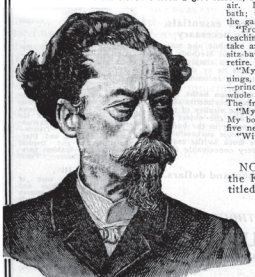
"My diet is three meals daily. Mornings and evenings, whole meal bread, whole meal and fruit—principally apples and grapes. Dinner, vegetables, whole wheat foods and fruit, as in the morning. The fruit I always eat raw—never cooked.

"My photograph will show the result of this cure. My body has changed so much that I have required five new outfits, from boots to hat.

"With sincere thanks for your cure, I remain,

"Yours sincerely, "N.N."

NOTE.—This remarkable testimony to the Kuhne Cure is related in the book entitled "The Science of Facial Expression," by Louis Kuhne. First published in English by THE NATURE CURE PUBLISHING CO., 110 East 41st Street, New York, N. Y. Price, postpaid, \$5.00. As a tool of the Naturopathic practitioner, it is surely worth \$100.



Louis Kuhne's book, *Science of Facial Expression* [1895], offered Naturopaths diagnostic help.

expected from change of air, and the patient is sent, when his means allow, to another part of the country, or to a watering place [hydrotherapy sanitarium]. But the result is never thorough, even although a change for the better sometimes takes place.

According to our experience, a child suffering from scrofula is permeated through and through with foreign matter, which has been inherited for the most part from the parents. This matter presses on to the extremities in particular, and under strong pressure, the head gradually loses its round form and assumes a square shape.

Please remember in this connection the comparison of the bottle with fermenting fluid, alluded to at the beginning of this article, over the mouth of which we put a rubber cap. Just as the latter is filled out and expanded by the fermenting masses, so does the body of a scrofulous patient swell. By means of *The Science of Facial Expression*, however, we are able to recognize the very slightest tendency to this disease. Of course, it is necessary that one should know exactly the form of a normal body. Details on this point will be found in my book, *The Science of Facial Expression*.

Distortions of the hands and feet arise from the same cause. The skin is more or less inactive, and cannot expel the masses of matter accumulating beneath it. As remarked before, these obstruct the circulation, for which reason the skin in many cases is always cold.

In the internal organs, the warmth is consequently all the greater and excites inwardly a feeling of uneasiness, which we always find in a certain degree in the case of scrofulous patients. This is, in fact, a latent (chronic) state of fever. If it remains uncured, however, from the original illness, new stages of disease develop, which may be still more dangerous and difficult to cure than scrofula. Most usually, consumption follows upon scrofula, where treatment has been neglected, so that in a certain sense we may regard scrofula as only the preliminary stage of a more serious ailment.

How shall we begin the cure? *We must proceed to transform the chill into a fever, the chronic condition into an acute one—to bring the internal fever to the outside.* And as we have to do with fever again, our treatment must consequently be the same as for other fevers. We must open the outlets, in order to gradually remove the mass of fermenting matter. We must, therefore, in the now familiar manner, excite the bowels, kidneys and skin. The skin will gradually grow warm, perhaps hot, but only until perspiration breaks out, when the normal condition will then be resumed. At first, the cure will only effect a temporary improvement; perseverance and energy alone lead to permanent results. How long it will take to effect a complete cure, it is hard to say. Days, or even weeks, will not suffice; it requires months or perhaps years, and sometimes does not succeed at all, when the body has no longer sufficient vitality.

In a recent article, I remarked that with sick persons, the chill arises from the same source as the excessive heat; and the same fact confronts you in scrofulous diseases. Two conditions of disease, apparently quite dissimilar, thus arise from precisely the same source, and seem so different, only because they present themselves in different stages of development. In the caterpillar or chrysalis, we recognize the same insect which we subsequently see as a butterfly, of which the first and second are merely preliminary states. It is the same with the different diseases. We should laugh at anyone who asserted that the caterpillar is quite another being than the butterfly, and vice versa. And yet, it is to be regretted, a quite similar belief obtains to the present day as regards diseases, the unity of which has as yet been recognized by no one.

CASE

I will cite you a case of scrofula which was cured in my establishment. A boy of five had been so scrofulous since his second year, that at five years of age he was quite unable to walk. He lay in his baby carriage like a log. His father had had him treated by the leading physicians, but all in vain.

The medicaments applied had, in fact, brought about a decided change for the worse, so that the professor in charge of the case declared that the child would never be able to walk. Medicines, plaster of Paris dressings, baths, electric therapy; everything had been tried, but quite fruitlessly, because the doctors consulted had no idea of the nature of scrofula.

The child came under my treatment at the end of his fifth year. The digestion, which in the former treatment had never received due attention, was completely out of order. The body was distended, hard and lumpy. During the first week, the digestion improved decidedly under my treatment, so that a complete cure seemed probable. From week to week the renewing of the tissues went on more actively, and in six weeks the patient was able to stand without support. His body was greatly reduced in bulk and was not so hard, and many of the lumps which could easily be felt with the hand, dispersed and vanished. After half a year the child's head, which had been much too large, approached nearer the normal size, and the boy might be regarded as cured, for he could run and leap like any other, and was happy and merry.

Shall I proceed to enumerate all the other illnesses? It will probably suffice to name a few: *mumps, nettle rash, spasms, diarrhea, thrush, scald-head, etc.* They may all be traced to the same cause, all are attended by more or less fever, and the cure is therefore to be effected on the same lines.

Fever can only be allayed in the following way. We must endeavor to open the pores of the skin, so that the body perspires. In addition, we must draw away the heat by some cooling means. At the first outbreak of perspiration, even the fever will decrease.

The more profuse the eruption, or what amounts to the same thing, the more actively the fermenting morbid matter is ejected through the skin, the less the child's life endangered. The less abundant and slighter the eruption, on the other hand, the greater is the danger from the heat developed in the internal organs, because then the fermenting masses burn them up.

To effect a complete cure of the measles, we must thus try to open the natural outlets, the skin, kidneys and bowels, and cool down the system, until the internal heat completely disappears, whereby the digestion will also be regulated.

The cooling is effected by friction hip and sitz baths having a derivative action.

Should the fever return, the cooling process, that is the friction hip or sitz bath, must be repeated and the child then put to bed, in order that perspiration may be induced.

When there is an especially strong pressure to the head, the eyes or any definite part of the body, we have first of all to seek to remove such pressure by the application of a merely local steam bath to the organ encumbered.

The smaller that portion of the skin which cooperates in expelling the morbid matter, by admitting an eruption to break out, the greater the danger.

In the first place, we must take care to divert the danger of permanent injury to the eyes and ears. This we can accomplish by opening the pores of the skin by thoroughly steaming the head.

The children were given a daily steam bath followed by a friction hip bath at 70° to 72° F/21° to 22° C. Whenever the violent fever reappeared, a hip bath was given, this having at first to be done every two hours. [In scarlet fever]

The children were therefore kept on a strict diet of bread, gruel made from whole meal, and raw or stewed fruit, and only allowed to eat when really hungry.

In these [diphtheria] cases the fever rages all the more internally, the skin is almost inactive, the bowels and kidneys are sluggish; nevertheless, the fermenting masses press outward, space inside being wanting. Such cases are the most dangerous.

It would be a great mistake after the removal of the fungoid growth, to cease with the treatment of the abdomen. The cure must be carried on persistently, until there is easy motion of the bowels and regular digestion. [diphtheria]

Smallpox has become so dangerous simply because its treatment has not been understood, recourse being consequently to vaccination. With correct treatment, the latter would never have been thought of.

As soon as the smallpox rash is fully developed, vital danger is over in most cases; for usually only those patients die whose system is incapable of expelling the fermenting masses.

We have a better means of healing smallpox, without leaving behind those ugly scars, and one which removes all fear of this otherwise so much dreaded disease.

We prevent the itching and scratching by the same simple remedy which we apply in the fevers already spoken of: we open the pores, so that the body perspires, and cool the abdomen, where the source of fermentation is.

Therefore, I cannot repeat often enough the warning that the fever should be fought from the very moment it commences. We must never wait to see what outward form the disease may assume.

After only four steam baths and ten friction hip baths at 71° F/22° C, the fever was so far overcome, that all danger was over and the skin began to peel. An unstimulating diet and fresh air had likewise aided the cure. [Smallpox]

The most interesting fact about these three serious cases of smallpox is that not one of the children has a single pock mark to show. All five children of his family had been vaccinated repeatedly, nevertheless, three were attacked by smallpox.

Now it is a question of primary importance, whether the patient perspires or not, when seized with a fit of coughing. If he does, he can get well without further remedies. But if no perspiration makes its appearance during the fits of coughing, the patient grows blue in the face, and the whooping cough leads to certain death if no remedy be applied.

As soon as perspiration sets in, marked alleviation of the cough is apparent, and when the digestion improves, the coughing will altogether cease.

After all these expositions, you will now feel convinced that all acute fevers are simply an effort of the system to regain health, by expelling the foreign matter which does not belong there.

We must proceed to transform the chill into a fever, the chronic condition into an acute one—to bring the internal fever to the outside. [scrofula]



PNEUMONIA

WILLIAM F. HAVARD, N.D.

TYPHUS, DYSENTRY, CHOLERA AND DIARRHEA

LOUIS KUHNE

CONDUCT AFTER BIRTH

LOUIS KUHNE

LETTER TO THE EDITOR

JAMES H. FAULKNER

The Hour Has Struck The Time Has Come The Movement Is On

An epochal development has taken place for world recognition and establishment of drugless and natural methods and practice. Since the last National Convention, things have moved with lightning-like rapidity to place drugless and natural methods and practitioners of all schools on the world map.

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NEW YORK, N. Y.

PNEUMONIA

by William F. Havard

Herald of Health and Naturopath, XXIII (2), 120-121. (1918)

The severity of the present winter seems to have made pneumonia the prevailing complaint. Reports from army camps, at home and abroad, indicate that this condition is taking a large toll in lives. Lowered vitality coupled with insufficient skin action is the most responsible cause of the disease.

Whenever the body becomes encumbered with waste material of the mucus forming character which are formed largely from surplus protein and starch foods, the body seeks relief through reaction. The normal form of such reaction is toward the surface of the body. The poisons would naturally be thrown off through increased skin action and would manifest in the form of skin eruptions.

However, where the skin action has been rendered abnormal through too frequent hot bathing, the use of strong alkaline soaps, unnatural clothing, serum injections, drugs and ointments, the membranes of either the alimentary or respiratory tract are called upon to eliminate the poison.

If such a condition should occur in the respiratory tract, the reaction may take the form of pneumonia. The extravasation of mucus may become so great as to cause consolidation which, of course, limits the action of the lungs and cuts down the supply of oxygen to the cells of the body.

Here lies the danger. Oxygen is the most essential element in the maintenance of life. Reduce the supply below normal, and the activity of every cell in the body is reduced.

To maintain any reaction or acute disease that results in the purification of the body requires an increase in oxygen. Anyone can see at a glance that pneumonia is an extremely dangerous condition and requires the most delicate handling by the physician.

Dr. Woods Hutchinson, writing in the *N.Y. American*, on Jan 16th, 1918, says, in part:

There are four different kinds of pneumonia, each due to a special strain of the pneumonia germ, one of which is almost five times as deadly as any of the others; another—fortunately the commonest—comparatively mild, and another little dangerous to life, but specially likely to be followed by inflammation of the heart, kidneys and joints.



William Freeman Havard

It was only comparatively lately that we discovered that before they could become dangerous they must become acclimated to the body and raised to a higher pitch of deadliness by getting a foothold in the deeper parts of the throat or mouth, such as pockets of the tonsils and abscesses about the roots of the teeth. So long as they grow merely free on the surface of the throat or of the nose, they appear to be comparatively harmless. They have to be taken in and “hatched” to a higher poisonousness for some weeks or even months before they can attack the lungs.

It is also clear that if these pneumonia germs are so commonly present in the throats, the question of whether they shall attack the body must depend very largely upon the strength and resisting power of the body. Consequently, next after keeping the throat and gums healthy, the most powerful protection against pneumonia is a vigorous, wholesome condition of the blood and of the system.

This is best maintained by, first, food, and plenty of it; second, fresh air; and third, avoiding of wet feet or going out with insufficient clothing or other forms of unnecessary exposure. It is, perhaps, well in these times of food economy,* necessary as it is, to raise a warning note not to carry this too far during the pneumonia season, or winter, and particularly in children. If you must save wheat bread, use plenty of corn bread, griddle cakes, corn muffins. If sugar made of beets or sugar cane is scarce, use plenty of some of the form of syrup made out of corn. If butter is scanty, be liberal and more than liberal with ham or bacon, or good oleomargarine. It is poor economy in the long run to skimp on a few ounces of strength-giving, heat-forming foods, particularly meat, breads, sugars and fats, in the pneumonia season. For those few ounces might turn the scale and enable the system to throw off an attack of the disease instead of succumbing to it.

Dr. Hutchinson follows the popular medical fallacy of blaming the germ, but at the same time he recognizes that the victim’s greatest hope of recovery lies in his power of resistance. The germs are present because there is morbid matter to be destroyed.

His means of prevention follows another popular medical fallacy, that of stuffing. He says, “Food and plenty of it.” We cannot conceive of any more asinine advice. There is no surer way of laying the foundation for disease than the “gorge route.” The foods he most recommends are all acid and mucous forming.

To prevent pneumonia, eat normally and naturally. Use plenty of eliminators—fruits and fresh vegetables, especially salads, in combination

*When William Havard wrote this article, WWI was raging and food rations were in effect. —Ed.

with your grain and nut dishes. Honey and olive oil may be used freely in cold weather, but in the name of health, cut out the meat and use dairy products sparingly. Keep the skin hardy and active by a morning sponge bath of cold water, followed by a vigorous rub with a Turkish towel. Exercise in the open air and breathe, breathe, breathe.

If your body is already encumbered and your reaction takes the form of pneumonia, refuse all food except water and fruit juice (orange, grape fruit, pomegranate, pineapple, lemon, prune or fig). Keep the bowels open—use enemas, if necessary. Get the skin active by full sheet packs. Reduce the lung congestion with chest compresses or flaxseed poultices. Keep the room well ventilated; but it is not necessary to have it freezing cold. Have the room warm whenever changing packs. Above all, shun drugs, serums and other unnatural preparations and the condition will progress to a crisis and following convalescence the patient will regain a better state of health than he had before the illness.

The Naturopath fears not pneumonia.

Curative Diet

By

Wm. Freeman Havard, N.D.

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William Havard had been a professor in Henry Lindlahr's Chicago school. Circa 1918/1919?, he moved to New York City to join Benedict Lust's faculty.

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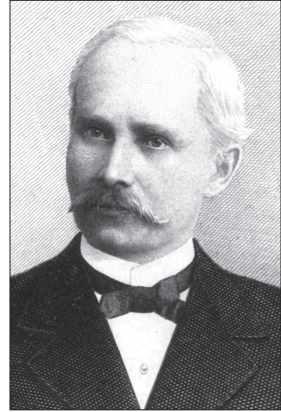
TYPHUS, DYSENTERY, CHOLERA AND DIARRHEA*

by **Louis Kuhne**

Herald of Health and Naturopath, XXIII (5), 449-455. (1918)

TYPHUS

Nervous fever, or typhus, generally attacks persons in their best years; strong, robust people especially falling victim to it. It is one of the most severe fevers, and therefore at the same time, the most vigorous curative crisis which there is. It is a universally dreaded disease and with the usual treatment very many persons die of it. The "New Science of Healing", however, entirely robs it of its terrible character. It is only when the encumbrance is too great that it is uncertain whether the system can endure the curative process. But if we succeed on my method in making the patient perspire in a natural manner after the cooling baths, all danger is over. It has frequently occurred in serious cases of typhus which I have treated that patients who would have had to undergo a medical treatment for weeks or even months could after the very first days of application of my cure, take exercise regularly in the open air.



Louis Kuhne (1835-1901)

As experience has proved, in all acute diseases such as typhus, influenza, etc., my steam baths are of the greatest service. They must however, be adapted to the condition of the patient, neither being taken too often, nor for too long a time. The friction hip and sitz baths must naturally be taken concurrently. Typhus, we thus see, resting on the same basis, as regards essentials, requires the same treatment as all other diseases, natural with due individualization.

An old adherent of my method once wrote to me that she had treated two serious cases of typhus and smallpox with one steam bath and three prolonged friction hip and sitz baths so successfully that the patients could leave their beds and go out. Within six days all traces of disease had vanished, without leaving a single mark.

The course taken by many typhus cases treated by me has been equally favorable. Where the system had been too much weakened and injured beforehand by the use of medicaments, the cure was naturally much more difficult.

*The original title of this article was "The New Science of Healing" which was the same title of Louis Kuhne's book written in German in 1891. —Ed.

CHOLERA, DYSENTERY

The same successful results have also been obtained in dysentery and cholera. Both are diseases which cause great disturbances in the digestion, attended by high internal fever. In cholera, as I have often observed, this fever is so high that the body is internally burned quite black, as may be plainly seen in the discoloration of the lips, nose and eyes of patients who have died of the disease.

Cholera and dysentery only attack those persons whose system is heavily encumbered. It is not, therefore, mere chance that one person catches the disease and another not. I have dealt in detail with cholera and its related diseases in a separate pamphlet, to which I may here call attention.

As experience sufficiently proves, all who take ill of cholera, have long been troubled by an abnormal digestion, generally by constipation.

Thus in cases of dysentery and cholera, there is generally also, before the outbreak of the illness, even before there is anything to be remarked, a certain feeling of uneasiness and heaviness in the body. This marks the commencement of active fermentation. In my judgment, cholera is the most vigorous cleansing crisis which we have. The foreign matter, set in fermentation by some external cause, such as change of weather, chill, fright, excitement, etc., begins a forcible retrogression towards its former starting point, the abdomen, especially as the skin is usually inactive. If the vitality is still vigorous enough, the severe crisis may be overcome, and the patient will become one of the healthiest of men. If, on the contrary, through doctoring with drugs, at one time or another, the curative power of the body has been weakened, the curative crisis cannot be endured by the body. During the feverish process, whether in the case



A sitting vapor bath

of cholera, or the usually less fatal dysentery, a remarkable process goes on, such as we do not elsewhere find in the same form. The internal fever heat is nevertheless here usually concentrated only in the digestive organs, so that there is internally a devouring heat and externally a feeling of chill.

In treating these diseases, the first thing is to diminish the excessive internal heat and further, by natural means, to make the patient perspire. When the body still possesses sufficient vital power to

quickly overcome the burning and dangerous internal heat, the cure will be comparatively rapid. On account of the excessive internal fever, many patients scarcely feel the external cold. Such patients are most in danger. In the years 1849 and 1866, during the ravages of the cholera in Leipzig, I watched various cases. I remember exactly the course they took, and am today able to explain it. Those patients whose systems brought out the fever to the outside, mostly got over the cholera; whereas all who exhibited but little fever externally, died. For instance, I saw a woman quietly walking up and down the courtyard with her child at 11 o'clock in the morning; at 2 o'clock in the afternoon her corpse was carried out of the house. In her case the system had not shown the slightest attempt at reaction against the cholera fermentation. The woman was naturally heavily encumbered. The black coloration of the lips, eyes and tip of the nose, showed that the abdomen must have been in a dangerously gangrenous condition.



Friction hip bath

My friction sitz baths are the best means known of rapidly curing such severe cases. They also simultaneously greatly increase the vitality. Abdominal steam baths likewise often prove most effective; they must always be followed by a friction sitz or hip bath. If possible, a sun bath should be taken to again warm the body till it again perspires. Where sun baths cannot be taken, the patient must be well covered up in bed in order to induce perspiration. In most cases a few cooling baths are sufficient to bring the patient out of danger. Naturally, an absolutely, unstimulating diet must be observed.

In cases of dysentery, my baths, in conjunction with my other remedial means, likewise act most effectively. Often only a few friction sitz and hip baths, and a single steam bath, are sufficient to cure diarrhea.

If, however, this is not sufficient, the following means should be used; indeed, in severe cases it is better to adopt it at once. Heat a brick, wrap it in a woolen cloth and lay it under the anus. It is surprising how quickly the evacuations are stopped in this manner. After some hours, a friction sitz bath should be taken and then the hot brick again applied.

It is the universal experience of all those who have recovered from cholera, that they feel as though they had been freed from an oppressive burden—for the whole of the former load of foreign matter has been gotten rid of. *The Science of Facial Expression* shows us the striking decrease in the encumbrance. It is, indeed, often quite remarkable how, in so few days, the condition of the body may quite change.

But since cholera is always a dangerous curative crisis, one will always do well in paying the chief attention to avoiding catching the disease. Unfortunately, before now it has not been known what step to take in this respect. Only through my discovery is it now possible to determine every encumbrance, even the most dangerous and unfavorable disposition, which under certain circumstances may occasion curative crises such as cholera. From British India, I have received most favorable reports during the last years as to the success of my method in cholera cases. In conjunction with my baths, in order to guard against such disease in tropical countries, an unstimulating diet is of special significance. It has a remarkable effect on acute fevers, such as cholera, dysentery, etc. Persons living in those countries, therefore, need have no fear about introducing such a diet, if it is not, indeed, already being followed. Let it only be tried!

In cases of children, this disease has continually proven to be nothing more nor less than cholera. It is generally only those children who have been brought up with the bottle, and therefore burdened with foreign matter, who suffer from it. The treatment should be the same as in cholera; only the child will be caused to perspire easier by being taken into the father's or mother's bed.

Diarrhea is, ordinarily, only dysentery and cholera on a less extended scale. I have for years remarked that vigorous persons often have periodical attacks of diarrhea.

Diarrhea, no matter how slight, is nothing other than a more active attempt of the system to effect a cure, and is thus always a favorable sign. It must, therefore, be looked upon as a fortunate occurrence, provided it does not continue too long. Such crises are probably actively supported by the recently discovered power of the electric tension of the air. Everyone who experiences such crises feels afterwards actually rejuvenated. We thus see how the body of itself periodically seeks to rid itself of its encumbrance.

Although diarrhea and constipation appear as opposite extremes, no reader must wonder if I describe them both as simple disturbances of the digestion, called forth by abnormal internal heat, caused by over-nutrition. Just as the same cause may make one person stout and corpulent, another thin and lean, so it may cause in one case diarrhea and in another constipation.

If obstinate constipation does not give way to the friction baths, one should try to evacuate the bowels in the open air, especially in the woods. It is surprising how the fresh air acts upon the body, so that what was impossible in the dark closet, is easy in the fresh air.

CLIMATIC AND TROPICAL FEVERS, MALARIA, BILIOUS FEVER, YELLOW FEVER AND AGUE

Whatever name these fevers may bear, and under whatever form we may meet them, the reason for their outbreak and development is always the same, the fermentation of foreign matter. When we remember the climatic conditions in the tropics and the enormous differences of temperature day and night, we can understand at once the reason for the severity of tropical fevers, the intensity of which increases proportionately to the more rapid and powerful fermentive processes. It is in hot climates that we find all the most favorable conditions for causing an outbreak of severe fever, even in those cases where the body contains comparatively little foreign matter. In the temperate zones this is never seen in like degree. Naturally, tropical fever occurs in various forms.

Yellow fever is the most feared. It owes its name to the yellow color which the skin gradually assumes in course of the illness—often, perhaps, only as a consequence of the drugs employed. The first symptoms are weariness, headache, griping pains, thirst, and dryness of the skin. Afterwards the feces become black, and the patient vomits black masses. The whites of the eyes become yellow, and then the skin assumes the same color, often, however, only after death.

The main point is to prevent the disease ever making its appearance. We have the means always at hand. First, a very moderate, wholly unstimulating non-flesh diet is selected from the products of the country in question. Secondly, living in a thoroughly natural manner together with the use of my friction baths. Even though in the tropics one cannot obtain water for these baths so cold as one can in the temperate zones, the relation of the temperature of the water to that of the air is pretty nearly the same. Moreover, the same heat which has given rise to the fermentation (disease), likewise favors the process of cure, since in those lands the re-warming and perspiring after the baths, ensues more rapidly than in temperate zones. It will never be possible for medical science, by means of quinine, antipyrin or other means of paralyzing the nerves, to really cure any fever whatever. When a weak dose of the remedy has done its work,

a stronger one will have to be given; and finally the repeated paralyzing of the nerves will cause the most severe diseases—serious nervous complaints, which are then all the more difficult to cure.

In all tropical countries, my treatment has been tried with the best success in such fever cases, according to the rules laid down in the *The New Science of Healing*. Mr. R. of Batavia, writing to me from Genoa, remarked among other things:

I have just learned that my wife and my book keeper in Batavia (Dutch East Indies) to whom I sent your book, have also employed your treatment with extraordinary success against the climatic fever prevailing there.

The Rev. M., of P. I., Brazil, wrote to me December 16th, 1890, as follows:

As for myself, I can gratefully inform you that by the employment of the baths prescribed by you, the climatic fever and my digestion have in a very short time decidedly improved. We have some trouble with the diet in this land of coffee, where instead of wheat meal, we have to be content with maize bread; instead of German vegetables, our beans and rice, manioc, etc.; instead of pears, apples, and plums, our bananas, sweet potatoes, melons, oranges, figs, dates, chestnuts, and the like.

The following is extracted from a letter, written in 1891, from one of my disciples on the Gold Coast and in Cameroon, Mr. J. S., a missionary, of B., Accra, Gold Coast:

As far as possible, guided by the publications sent us, we have tried to apply your treatment in fevers, especially in *bilious fever*. We are happy to be able to report, that your method greatly mitigates the attacks of fever that occur so frequently.

From a letter which I received from Mr. M. H., I extract the following:

Stann Creek, near Belize, British Honduras, Central America, July 3rd, 1890. Having received your book, *The New Science of Healing*, I beg to thank you for your kind *letter of advice*, which I have followed as far as existing conditions permit. Every year I have had to fight our *tropical fevers, ague*, and other disorders. This year I have remained free from all these troubles, by the employment of your method of treatment.

In a long letter to me from Otjimbingue (Hereroland), Southwest Africa, Mr. F. M., after describing the serious illness of his wife, which was held to be incurable, wrote:

None of the remedies which I had tried during 30 years could check the progress of the disease. The digestion was also utterly prostrate. Then came your letter, and opened my eyes. Now my wife takes friction baths. The malaria fever, which had recently been added to her other complaints, has already disappeared, the swelling of the feet is subsiding, and the *fingers are growing thinner and suppler*.

Mr. G., a missionary at Dar-es-Salaam, East Africa, who had followed my method of treatment in his own case according to my book, reports in the *Nachrichten aus den ostafrikanischen Missionen*, Berlin, September 1890, concerning the good effects of the treatment in his nephew's illness:

Sunday, June 22, 1890. Last week, my nephew, Daniel E., was ill for five days with violent malarial fever; neither quinine, anti-febrin, antipyrin, nor peppermint tea; nor yet compresses according to the old Nature Cure method, afforded any relief. The fever remained at the same height, or even rose a few degrees. Yesterday noon, after all our exertions, our resources were at an end. Only one thing could save the patient—change of place and air—but how? In this extremity we bethought us of the new Nature Cure method of Louis Kuhne of Leipzig, whose book, *The New Science of Healing*, I had just sent for. We placed the patient, glowing with fever heat, and unable to perspire, into water, *i.e.* administered a friction hip bath lasting three minutes. As soon as the thermometer rose to 102° F/39° C, the bath was repeated, and we soon observed that the fever was beginning to abate. Overnight improvement set in, and in the morning, perspiration came quite naturally. Thus he was saved in a few hours by this simple curative process.

Had the friction baths been continued for 20 minutes, instead of only for 3 minutes, improvement would have taken place still more quickly and surely. The longer and more frequently the baths are given in such cases, the better and more advantageous they are for the patient.

On his own case, Mr. G., of Dar-es-Salaam, writes as follows:

Not to repeat what I already wrote you respecting my cure of various climatic fevers through your method, I will mention briefly that your water cures have had the most surprising results in my case. I now employ them with the natives (naturally, with a great deal of trouble and sacrifice of time), and the results have always been good.

Since last June, I have used no medicines either for myself or my family; nothing but water, according to your instructions. We are

in the best health possible in tropical regions well known for their unhealthy character. Would not this water cure method of yours be a good remedy for yellow fever in West Africa?

Mr. G. has apparently not fully grasped the idea of the unity of disease—of the uniform interrelation of all diseases; otherwise he could hardly have put this question.

Mr. A., a missionary at Kwala Rongan, Borneo, wrote to me on January 20th, 1892:

Dear Mr. Kuhne:

I possess two copies of your book, *The New Science of Healing*, and cannot refrain from expressing my thanks to you for the good results of the New Science, which I have experienced in my own case, and since I first heard of the New Science of Healing, here in Borneo. Shortly afterwards, as I was one day at a friend's I had a severe attack of Indian fever, which rendered me quite incapable. Thereupon, I tried your new method. First, I took a steam bath on a cane-seated chair, and then a friction hip bath, according to the directions contained in your book. The effect was astounding: after the bath, I was even able to leave my bed, which before had been impossible. My friend and his wife were equally astonished at the rapid success. Since that day I have been a strong adherent of your system. I have also seen the best results from the *New Science of Healing* in the Dyaks here. The Dyaks, who have no physicians, have made use of steam baths from the most primitive ages; they are not acquainted with the friction baths, however.

Were I to relate to you about all the patients whom I have cured by means of the New Science of Healing, I should have to write too much. Your book, dear Mr. Kuhne, is the book for a missionary in the wilderness, and it never leaves one in a lurch. The other doctor books which I have, always direct one to call in a physician. But how is this going to be done in the wilderness! I am too thankful to possess your textbook of the *New Science of Healing*. About three weeks ago, I was called to a woman whose hut in a rice field burnt down in the night, and she had not awakened until the fire reached her body. The woman presented a dreadful sight, particularly the face and arms. I immediately ordered wet packs from morning to evening; and in the evening, I applied them as directed in your book. The next day I again applied the packs, and in a week, she was quite well again; with the orthodox treatment by inunction, I believe it would have lasted weeks, maybe months.

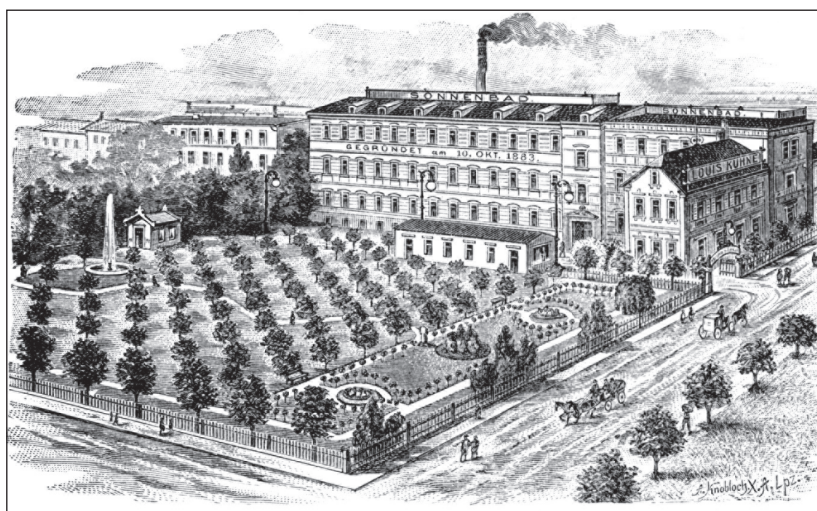
Some weeks ago an eruption broke out on my left hand. Here they call it 'Kihis'; it is a very obstinate rash and forms in rings round the body. Formerly I have always driven it off by

ointments, but it has always returned again. One time it would be on the feet, next on the face, then on the back, and next time on the hands. Now when I saw the eruption appear this time, a few weeks ago, on the left hand, I said to myself: well, this time I'll drive you off by means of the *New Science of Healing*. I therefore first took a steam bath, followed by a friction hip bath; the next day, only two friction sitz baths. On the third day of the cure, I remarked that the eruption looked wrinkled, so that it was evidently about to disappear. Also, I have steamed the hand alone, and then taken a friction sitz bath on each occasion. Now, on the left hand, on the affected part, two little ulcers have formed, so that I believe the foreign matter is drawing together here. When they are healed, the dreadful itching will be gone.

This is the way to get rid of the dreaded Kihis.

I shall always use the new method of healing, for till today I have found nothing like it. I endeavor to get my friends to give their attention to the New Science.

From West Africa, Australia, British India, The Cape, West Indies, etc., I have received numerous similar letters, relating the successful cures made by means of my method—many accompanied by warm expressions of thanks.



Louis Kuhne transformed his factory into a successful clinic in Leipzig, Germany.

As experience has proved, in all acute diseases such as typhus, influenza, etc., my steam baths are of the greatest service. They must however, be adapted to the condition of the patient, neither being taken too often, nor for too long a time. The friction hip and sitz baths must naturally be taken concurrently.

Cholera and dysentery only attack those persons whose system is heavily encumbered. It is not, therefore, mere chance that one person catches the disease and another not.

As experience sufficiently proves, all who take ill of cholera, have long been troubled by an abnormal digestion, generally by constipation.

In treating these diseases, the first thing is to diminish the excessive internal heat and further, by natural means, to make the patient perspire.

On account of the excessive internal fever, many patients scarcely feel the external cold. Such patients are most in danger.

My friction sitz baths are the best means known of rapidly curing such severe cases. They also simultaneously greatly increase the vitality. Abdominal steam baths likewise often prove most effective; they must always be followed by a friction sitz or hip bath.

Although diarrhea and constipation appear as opposite extremes, no reader must wonder if I describe them both as simple disturbances of the digestion, called forth by abnormal internal heat, caused by over-nutrition.

First, a very moderate, wholly unstimulating non-flesh diet, selected from the products of the country in question; secondly, a thoroughly natural manner of living, together with the use of my friction baths.

Moreover, the same heat which has given rise to the fermentation (disease), likewise favors the process of cure, since in those lands the re-warming and perspiring after the baths, ensues more rapidly than in temperate zones.

CONDUCT AFTER BIRTH

by Louis Kuhne

Herald of Health and Naturopath, XXIII (7), 648. (1918)

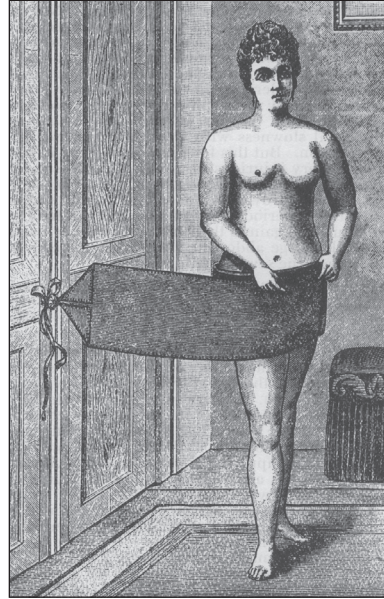
For the really healthy woman, advice as to how to manage after the confinement would, of course, be superfluous. Not only the animals, but also the women amongst uncivilized races are able to rise and go about their customary duties almost immediately after the birth. It is very seldom, however, that we find the women of civilized nations able to do this. On the contrary, it is the custom to keep them in bed for a considerable time after delivery. Formerly nine days was the usual time; now many physicians order twelve days. It is less the want of strength on the part of the mother that necessitates this, than the abnormal slowness with which the generative organs assume their former position. This long period of lying in bed is undoubtedly in many ways very injurious to the health. The process of assimilation becomes weaker, for the digestion suffers from the inactivity of the body, a fact which is proved by the obstinate constipation which nearly always occurs at this period. Nevertheless, to rise before the generative organs have returned again to their usual position is also injurious, causing an abnormally large abdomen, such as is so frequently observed in women who have borne several children.

I have reflected much upon the best manner in which to get over this evil, without keeping the woman so long in bed, and I have found an extremely simple means, and one which has proved extraordinarily successful.

As soon as the delivery has taken place, the woman should rest as long as she feels it necessary, and it is very beneficial if she can take a short sleep. Then she should thoroughly wash herself, which is best done by taking a *friction sitz bath*. The water may have a temperature of about 73°—77° F/23° to 25° C, and stand from one to three inches above the seat board. After the bath, a bandage should be tied firmly around the abdomen. It should be of porous linen and be provided with strings to tie. The method of applying such a bandage will be seen from the illustration. The strings are first tied to the door handle: the other end of the bandage is then wrapped round the abdomen and held firmly, whilst the woman then turns herself round and round until the whole length of the bandage lies tightly around her, when the strings can be tied. By this means the internal organs receive the firm support which they require, and the woman can then safely leave her bed, provided she feels otherwise strong enough. If, however, she feels anxious, the bandage need not be applied till the third or fourth day. It should be worn for some three or four weeks altogether. If everything has gone off well, nothing further than the bandage is

required. If, however, there should be feverishness, the baths as mentioned above, should be continued, alternately with *earth bandages*. In this way, the body will soon be caused to perspire, so that the fever will abate, and the necessary compensatory action take place.

If possible, the mother should give the child the breast. The supply of milk cannot be forced by means of immoderate eating and drinking or the like; on the contrary, this will probably diminish the flow. The natural precept must be observed here, as elsewhere, only to eat and drink, when there is hunger and thirst. As a matter of course, the mother must keep to a natural diet. In mothers who are in any way healthy, this diet will produce an ample supply of milk of the best quality.



How to self-administer the abdominal bandage.

This long period of lying in bed is undoubtedly in many ways very injurious to the health. The process of assimilation becomes weaker, for the digestion suffers from the inactivity of the body, a fact which is proved by the obstinate constipation which nearly always occurs at this period.

As soon as the delivery has taken place, the woman should rest as long as she feels it necessary, and it is very beneficial if she can take a short sleep. Then she should thoroughly wash herself, which is best done by taking a friction sitz bath.

If, however, there should be feverishness, the baths as mentioned above, should be continued, alternately with earth bandages.

LETTER TO THE EDITOR

by James H. Faulkner

Herald of Health and Naturopath, XXIII (12), 926. (1918)

The following is a letter we have received from a young student of Natural Therapeutics, who has ably sized up the situation. When we have more like him, the world will be a safer place to live in. —Benedict Lust

I am prompted to write this letter because of the attitude taken by some Nature Cure doctors. I hear so many Nature Cure students say that after completing Nature Cure, they expect to take up a course in medicine.

Why supplement the N.D. with an M.D. degree? For this, I see but two possible reasons. Either there is a deficiency in the Nature Cure courses, or else the doctor wants to practice Nature Cure under the disguise of 'medicine'.

What does Nature Cure hold that is so great an inducement to me? This is a question that every Nature Cure student should ask himself. If the financial side looks best to you, or if you have not the courage to fight Official Medicine in the open, you may do well by adding the M.D. to your degree of N.D. But the true red-blooded 'Nature Curist' cannot compromise his profession by wasting time on useless medical theories. To him his profession is not merely a means to an immediate end. He is working for the future, and not for today alone. He will not rest until he has gained recognition for Nature Cure.

Official Medicine is a thing to be no more desired than official religion or politics. You should have the same right to choose your particular brand of healing as you choose your church. The enforced serum and vaccine poisoning of school children; the countless untimely deaths caused by drugs and operations; and the crippled and maimed who go through life suffering the tortures of hell because of lack of natural simple treatment are pictures that ought to arouse a fighting interest in any Nature Curist. You are satisfied with the efficiency of Nature Cure, or else you would not take it in preference to the medical course. If you have not the faith in your work to live and fight for it, you had better hunt a new job. You are in the wrong calling.

There are many sincere, well-meaning medical doctors, but their sincerity and honesty give but little relief to the suffering, unless it is supplemented with natural methods of healing.

Official Medicine was created by medical doctors, for medical doctors, more for the safeguarding of their purse, than for safeguarding the public. No great victory was ever won without opposition. Nature Cure

recognition will be won by red-blooded “Nature Curists” who do not have to add another degree to their degree of Nature Cure to build up a practice.



Light and Air Cottages in the “Yungborn” Park Health Resort, Butler, New Jersey. Visible at the center of the photo, only one air cottage, remodeled as a small home, remains today in Butler.



LETTER TO THE EDITOR

E. P. KONDIS, N.D.

LETTER TO THE EDITOR

JAMES C. THOMSON, N.D., D.O.

LETTER TO THE EDITOR

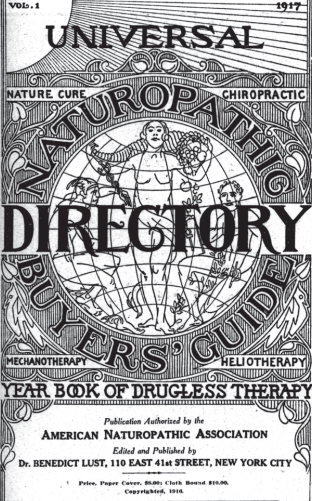
JOHN STEPHENS

WHAT MORE?

BENEDICT LUST

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AND DR. BENCHETRIT**

DR. CHARLES BRANDT



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110 East Forty-first Street
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The need for such a work as this we have suffered for more than 20 years. An exchange where everything Naturopathic or Drugless can be found, where every man and woman engaged in this noble profession can be looked up in regard to representative standing as a practitioner, years of practice, qualifications acquired in private or college education in general, etc. It will give to everybody the true worth of each college, whether it is simply a commercial and mercenary enterprise exploited by an individual for getting rich quick or self-aggrandisement, or whether it is a genuine school that is based and conducted on noble **Naturopathic principles.** This work will bring every medical and drugless law of every state in the Union, also foreign countries and how they affect the Nature Cure Practitioner. It will bring every Association in Drugless Therapy, their Constitution, By-Laws and Charter, books and pamphlets and magazines issued in English and other languages on Nature Cure and Natural Life for the last twenty-five years.

Other parts of the index are Introduction, History; "Who is Who" in Naturopathy; **Principles of Nature Cure Systems; Societies, Institutions, Colleges, Sanitaria; Naturopathic Headquarters** of the different states; **Colonies for Natural Life; Natural Horticulture and Rational Agriculture; Vegetarian Hotels, Restaurants, Boarding Houses and Resorts; Dealers in Naturopathic Supplies; Health Bakeries; Gymnasiums, Health Studios, Turkish Baths; Masseurs and Drugless Nurses; Health Directors, Health Teachers; Efficiency Courses, etc.; Dead Pioneers and Leaders in the Field; Memoriam;** the new dispensation and future of Drugless Therapy.

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Benedict Lust placed this ad to notify the naturopathic profession of an international directory published in 1918.

LETTER TO THE EDITOR

by E. P. Kondis, N.D.

Herald of Health and Naturopath, XXIV (1), 44. (1919)

Doctor Benedict Lust,
President American Naturopathic Association, New York.

Dear Sir:

Complying with your request in the last issue of the *Herald of Health and Naturopath* regarding the number of cases and the method of treatment employed during the epidemic, I consider myself proud indeed to state that, during the Spanish influenza, I had fifty-eight patients, of whom five developed pneumonia, but not one death. It is a wonder indeed, for our city, according to statistics, holds the record in the death rate from the influenza.

My method of treatment employed was:

- a) For fever, cold applications to the head. Hot or cold applications to the body. Cold or hot drinks as lemonade, elder flowers or chamomile tea, etc. Enemas. Sponge bath. Gargle with common salt.
- b) For bronchial affections, profuse perspiration by hot drinks and hot applications. Flaxseed and mustard poultice to the chest. Foot bath. Dry cups.* Fresh air. Massage.
- c) For pneumonia, plenty of fresh air. Cold applications to the head. Cold compresses to the chest. Hot applications to the feet. Manipulations. Milk, lemonade, coffee, ammonia aromatic spirits.
- d) Convalescence: air, exercises, milk, eggs, whole meal and vegetable broth, grape juice, and lemonade.

There were more cases begging for my professional services, but it was impossible for me to take any more, as I had to apply the treatment myself personally, and on the other hand, we had to comply with the law of the medical trust, for they are watching us very closely, and we are liable to any prosecution on their part, even unjustly.

Hoping that very soon the people will realize it and ask for medical freedom.

I am, yours for the cause,

E. P. Kondis, N.D.

Waterbury, Connecticut

*Dry cups or cupping, a Chinese therapy using glass cups or vessels were used also by Naturopaths. —Ed.

LETTER TO THE EDITOR

by James C. Thomson, N.D., D.O.

Herald of Health and Naturopath, XXIV (2), 100. (1919)

Edinburgh School of Natural Therapeutics
16 Albany Street, Edinburgh

December 31, 1918

Benedict Lust, Esq., N.D.,
New York

Dear Doctor,

We are very pleased with the last number of your magazine (December issue, 1918).

In all, eighty-seven cases of influenza came under our supervision. The line of treatment followed was the application of cold compresses to the kidneys; the compress was changed hourly. In individual cases compresses were also applied to the throat, chest, etc., with occasional osteopathic attention. As to the diet, this was reduced while any symptoms of discomfort were present—usually two to three days complete fast followed by fruit and gradual return to normal. All recovered quite rapidly, usually in five to seven days.

The only exception was in the case of a man whose wife and family were very hostile to the Nature Cure treatment. I paid three visits to this case in two days, and on the last two visits found that my instructions were being deliberately ignored. Suppressive treatment was being applied. I, thereupon, gave up on the case which was taken to the hospital. The man died there.

In no other case have there been any sequelae whatsoever. In fact, patients and their friends were surprised at the quick results, and many who were previously our critics have become converted to the Nature Cure plan.

I am thoroughly in agreement with the letter from Mr. Faulkner published in the *Herald of Health*.*

With best wishes,
Yours sincerely,

James C. Thomson, N.D., D.O.

*This letter by Mr. Faulkner, a naturopathic student, has been included and can be found on pp. 389-390. —Ed.

LETTER TO THE EDITOR

by John Stephens

Herald of Health and Naturopath, XXIV (3), 152. (1919)

Editor:

Speaking of the "Flu", I had five cases, myself making six. I treated myself by taking a steam bath, followed by a cold ablution; then went to bed for a good perspiration. In about two hours I rose and applied cold water and vinegar, after the Kneipp method. Was ill just 24 hours, and then resumed my work with no untoward effects.

Then the rest of the family came down, one after the other. A boy of eighteen years came home with a temperature of 105.6° F/40.9° C. On him also I used the Kneipp cure: cold water out of the lake, applied with vinegar—and it was most satisfactory. On the others, I used the trunk and wet sheet pack. Food was out of the question until the fever abated; then I gave nothing but oranges and grapefruit.

For a hard case, with a high fever, I would give the cold water and vinegar treatment every hour, covering the patient up well in bed. A patient strong enough to stand this will not have much flu left in 24 hours. I think a great deal of the Kneipp cure and have had beneficial effects every time I have used it. The longest sickness was five days. Not bad for natural means.

John Stephens,
Wallum Lake, Rhodes Island

WHAT MORE?

by **Benedict Lust**

Herald of Health and Naturopath, XXIV (4), 166. (1919)

There was a time when the average person would not entrust an acute case to a drugless healer. The remark was frequently made by such persons, “Your methods are all right for rheumatism and other chronic conditions, but what could you do for a case of diphtheria or smallpox or in fact any acute disease?” Then when we at last won the confidence of our patients and they allowed us to demonstrate on acute cases, the M.D., who had previously ignored us, spoke his little piece and incidentally let the pet cat out of the bag. He offered the information that acute diseases are self-limiting and with good nursing a patient would get well anyway, even without our treatment. We are willing to corroborate that testimony but the dear people have not yet gotten past the stage where the M.D. can scare them half to death. They still cling to the old superstition that an acute disease is a calamity, filled with menace and lurking death—such is the power of suggestion. In witness, whereof, we ask you to look back over the newspapers and periodicals for November and December, 1918.

Yes, acute diseases are self-limiting. They run a definite course and terminate in recovery where conditions are made suitable. Medicine, serums or other unnatural measures have nothing to do with the recovery but very often are responsible for the failure of patients to recover. The natural thing for an acutely sick person to do is to recover—it is decidedly unnatural for him to die from an acute disease. Treatment can either assist or hinder the recovery, depending on whether it conserves or lowers the patient’s vitality. Those who recover from an acute disease under allopathic treatment do so in spite of the treatment. Drugless treatment for acute disorders is just good nursing and we are not ashamed to say so, but mind you I said good nursing. The history of the *flu* epidemic bears out our contention that allopathic treatment is gross interference with Nature’s methods of cure, for almost without exception: cases recovered without any particular treatment, cases recovered under natural treatment, but a large proportion of cases died under allopathic treatment.

What does the Old School have to say about it? Not a word. It keeps very mum—possibly thinking up some new scheme to distract public attention from its failures. Be on the lookout for a new scare.

Natural Healing has proved itself worthy under the most trying and adverse conditions. Compelled as it was on the one hand, to beseech the public to give it a trial and on the other hand to be engaged in constant

warfare with organized medicine backed by government. First, it got only those cases which had turned aside from medicine in desperation; cases termed hopeless—incurable chronics—and it demonstrated cures. Then it was entrusted with the severest of acute disorders—and it demonstrated the highest percentage of cures.

What else can we do to prove that our principles are true and our practice a godsend to a poisoned race? Must we work miracles before we can hope to be accepted as a necessary factor in society and are freed from ridicule? Must we raise the dead before the poor befogged public will recognize who is who in the healing art? It is a sure thing that the public will raise hell when it at last learns the truth and finds out who has been fooling it and preying on its ignorance for so long a time.

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SPANISH INFLUENZA IN SOUTH AMERICA AND DR. BENCHETRIT

by Dr. Charles Brandt

Herald of Health and Naturopath, XXIV (8), 405-406 (1919)

Fever is a reaction of organic defense, and as such it should be rather protected than opposed. General febrile infections are more dangerous when they develop apyretically, as for instance, pneumonia of old people, cholera, diphtheria, etc.

—Dr. Med. F. A. Riquez

In Caracas and some others of the more important cities in Venezuela, the havoc caused by the Spanish influenza was so very great that more than 50% of the population was sick at one time. Not only schools, but also drugstores, churches, and even the cemetery had to be closed on account of the lack of help. The eminent Spanish physician, Dr. Benchetrit, attained so great a success that he has become one of the most popular personalities and is acclaimed as a benefactor. He cured thousands of cases of Spanish influenza. His report is 100% perfect cures.

The most remarkable thing about Dr. Benchetrit is that he is not a Naturopath, and I think that he has never read a book about Naturopathy. Nevertheless, guided by common sense, he has come to the principles of Naturotherapy. While all the other physicians of Venezuela were killing people by the thousands through quinine, pyramidon, and other coal tar products, Dr. Benchetrit started to fight all those drugs. He began to publish a series of articles telling the people how to cure themselves without drugs. This, of course, brought upon him the wrath of his colleagues, the regular physicians, and the medical trust of Venezuela bribed the newspapers so that he could not publish any of his articles, and was obliged to found a magazine of his own.

I will now quote some paragraphs of one of the issues of Dr. Benchetrit's magazine in which this eminent regular physician speaks about the Spanish influenza, which, according to him, is neither Spanish nor influenza. He says:

The great impression which the human organism receives with this disease increases the vital energy of the sick person to such a degree that if he happens to be treated by a rational method, he will feel stronger than he did before. ... Only those who use quinine, pyramidon, Dover's powders, phenacetin, and other drugs remain weak and exhausted.

This is a matter of fact that all Naturopaths know very well, but which for the ears of his colleagues of the university and of the academy must have sounded as blasphemy, as a "*Majestatsbeleidigung*" [insult].

Then Dr. Benchetrit continues:

I have seen many people suffering from chronic diseases, such as asthma, heart disease, nerves, liver, and kidney diseases, whose health has been improved and who have even been cured of chronic diseases after having had the influenza, provided, of course, that they were cured of the latter disease by a rational method.

This is another utterance which has the greater value for us as it does not come from a Naturopath, but from an honest regular physician who loves the truth above all.

Dr. Benchetrit claims "the stomach is the seat of the disease, and therefore I consider it a crime to give milk to the patient." The basic method of Benchetrit for curing the Spanish influenza is a dose of castor oil, and then fasting, absolute fasting for five days, if necessary, until the stomach is cleansed. "I do not give any food to my patient," he said, "until his stomach is clean; until his tongue is perfectly red." Dr. Benchetrit claims that the disease does not kill anybody, but that only physicians kill through their coal tar products. He ascribes the greatest importance to fasting and says that people can live more than five days without food. He claims that the weakness (adynamia) which some people feel after one day of fasting is not due to weakness, but the opposite, that is, a reaction of the stronger organism against the poisons of wrong foods. He explains this in the following words: "The best proof to show that adynamia is simply a result of poisoning is the fact that after four days of fasting, the patient feels in splendid condition and sleeps soundly, which means that the body has been freed from the poison."

The most discouraging example of the pitiable state of the submission of the people to the evil of drugs is also reported by Dr. Benchetrit, who says that every time he treated a patient he had to fight a very [hard] battle against the patient and his relatives who would insist that he should prescribe all the drugs with which other physicians were killing people.

Later on I intend to write another article in which I will expound some of the other interesting facts set forth by this expert Spanish physician whose name merits to be extolled as that of one of the specialists on the Spanish influenza.

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What You Where You When You Should You

FAST?

Foolish questions.
Not a bit of it.
Because a man's eating—next to his thinking—is what makes him.
Nobody who eats right is ever sick, weak, miserable or vicious. Nobody who eats wrong is ever well, strong, happy or virtuous.
YOUR eating makes YOU.
WHAT does it make you?
A sane, sweet, beautiful, powerful splendid being, filled with hope—charged with energy—alert with determination—animated with delight—aroused with self-assurance—blessed with everybody's trust, admiration and love? Then eat to-day as you ate yesterday.
But if you are less than perfection—
Then LISTEN before you eat again!

EDWARD EARLE PURINTON has written a book about eating.
It is a book without equal and without parallel—nothing like it has ever appeared before in any language on earth. If you knew what those who have read the book say about it, you would know I am not exaggerating. And when you read it for yourself, you will say that words cannot measure its value.
It is called, "The Philosophy of Fasting."

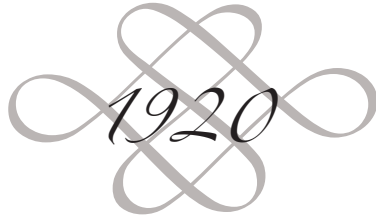
But the title doesn't tell about it. Fasting is only the chain wherewith the author threads more beautiful pearls of wisdom. Life is the theme—and whatever enhances Life belongs in the book.
Don't say "Fasting is nothing new, and I don't believe in it anyway." Don't judge till you know the facts. Don't cheat yourself of the benefit it stores for the world to-day. A few theory of Fasting, backed by his experience, is absolutely new to the world to-day. A few of the ancient seers, sages and metaphysicians possessed his secret—but some of them ever wrote about it. So he had to try first around in previous life experiments and proving his discretion. There are perhaps six treatises, all told, in the English language, that discuss Fasting more or less. But not one of them is either practical or inspirational. This book is both.

You want FACTS. Here are the seven foremost:

1. "The Philosophy of Fasting" presents the actual record of a 30-DAY FAST taken by the author to prove his unique theory of the relation of food to life. That means experience—not speculation.
2. "The Philosophy of Fasting" explains the mental, moral, psychic and spiritual aspects of Fasting in a way and to a degree never attempted before. Any book you may have read on the subject is to this book as a manual of mental arithmetic is a work on astronomy.
3. "The Philosophy of Fasting" reveals the successful outcome of a man's struggle for freedom. It equates the theory of health made quite impartially with the failures of doctors, prescribers, pedagogues and scientists.
4. "The Philosophy of Fasting" offers a specific salvation to sufferers and to sinners. If you are a sinner, a cynic or a saint—better avoid the sentiment, or the shock of personal.
5. "The Philosophy of Fasting" contains 12 chapters on Fasting for Health—Empowerment—Freedom—Power—Beauty—Faith—Courage—Fidelity—Virtue—Spirituality—Intuition—Inspiration—Love. With little sermons on the respective subjects, quite apart from the Fast.
6. "The Philosophy of Fasting" supplies a set of definite, plain, safe, sure, practical RULES—of how—or when Fasting. Especially emphasizing the physiological side, you'll know just what to do and why. All about baths, exercise, sleep, work and play—everything that you could ask.
7. "The Philosophy of Fasting" satisfies equally the requirements of mind, heart, body and soul. In the annals of Naturopathy, no other book could ever do this—both instruct, amuse, comfort and inspire. It is the crowning work of Mr. Purinton's genius.

I have given the volume a fitting garb. It is durably bound in dainty green silk, with gold stamp and autograph; frontispiece photograph of author; clear type and ample margins. 120 pages. Price \$1.00; post-paid \$1.10.
Summer is the time to fast—and now is the time to act on any good impulse. I want this book—now—so I want your life. Will you let it be?
BENEDICT LUST, N.D. 124 East 59th Street, N. Y. City.

Edward Purinton often published in Lust's publications and authored many books, including one on fasting.



FOR MOTHERS AND CHILDREN

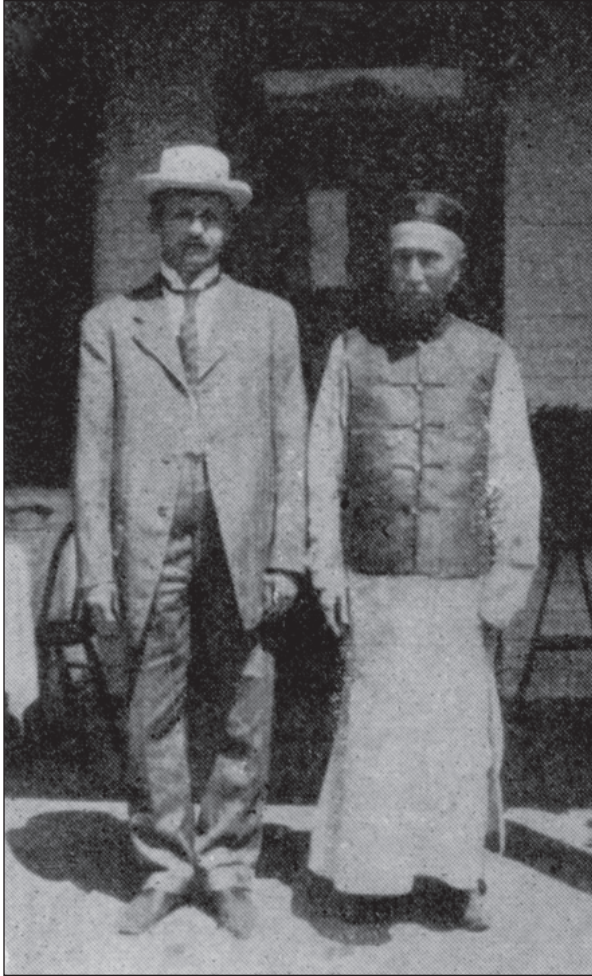
MARTHA B. OPLAND, N.D.

WHY WE BECOME SICK

META ZIMMERMAN

REGARDING THE RULES OF HEALTH

HARRIS H. LUNTZ, M.D., D.O.



Benedict Lust and Wu Ting Fang at the Yungborn.

In 1909, returning to China after a holiday in Japan, Wu Ting Fang (right) visited Benedict Lust (left) at the Yungborn. While the former Chinese Minister to the United States declined to discuss the Chinese revolution with Lust, he insisted that he would live longer than Count Okuma because the former Japanese Premier ate beef, pork and fish, and he was a vegetarian. Wu Ting Fang claimed that because of this he would live to be 125 years old. Count Okuma recently boasted that he would outlive Wu.

FOR MOTHERS AND CHILDREN

by Martha B. Opland, N.D.

Herald of Health and Naturopath, XXV (7), 341-342. (1920)

What is wrong with housekeeping? There is something very wrong in a home where the mother works from early morning until late at night. You find this condition whether large or small family, rich or poor. It is estimated that half of the American women use baker's bread. Fifty years ago women not only made their own bread, but did their own sewing, washing, ironing, cleaning, gardening, etc., and found time to be hospitable, go picnicking with the children or any other recreation enjoyed by all.

Our modern *inconveniences*! That is really what they are when we stop to consider how they keep a woman indoors. I know women who do not get out of doors for days at a time. Everything they need is in the house, and what they don't have they can order over the telephone. Is it any wonder they become anemic and nervous?

The claim has been that with furnace or city heat, gas, electric light, plumbing, etc., housework has been lightened and consequently women get out more. Well, some do, but more do not. They are too busy with cooking, sewing, crocheting, sweeping, dusting their surplus house furnishings, etc.

Oh, the folly of it all! If we would eat simpler, dress plainer and throw out half of the furniture, draperies, rugs, knick-knacks, especially out of bedrooms, then there will be time for a little out of doors with the children. Often a mother remarks to me that the only time baby goes to sleep during the day is when she takes it out in the fresh air, and yet she does not take the time to do so. What a crime!

Barefoot walking! This is one of the best remedies for many ailments, provided it is not overdone to begin with. Last summer I treated a woman of eighty years who was nearly blind with cataracts, and for two years had not been able to walk alone in the street. After three weeks of manipulative treatment, change of food, and a few minutes of daily barefoot walking in the dewy grass, she was able to come alone a distance of four blocks.

When the mornings and evenings are cool, especially in the spring and fall, it is better for children to wear shoes and stockings; going barefooted only when the dew is about gone and through the warmest part of the day. I have seen children barefooted in the morning and evening, pale and chilly from the long continued tramping in the cold, wet grass. Strong, robust, children may be able to go barefooted at all times, but it will not do for beginners. In many parts of the country the dew remains until ten

or eleven in the morning, and forms again as early as four or five in the afternoon.

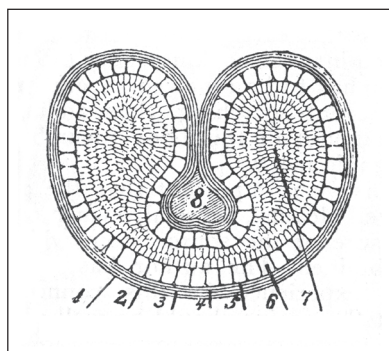
At last! Wrong food causes tooth decay! At the dentists' convention, recently held in Chicago, an anti-sugar campaign was advocated. That is very good, but let them look a little farther and include white bread. Few know how much denatured white sugar, corn sugar and malt, powdered buttermilk, animal fat, salt and yeast, ordinary baker's white bread contains.

Even what is passed off for whole wheat bread is the same mixture, with a little bran or graham flour added. Twenty to thirty minutes is the allotted time for baking 15 cent loaves, and you have bread that is neither raw nor well baked, but a soft, spongy mass that offers no resistance to the teeth, and lack of exercise is one of the principle causes of poor teeth. In the preparation of white flour, six layers and the life germ of the wheat kernel have been removed, leaving a product which has been robbed of its most valuable constituents and finest qualities, and which, therefore, is unfit for food. Animals fed on white bread only die quicker when not fed at all.

Health bread! So many people wonder how to make it. All you need is whole grain flour, not too finely ground, the bran of which may be left coarse or sifted out and ground finer. Whole wheat flour, with a small portion of either whole rye, barley, oats, cornmeal, etc., and some white flour if you prefer it lighter, yeast, water, and a very little salt make healthful bread. No sugar, fat, or anything else is needed. Mix all

well and quite firm; when light, do not work it down to rise again, as it will sour, but put at once into tins. When loaves are light (do not jar tins, or loaves will fall), bake. By mixing dough stiff at once, it will be all baked in six or seven hours, allowing one and one-half to two hours for baking. By brushing the top of the loaves with oil, right after molding, the crust will be thin and not crumble.

If you prefer to set a sponge over night with whole wheat, keep it quite cool or it will sour; otherwise, use white flour. This bread toasted or made into croutons the children will also relish in place of the expensive, prepared breakfast foods.



Wheat kernel

LOUIS LUST'S HYGIENIC BAKERY,

No. 219 East 59th Street,
zwischen 2. und 3. Avenue, NEW YORK.

Stellt ein den Principien der Kneipp'schen Naturheilmethode streng Rechnung tragendes, Hefe- und salzfreies **Weizen-schrotbrod** her; ebenso **Kraftsuppe**, **Kindernährmehl**, **Kraft-zwieback**, **Honignüsse**, **Gesundheitslebkuchen**, **Hafer-nähr-Biscuits** etc. Bestes Weizen- und Roggenschrotmehl, Hafer-, Gerste- und Grünkernmehl zu billigen Preisen auf Lager. Wholesale und Retail. Verbunden mit

LUNCH-ROOM,

wo Kneipp- und vegetarische Gerichte in reinster natürlicher Zubereitung verabreicht werden. Malz-Kaffee, Kneipp-Nähr-Thee, Dr. Lahmann's und Bilz' Nährsalz-Cacao, Kraft-Suppe etc. zu jeder Zeit.

Rendez-vous der Kneippianer und Anhänger der Natur-Heilkunde. Hiesige und europäische Kneipp- und Naturheil-kundliche Zeitschriften liegen zur freien Benutzung der Kunden auf.

Zweig-Niederlagen für Brot in den verschiedenen Kneipp- und Naturheilanstalten der Stadt und in Brooklyn, die auf Anfrage gerne mitgetheilt werden.

Aufträge per Post werden pünktlich erledigt. Schreibt um Circular. Weitere Niederlagen werden gesucht.

LOUIS LUST, Besitzer.

Benedict Lust helped his brother, Louis, establish a successful whole grains bakery in New York City.

There is something very wrong in a home where the mother works from early morning until late at night. You find this condition whether large or small family, rich or poor.

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In the preparation of white flour, six layers and the life germ of the wheat kernel have been removed, leaving a product which has been robbed of its most valuable constituents and finest qualities, and which, therefore, is unfit for food.

WHY WE BECOME SICK

by **Meta Zimmerman**

Herald of Health and Naturopath, XXV (9), 395-396. (1920)

We get sick, simply through violation of the laws of Nature. Nature is kind, and creates and maintains her beings strong and in a healthy state, as long as they adhere to their kind mother. But as soon as they stray away from her influence, they have to pay the penalty for their infidelity with disease, premature age, and death. The process of civilization has enticed humanity away from Nature, and the more this process advances, the more the human race degenerates.

Now then, it ought to become clear that in order to find relief and cure from our ills and misery, that we must return to our good mother, who wants us to be at our best, as even every individual mother harbors the same desire for their offspring. But alas, how few of us are directed and find the way back to her? What do we do instead? We run after a certain “Fata Morgana” called “Medical Science,” and expect of this Phantom our health and welfare, and in false religion we hope to find our salvation. Idle, fruitless attempt!

DO WE NEED MEDICINE?

No, at least not products of the mineral kingdom, like iron, sulphur, coal tar products, and so forth, which are hostile, and therefore, dangerous to the human body. So too are extracts of poisonous plants, not to speak of the vile stuff, the antitoxins, serums and lymph which are taken from the infected blood of diseased animals. It seems abstruse to the student of Nature how the great mass of otherwise intelligent people have been for centuries led to believe by the medical profession that their health and wellbeing should depend upon such unnatural and rotten matter, instead of on the food and healing herbs given to us by our kind Mother Nature.

HOW DOES NATURE CURE?

Poisonous drugs and serums imbibed in our organism, and useless, dangerous injections, incisions and operations performed by medical and surgical practitioners—partly for the purpose of investigation, and partly because of their utter inability to cure their cases at all—leave their victims more or less mutilated, weak, and incapable for strenuous life, their sex functions put out of commission, and lots of other irreparable mischief done. Would you like to know how Nature cures, how thoroughly and infallible, yet how gently and kindly?

Then go and let the sun and earth extract the disease and toxins which cause it, out of your body.

Let the cool breeze, and cold water strike your skin, thus feeding with blood and strengthening every tiny blood vessel and nerve in it and thereby by reflection, the entire systems.

Let Nature's own foods purify and build up your organism in order to enable it to do its duty secreting and expelling its waste products. When you have done all that, your misery will have left you and vanished, not to return unless you invite it again by an unnatural, dissipating mode of living—which, however, is almost excluded after you have become acquainted with your kind Mother Nature.

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REGARDING THE RULES OF HEALTH

by **Harris H. Luntz, M.D., D.O.**

Herald of Health and Naturopath, XXV (9), 447-448. (1920)

It is easily proven that the health of the body is often disturbed, merely by the workings of the brain and the nervous system. The nerve force is the great controller of the body. An alert, strong nervous system is one of the greatest and most precious gifts that Nature has presented to man. If the nerves are dulled or weakened, the body in turn is dulled and weakened. Thus, by harming the nervous system, you are deterring the progress of the body, muscularly, organically and mentally. There are three main factors that disturb the balance of the nervous system:



Dr. Harris H. Luntz

1. nerve exhaustion, meaning the using up of the store of nerve energy;
2. nerve depression, the depressing of the nerve flow from the nerve center to the vital organs of the body; and
3. nerve tensity, caused by overwork of the nervous system.

CONSTIPATION AND INDIGESTION

Digestive and abdominal troubles lead to a cycle of evils. Conclusive evidence has shown that there is no worse, common and frequent trouble than that of the stomach and intestines. Its causes are varied; hastily eaten and imperfectly masticated food, insufficient exercise in the open air, lack of enough digestible materials, and the eating of articles of food that tend to habitual constipation.

Whatever you do, avoid drugs, for they are injurious in the highest degree. The use of cathartics is a most pernicious practice and should always be shunned. Herbs such as dandelion roots, flaxseed, and juniper berries have proven the best for any stomach or intestinal trouble. A compound of these, procured if possible, should prove a benefaction to the user.

Plenty of water each day should be taken.

SLEEP

When we sleep, the nerve storing process is most active. Therefore, sleep is of the utmost importance. A body gets tired after a day's labor because its surplus vitality has been used up. A night's sleep will recuperate the cells and restore the used-up body forces. When a body is clogged with waste materials as a result of too much food and an insufficient amount of air or exercise, it also feels tired or rather torpid. However, this is a tired feeling that cannot be overcome by a single night's sleep. This means a low vitality that the body is generating from lack of exercise or fresh air. So it means that exercise followed by rest is the healthy sleep, not tiredness caused by gorging of the body.

Do not rush in any of your activities. Be serene, tranquil and well poised wherever you are. Do not let the least disturbance "get on your nerves", for the nervous system is the most important working apparatus in the human body.

DO NOT WORRY

To worry is to tax the nervous system with a heavy burden. Thousands of people worry over trifles or for no reason at all. They constantly worry over what people might say of them. Unconsciously, they are wearing out their energy. It is true that worry is sometimes unavoidable, but do not exaggerate it. Be optimistic in the face of all trouble. By doing so, you are ridding your nervous system of a clutching tentacle.

DO NOT QUARREL

You are using up not only the vitality of the other person, but also that of yourself.

JEALOUSY

Jealousy is a terrible disease. Like cancer, it works itself into the mind of the person, gnawing and gnawing, ever deeper and deeper, until the individual becomes a cesspool of mental torment. Jealousy, like the "dog in the manger", is often shallow, having no more valid cause for its existence than the fear of losing something that you are too selfish to entrust to anyone else. We should always make an attempt to look at a thing in a broad-minded manner, for, in many cases, jealousy proves to be nothing other than an unfounded fear.

THE NATURE CURE

Natural healing means the use of the elementary forces of Nature, of the correct selection of foods, the extensive use of water (hydrotherapy),

mild forms of exercise, manipulations of the spine, and most important, life in the open air. The use of herbs and roots is also very important.

It means a return to Nature in the methods of living and practice. The diet of the modern person is lacking in the vitamins and is exceedingly poor in important organic salts. The fact that food must be highly salted, sweetened, soured and spiced before it is able to be eaten is in itself an alarming fact. It shows that the digestive juices of the body act sluggishly and must be tempted before they are able to perform these individual functions. High protein food and lax habits are the cause of cancer, Bright's disease, rheumatism, and the poisons of autointoxication. Do not eat food that is too highly spiced. Have all your food cooked naturally.

It is an exceedingly difficult task to lay out specific laws of health, for the average person varies in custom, disposition, health, etc., from that of his neighbor, thus making one statute objectionable to one and at the same time perfectly good for another. However, here are fourteen rules that, after twenty-five years of drugless practice, I believe are well worth following:

1. Drink a glass of cool (not iced) water as soon as you arise.
2. Eat very sparingly when you are exhausted, excited or angry.
3. Eat absolutely nothing between meals. If you have a craving for food, drink a glass of water slowly.
4. Eat only enough to satisfy hunger and chew your food to a pulp. It is not what you eat but what you digest thoroughly that nourishes.
5. Always drink something warm after meals.
6. Whenever possible, do not concentrate on mental work, reading or writing within a half hour after a full meal.
7. Avoid so-called appetizers. Learn to distinguish between unnatural appetite and real healthy hunger.
8. Sip slowly a glass of fresh water two hours after each meal.
9. Take a little physical exercise for three minutes between meals.
10. When you can, after each meal, lie face downward for ten minutes with a pillow under your abdomen.
11. Take long walks between 11 and 12 o'clock, especially when the sun is shining.
12. Take a hot foot bath every other night for ten minutes.
13. Knead and slap the abdomen night and morning about two minutes, very gently at the beginning. At first the parts may be very tender.
14. Do not sleep with the bedroom windows closed. Be sure there is plenty of fresh air in your bedroom.

DECEMBER, 1919—PAGE 614

HERALD OF HEALTH AND NATUROPATH

The following from Dr. Benedict Lust, the well-known author and editor of the HERALD OF HEALTH, speaks for itself:

MY DEAR DOCTOR:

I have lately been using your Flaxolyn, my last order of which was three dozen, in my treatment of a number of my patients at the Butler Sanitarium. I consider it a most modern and natural adjunct, and find it a great help in assisting the process of elimination of irritants from the system. It helps bring the body back to its normal stage. It is certainly a natural food remedy, and complies with the teachings and tenets of the great Father Kneipp, and other authorities of natural healing. I advise every drugless practitioner to give Dr. Luntz's Flaxolyn a fair trial.

Fraternally yours,

B. LUST, N. D., M. D.

Nature's Roots and Herbs Compounded with Baked Flaxseed. That is FLAXOLYN

The Modern Remedy for all Stomach Ailments, Liver Trouble, Constipation, Gall Stones and Kidney Trouble

IT was the open publication of the FLAXOLYN FORMULA that from the very first won the confidence of both physicians and the general public.

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DR. BENEDICT LUST

THE TREATMENT OF ACUTE DISEASES

WILLIAM FREEMAN HAVARD, N.D.

THE CAUSE OF DISEASE AND OUR FALSE CURES

HERBERT M. SHELTON, D.P., N.D.

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TREATMENT OF BRONCHITIS

by Dr. Benedict Lust

Herald of Health and Naturopath, XXVI (4), 167. (1921)

This frequent and severe trouble results usually from chill to the skin, overworking the lungs and inflaming and swelling the bronchial tubes. The whole system becomes fevered and breathing is difficult, accompanied by severe cough.

The Kneipp linen underwear, which is porous and has a stimulating effect on the skin assists it to perform its functions and will, therefore, prove useful to sufferers from bronchitis. Abundance of fresh air will often entirely prevent and cure bronchitis. We have known people, who suffered from it every winter for years who never had it again after learning to diet and to treat themselves with the natural method of healing.

At the earliest stage, when the chill is first felt, let the patient go to bed and get thoroughly warm. Then give an ablution or a quick rub up and down the back with vinegar and water (use one quart of water with one



Benedict Lust, editor of *Herald of Health and Naturopath*, stands in front of a new model Light and Air House while explaining to the Mecca School of Chiropractic students the advantages of sleeping outdoors.

cup of vinegar). After 10 minutes rub with olive oil. This will often ward off an attack, if done immediately.

When the trouble has fairly taken hold, treatment must be applied as follows: apply a large enough hot water and vinegar pack to cover the entire shoulders and upper back. Let the patient lie in bed comfortably on this, then apply linen wrung out of cold water on the chest where the pain and catching of the breath are felt. Let the linen be large and at least three to four layers, changing for a fresh one as soon as the chest becomes heated. When this has been done for as long as the pack on the back keeps hot, take all off, rub back and chest with oil and cover the body with dry sheets and blankets. If necessary, repeat the application. We seldom have seen this treatment fail.

If the fever is very great, use no olive oil, but the cold packs may be used. As soon as these reduce the fever, the hot application on the back should be used as directed. In many cases when medical aid has been unavailing, this treatment has effected a cure. Give the patient buttermilk, clabber or orange juice as long as there is fever.

In chronic cases, the treatments as mentioned above may lose their effects after two or three weeks. Often, matters seem to come to a stand-still in a case. Then the patient as well as the attendants are apt to despair. Such a state of things indicates only the need for some change in treatment, or perhaps for a rest from treatment for some days. Common sense must be the guide! The condition may have changed its character and different treatments may be required. It is well not to give up until all has been tried.

To change the treatment, give a warm half bath with pine needle oil for five to ten minutes. This bath produces a better circulation, also dissolves material which otherwise cannot be removed by the system. This fragrant and strengthening bath has an excellent effect on the skin. After five to ten minutes in the bath, put the patient back to bed with cold packs on the chest until temperature shows normal. These baths can be given two or three times weekly, the other four or five days of the week apply linseed poultice on the chest and back. The effects obtained by it is cooling, softening and dissolving.

Give one cup of Kneipp's asthma or depurative tea, morning and night, with a spoonful of honey, which loosens the phlegm on the chest and eases the cough. We have such a great number of different measures to apply to such a condition as bronchitis that there should be no difficulty experienced when desiring to vary the treatment.

At the earliest stage, when the chill is first felt, let the patient go to bed and get thoroughly warm. Then give an ablution or a quick rub up and down the back with vinegar and water (use one quart of water with one cup of vinegar). After 10 minutes rub with olive oil.

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THE TREATMENT OF ACUTE DISEASES *

by William Freeman Havard, N.D.

Herald of Health and Naturopath, XXVI (4), 168-170. (1921)

Unbelievable as it may seem in face of the propaganda of fear spread by the medical profession, acute diseases are self-limiting, and the patient will recover in ninety-nine cases out of every hundred without the application of any therapeutic devices. In fact, experience bears me out in the assertion that the patient is often better off without any meddling interference.

Fear and impatience are two factors which tend to delay complete recovery. Fear lowers the vitality and impatience leads to the dangerous practice of aborting or suppressing the reaction. If the patient's mind can be released from the grip of fear, whether it be a concrete fear of impending death or the more vague fears generated in him by his helplessness, the battle is half won. Furthermore, if his impatience with his infirmity can be curbed, and he can be made to realize that the disorder must be allowed to follow its natural course, a favorable outcome can be predicted.

More often it is the family, friends, and those in direct contact with the sick person who must be impressed with these facts. Much more of the Naturopath's time is taken up with treating the minds of the sick person's family than is actually devoted to the patient. For this stumbling block in our way of rendering the greatest service in our power to suffering humanity, we are indebted to the medical profession. So deeply have they sown the seed of a false doctrine in the minds of the people that it is difficult for us to convince even the most intelligent persons that an acute disease is a natural reaction. They are shocked to learn that an acute disease is Nature's method of burning up the accumulated wastes and debris in the body and of accomplishing their elimination. Their education has been acquired through medical propaganda, and the belief that an acute disease is something which one accidentally catches is firmly rooted in their minds. They are told that the germs of these diseases are life-destroying. And the evidence seems to support his contention; people do die while undergoing acute reactions; laboratory examinations show the presence of germs in the tissues, secretions or excretions of the sick



William Freeman Havard

*"Naturopathy in Practice" is the original title of this article. —Ed.

person; therefore, germs cause diseases, which cause people to die. What testimony can the Naturopath offer to offset this logic?

In the first place, the Naturopath can offer as evidence the fact that patients who are given the proper care and treatment do not die while undergoing an acute reaction. In the second place, he can conduct their convalescence in a manner to build them up into a better state of health than they enjoyed before their acute illness, showing that the body was improved by being purged of an accumulation of impurities. In the third place, he can prove by his experience, if it has been extensive enough that where a patient develops an acute reaction (disease) during the course of treatment for some chronic ailment, the progress of the chronic condition is checked and a positive repair process commences.

CASE

Let me cite one case as an example of this. A man of 58 years, suffering from chronic articular rheumatism, presented himself for treatment. He was almost a cripple and had been the despair of numerous doctors and sanitariums for over fifteen years. According to his history, the trouble had started shortly after a siege of malaria. The latter was suppressed with copious doses of quinine. After six months of naturopathic treatment, with little noticeable improvement, this patient developed a typical case of malaria which lasted six weeks. Now for the miracle! On moving about, he found that the pain had disappeared from his joints and the motion in them had increased a hundred percent. His improvement has continued, and today he is actively engaged in engineering work.

Where do these facts lead us? By no devious ways, they take us back to the principles laid down by the Father of modern medicine, Hippocrates. When Hippocrates said, "Give me a fever, and I can cure anything," he implied exactly what the Naturopath means when he says, "All acute diseases are Nature's way of reacting to irritation in the body. They are self-limiting, and in themselves are a cure." It is easy for those who have had experience in treating acute diseases by natural methods to believe in this philosophy. It is easy for the patient who has once made the experience, to put his faith and trust in Nature. But what about the person who is filled with the fear of germs spread by medical propaganda? What about the mother who sees her only child stricken with diphtheria? Will she, without entertaining a doubt, disregard the edict of the medical world that antitoxin must be administered in order to save the life of the child? How can she be persuaded to put her trust in Nature? This is the greatest problem that confronts the Naturopath.

Medicine has been at work for centuries in getting people away from Nature; Naturopathy cannot lead them back to first principles overnight. Medicine has built up the false hope that the penalty for violations of

natural law can be vicariously paid, and feeds this hope by bringing forth new “cures” every day. Where, oh where, are the “cures” of yesterday? But must we continue this process until chemical possibilities are exhausted? Must it go on until all the diabolical machinations that the mind of perverted man can conceive of are brought forth? Is it possible that there is no end to this experimenting with human life? Is man so indifferent to his welfare that he will not set himself to thinking on this problem; that he will not force the issue and bring the matter to a climax, establishing, beyond doubt which philosophy is correct and which false?

The naturopathic philosophy is founded on a knowledge of acute disease and its treatment. Nature Cure is the process by which disease is cured. There is no substitute for Nature Cure. If Nature does not cure, there is no cure. There are many false ideas in circulation regarding what is meant by the term Nature Cure. Some say it is cure through the use of natural agents, such as sun, air, water and diet. This is only half the truth and leaves us with the impression that cure is accomplished by the use of remedies. All the remedies in the world, be they natural or unnatural, will produce no beneficial effect on a diseased body unless they elicit a definite physiological response from the organism. Nature Cure is cure through the body's action in destroying and eliminating material that would otherwise tend to interfere with its normal physiology. Healing is the process by which the body repairs injury to its tissues that has been caused by excessive waste or violence. These are natural actions, and all that the body needs in order to perform them is freedom from interference. Disease is a state in which the body has either taken in more than it can use, and has accumulated more waste than it can eliminate, or it has been deprived of the elements necessary to repair the waste of cellular activity and support the life processes. In either case chemical substances will be formed which, acting as irritants, will drive the cells to a higher degree of activity. When this activity rises to such a height that it produces an increase in body temperature (fever), it is termed an acute reaction or an acute disease.

There are three cardinal features or symptoms in all acute disease: increased temperature, increased heart rate or pulse, and increased respiration. The increased activity of the cells indicates that there is an increased combustion within them which creates a demand for an increased amount of oxygen. This is supplied through a more rapid circulation of blood and a more rapid action on the part of the lungs. There is a lower degree of skin activity during the earlier stages of an acute reaction because of the necessity for circulatory compensation. The excessive dilation of the internal arteries necessitates the constriction of the blood vessels of the skin. This reduces heat radiation which, coupled with the increased heat production in the body produces fever.

FEVER

Fever plays an important role in the maintenance of the acute reaction. All matter manifests more molecular activity as its temperature is increased. Protoplasm, the living substance of which cells are composed is no exception to this. It is normal in activity in the human body, when maintained at a temperature of about 99° F/37° C. Its activity decreases proportionately as the temperature is lowered below this point. If its temperature is brought too far below the normal, its life processes cease and death ensues. The molecular activity of protoplasm increases proportionately with a rise in its temperature until a point of maximum activity is reached. If carried beyond this point the activity decreases because of the too rapid disintegration of the protoplasm. In fevers, where the increased temperature is due to the greater combustion taking place in the cells, it is impossible for the temperature to be carried to a point where it would cripple the cells. When the maximum of activity is reached, any tendency to push it beyond this point results in decreased activity of the cells, con-

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sequently decreased combustion and a lower temperature immediately. The action is automatic and needs very little, if any, regulation from outside influences.

No one ever died of fever. Some observers record temperatures in acute disease of well over 108° F/42° C with complete recovery of the patients. The greater the reactive power of the body, the higher the temperature is likely to rise during a crisis of this nature. Children, in whom the natural vitality has not been worn down by abuse, are prone to manifest a higher temperature in reactions than adults. This would tend to prove that the fever is an index of the reactive power of the body. It is almost impossible for a person of low vitality to have an acute disease. Did the recent epidemic of influenza attack the aged, infirm and sickly,

or did it claim the greater number of its victims from among those in the prime of life? Statistics show that the latter class provided over 90 percent of the cases. If it is true then, that the vitality of the patient is indicated by his reactive power, what produces death in acute diseases?

This question might be answered in one word—interference. The obstruction might be due to excessive congestion in some of the vital organs, a failure of the circulatory apparatus, or insufficient elimination of the toxic products. Excessive congestion constitutes a mechanical interference with the circulation that is responsible for a great number of deaths. Retention of toxins, due to interference in the eliminating organs, is a far more responsible cause. Meddlesome treatment of acute diseases establishes the above conditions, bringing on death in many cases that would have terminated in recovery if left alone. This is particularly true in cases where drugs are used, and it may safely be said that recovery of acute cases under drug or serum treatment is not because but in spite of the treatment. But drugs and serums are not the only suppressive agents. So-called drugless methods of treatment can be misapplied to the extent of interfering with the reaction and bringing on a fatal termination. Drugless physicians who look upon an acute reaction as a process that is detrimental to the patient, and who apply their methods of treatment to combat symptoms and terminate the process before it has accomplished its purpose are not any more intelligent than the drug physician. Any physician who does not recognize the superior hand of Nature in the acute reaction is likely to make the mistake of interfering with a natural process that in itself constitutes a cure.

Unbelievable as it may seem in face of the propaganda of fear spread by the medical profession, acute diseases are self-limiting, and the patient will recover in ninety-nine cases out of every hundred without the application of any therapeutic devices.

Fear lowers the vitality, and impatience leads to the dangerous practice of aborting or suppressing the reaction.

So deeply have they sown the seed of a false doctrine in the minds of the people that it is difficult for us to convince even the most intelligent persons that an acute disease is a natural reaction.

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THE CAUSE OF DISEASE AND OUR FALSE CURES

by **Herbert M. Shelton, D.P., N.D.**

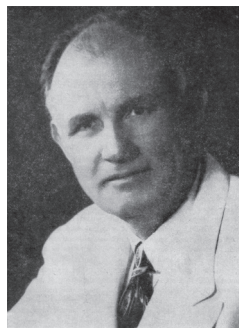
Herald of Health and Naturopath, XXVI (12), 602-606. (1921)

The body always tends to the normal. The tendency of all life is towards the ideal. Health is the normal state of all organic existence, plant or animal. This is as true of the uni-celled and the multi-celled organism. Day and night, asleep or awake, every cell in our body is striving with might and main to attain and maintain the normal or healthful state, and they are fully capable of maintaining themselves in a normal state if nothing hinders or prevents them.

Recently much attention has been given to the fact, miscalled a law, that “every cell in the body will continue to perform the function for which it was designed throughout its entire life cycle provided its environments remains congenial to it.” It is true that the cell is capable of a full performance of its function if not handicapped by an unfavorable environment. Since our body is composed of countless millions of cells it follows that the health of the body is the sum total of the health of its cells. Our bodies are healthy or unhealthy as the case may be, depending on the health or lack of health of the cell.

The amoeba, an uni-celled organism, can be easily found in stagnant ponds, decaying vegetables, mud, etc. It has the power to appropriate food from the water or slime in which it lives and to give off, in return, its own waste products.

The cells composing man’s body must also have a liquid medium in which to live and function. They do not differ in their fundamental activities from the uni-cellular organisms, so that the processes of cell life are carried on ideally only in a nutritive medium which is in a state of solution—life being possible to them only when their nourishment is in a liquid medium so they can assimilate it. They, too, live in a liquid medium called lymph which completely fills the intercellular spaces and bathes every cell, as the water in a sponge surrounds every fibre of the sponge. Just as the amoeba appropriates food and oxygen from the water or slime in which it lives and moves and has its being, and gives off its wastes into the same water or slime, so the cells of our bodies appropriate food from the lymph in which they live and move and have their being and dump into this same lymph their own waste.



*Your for Health Truth and Medical Science
Herbert M. Shelton*

Herbert Shelton
(1895-1985)

If some provision were not made for the constant removal of the cell wastes, they would soon accumulate in the intercellular spaces in such great quantities that they would poison and destroy the cells. So the lymph is gathered up by the lymphatics and carried to the heart where it is once more mingled with the blood. As it is carried away by the lymph vessels, more is brought there by the arteries and capillaries so that there is a continuously flowing stream of lymph bathing the cells in food and carrying away their wastes.

Now these cell wastes are highly poisonous and irritating to the cells and if allowed to accumulate in any quantity, would soon produce disease or death.

Dr. Carrell of the Rockefeller Institute, in demonstrating that living tissues of various kinds could be made to grow in a suitable medium, observed that after a few days their rate of growth slackened and ceased at the end of a couple of weeks. He discovered, however, that by changing the nutrient media, so that the poisonous cell wastes were eliminated, he could extend their period of growth for another two weeks. By thus changing the media every fourteen days, he was able to extend the experiment for several weeks. Gradually, however, the rate of growth diminished until it finally ceased and the cells died.

It is easy to see, therefore, that unless these cell wastes are neutralized and expelled from the body, they will accumulate in the blood, be returned to the lymph spaces and the cells, and instead of receiving nourishment from the lymph, would be poisoned by it. For this reason our bodies are supplied with organs whose function it is to neutralize or eliminate these wastes. To these the blood is sent to be relieved of its load of "impurities".

We can say, therefore, that our bodies will be healthy and remain so, under ordinary circumstances, so long as its cells receive their food and oxygen in proper quantity and quality and have their waste products properly drained away. Thus we would say that the environment of the cell—the lymph or plasma in which it is bathed—is the determining factor in the life, growth, health, disease and death of the cell. For, it ought to be understood that the internal operations of the body are, if the person be normal, sufficient to adjust the body to all ordinary changes in the external conditions under which human beings exist.

We have seen that one of the prime necessities for health is normal purity of the blood and lymph and that any deviation from this or any alteration in the blood and lymph will affect the cells and impair their health. We have seen that we are supplied with organs whose function it is to neutralize or eliminate injurious substances from our body. The question naturally arises: why do we ever get sick? The obvious answer is a failure of the organs of elimination or neutralization to do what they are called upon to do.

But why do they fail? Weakness is the answer. Without nerve force not an organ in our body could or would function and the activity of an organ or part is in direct proportion to the amount of nerve force it receives. Thus, as Dr. Tilden has so often pointed out, our bodies are strong or weak, as the case may be, depending upon the amount of nerve force we possess. Our physiological efficiency is in keeping with the supply of nerve force on hand, so that any lowering of our nerve force will always result in a corresponding lowering of functional activity, a lowering of the standard of physiological efficiency. This weakened state of the body, this condition of lowered nervous energies, is known as enervation.

As Dr. Tilden has so often said, our own reason must show us that there is a limit to our daily supply of nerve energy and that each of our organs requires a definite amount of nerve energy to function ideally. He assumed this to be under normal conditions, just the amount necessary to do the work of the organism with the least amount of wear and tear.

We don't know what nerve energy is but this we do know, it is used up by activity; some forms of activities and indulgences using up more than others. We are equally certain that it is recuperated only during rest and especially during sleep. Any habit or indulgence, mental or physical, that uses up nerve force in excess of our daily supply, any failure to take sufficient rest and sleep, in order to the recuperation of nerve force, must in time result in enervation. This includes excesses in wholesome habits.

Enervation must always lessen functional vigor and lower or impair organic function. With any lowering of functional efficiency in one part of the body, there will come an effort in other parts to compensate for the lessened activity of the crippled organ. Thus, the stronger organs are always compensating for the failure of the weaker ones. Disease appears when the stronger organs are no longer able to compensate for the inefficiency of the weaker ones. Thus, any temporary lack of function of the skin, when exposed to a cold temperature, will be compensated for by the kidneys, or if the kidneys are unable to handle the job alone, the mucus membranes of the nose and throat will help, as in a cold. A cold is a compensatory process, "vicarious elimination", acting as a safety valve and may occur at any time if the wastes accumulate in the body to such an extent as to endanger life. A catarrh is a chronic cold and it is kept up by the continual operation of the same cause or causes that produce a cold. The same may be said of any other disease not due to accident.

But in enervation we have a lowering of functional efficiency in the whole organism so that with the passing of each day the body's waste is permitted gradually to accumulate in the blood and lymph. This goes on until the danger point is reached and the cells arouse themselves to fight for their very lives. Then we have a disease, a crisis. In this crisis is displayed a wonderful intelligence. Nature is at work cleaning house; our organism is struggling in self-defense and every bit of our energy is needed

in the struggle. All activities that can be dispensed with are temporarily stopped. Digestion ceases; one is too weak to work and is forced to rest. This is because Nature in her effort to conserve the supply of energy for use in the present emergency has withdrawn the energy supply to the muscles, digestive organs, etc.

All poisons within the body or thrown off by the body are similar to and of the same essential nature as those thrown off by the rest of the animal and vegetable kingdom. Disease, acute or chronic, supposed to be, or not supposed to be, contagious are due to an accumulation of the same poisons that the healthy body is throwing off every moment of our lives, day and night, asleep or awake, except that they have been permitted gradually to accumulate within the body because of impaired elimination till they must be thrown off in some manner or we perish.

Enervation impairs digestion. When digestion is impaired, the food eaten is not properly cared for. It very quickly undergoes decomposition—putrefaction—and the poisonous products of this rotting process are absorbed into the system to further poison us. Thus do we have a constant source of infection in the cesspool under our diaphragm? And into this same cesspool do we continue to dump food to take on putrefaction. Then we wonder why we are sick and call a doctor to further poison us or a surgeon to cut out some of our organs, or a Christian Scientist to tell us we are not sick or perhaps to call a Chiropractor to give us a little punch on the spine.

When the system becomes thus surcharged with toxins, something has to be done to get rid of them or we perish. The method chosen we call disease. They represent *crisis in toxemia* and come from time to time, each time reducing the toxemia to the toleration point. These acute reactions against the toxemia that is poisoning our whole system continue to come at frequent intervals until the system is no longer able to react; then Nature walls off the *disease* the best she can and we have a chronic disease.

The difference between acute and chronic disorders is that while the acute disorder is a reaction occasioned by irritation of an abnormal character and instituted for the purpose of removing or destroying the disturbing element, the chronic state is the result of fatigue brought on by the unsuccessful endeavor to overcome irritation of obstruction to function and circulation. If acute disease represents a healing or curative effort—Nature Cure—and is but an exaggeration of healthy action, it follows that the law and force of health and of disease are the same and both are the law and force of life. “Disease, therefore, is vital action, (in self-defense) abnormal because of abnormal conditions, and is occasioned by anything which the organism dislikes sufficiently to war against.”

Therapeutics, we are told is that branch of medicine which considers the application of remedies as a means of cure. To relieve and cure is the

prevailing idea. Yet therapeutics become superfluous if we seek for and remove cause. A better definition of therapeutics would be the application of agencies for the suppression of symptoms. Drugless medicine has built upon the false hope that the penalty for violations of natural law can be vicariously paid, and feeds this hope by bringing forth new cures every day. Where, oh where are the ‘cures’ of yesterday? Must we continue this process until our inventive possibilities are exhausted? When are we really going to learn that “acute diseases are self-limiting, and the patient will recover in ninety-nine cases out of every hundred without the application of any therapeutic devices ... that the patient is often better off without any meddlesome interference?”*

In chronic diseases we too often don’t take into account, sufficiently, the fact that there is fatigue of the nerves and organs and that we are constantly whipping up—stimulating—the body’s activities. In this way we may succeed in whipping up the stronger organs for a time and, in spite of their exhaustion, may restore an appearance of health. But immediate effects from any measure are not the things to consider so much as the ultimate results. One may feel better after taking a cup of coffee or a pipe of opium. An orange may produce no immediate feelings of wellbeing. But let us look to ultimate results.

Adolf Just says in his book, *Return to Nature*: “In all diseases, acute as well as chronic, and also in wounds, physical and mental rest is a great *desideratum*; for the body needs all its energy to recuperate.” To physical and mental rest we want to add physiological rest. Rest and sleep reduce function but work increases function and may even end in exhaustion. All stimulants and tonics cause increased function because they are irritating and exciting in their nature and tend to destroy health instead of recuperate it. Under ordinary conditions the work of the liver, lungs, kidneys, heart, etc., is measured largely by the amount of food one eats. Cease the use of food for a time, or to at least cut it down to a minimum; afterwards the most complete physiological rest to the vital organs permits them to carry on with their work more perfectly, so that purity of blood soon takes the place of the previous impurity and a recuperated nerve force replaces the former exhaustion.

No intelligent person believes that violation of the laws of our being can be atoned for by a mere punch on the spine, the application of a therapeutic lamp, and electrical current, a hot or cold splash, etc. Yet we have a whole host of measures, each designed to affect the activities of our organism, with which we are constantly whipping up or slowing down this or that organ which has apparently gone wrong. We especially delight to play with the spine. It was a sad day for drugless medicine

*Herbert Shelton has freely used the same descriptions as William Havard in an article published six months earlier, found on pp. 418-422. —Ed.

when it was discovered that we could control any part of our organism by various measures applied to the spine. Since then we have been constantly interfering with the operations of our patient's vital economy trying to force it to act as we think it should. Our practice is based on the treatment of symptoms, with but little thought or attention given to the cause of our organism's departure from the normal.

"I can point" wrote J. H. Tilden, M.D., some years ago, "to one hundred thousand educated physicians in the United States who will declare, both in public and private life, that they believe as I do, that cause must be removed if a cure is expected. Yet before the sound of their voice dies from making the statement, they are prescribing with no more thought of cause than if there was no such thing." Dr. Tilden wrote this of the "druggers", but who will deny that it is not equally true of the drugless profession? Do not our patients return each summer or go to some other Sanitarium for a repetition of our palliation?

Yet we continue to use a multitude of methods and measures and to laud their curative virtues. The reason for this is not hard to find. In this connection I desire to quote from two editorials by Dr. Lust. In February 1921, *Herald of Health*, Dr. Lust wrote:

He (man) has surrounded himself with all manner of unnatural conditions, built himself an environment that reacts upon him every minute of his life, loads his digestive organs with the most ungodly foods, filling his body with poisons and when Nature finally calls him to account he looks for a panacea that will relieve his suffering but at the same time permit him to continue with his acquired habits of life.

Any theory of disease, no matter how improbable, can be made popular provided it relieves man of all responsibility for his disease. Place the blame on the Creator for his failure to properly construct; blame the germ or unavoidable circumstances, in fact blame everything and anything but man and his own ignorance and you can popularize your theories instantly. Offer anything as a remedy that requires no sacrifice of effort on the part of the sufferer and all the world will knock at your door. But point out the real cause of disease and the way to health through natural living and healing and only those who have run the gamut of panacea and discovered the delusion will stop to listen.

It is human nature to avoid any explanation which makes the individual responsible for his own suffering and those who depend for a living on the patronage of sick people are ever ready with some theory which shifts the burden to other shoulders. To tell the average sick person the truth about himself is disastrous to the doctor's practice and incidentally his pocket book.

Again, in June 1921, *Herald of Health*, he wrote:

People want treatment, not cure, if cure costs them personal effort. Nature cure places the responsibility for disease and cure too close to home to suit the average person. He demands to be told that something outside of himself is responsible for his ills and he still vainly hopes that something outside of himself will do the curing. As long as this is the limit of his reasoning, those who can capitalize his suffering will never exert themselves to learn and apply the truth.

In plain English, the people know no better and in their vanity refuse to see their own responsibility and those who depend for a living on the patronage of sick people, realizing they “can capitalize on his suffering” and that to tell the patient the truth about himself would be disastrous to his (doctors) “practice and incidentally his pocket book”, are ever ready to fleece their patients on false pretenses.

“The intelligence of the physician cannot rise much higher than that of the patient” writes Dr. Lust. And the patient’s intelligence will never be very high as long as the mercenary doctor (God save the mark) is permitted to “equip himself with every method and measure that the others (other schools) possess” and go about lauding the curative virtues of such methods and measures.

Day and night, asleep or awake, every cell in our body is striving with might and main to attain and maintain the normal or healthful state, and they are fully capable of maintaining themselves in a normal state if nothing hinders or prevents them.

Why do we ever get sick? The obvious answer is a failure of the organs of elimination or neutralization to do what they are called upon to do.

A cold is a compensatory process, “vicarious elimination”, acting as a safety valve and may occur at any time if the wastes accumulate in the body to such an extent as to endanger life.

Then we have a disease, a crisis. In this crisis is displayed a wonderful intelligence. Nature is at work cleaning house, our organism is struggling in self-defense and every bit of our energy is needed in the struggle.

Disease, acute or chronic, supposed to be, or not supposed to be, contagious are due to an accumulation of the same poisons that the healthy body is throwing off every moment of our lives, day and night, asleep or awake, only that they have been permitted gradually to accumulate within the body because of impaired elimination till they must be thrown off in some manner or we perish.

These acute reactions against the toxemia that is poisoning our whole system continue to come at frequent intervals until the system is no longer able to react when Nature walls off the disease the best she can and we have a chronic disease.

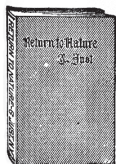
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In chronic diseases we too often don't take into account, sufficiently, the fact, that there is fatigue of the nerves and organs and that we are constantly whipping up—stimulating—the body's activities.

RETURN TO NATURE

*The True Natural Method of Healing and Living and
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BY ADOLPH JUST, TRANSLATED BY B. LUST, N. D.



This book of 300 pages is admitted to be the best and most complete exposition of Natural Living and Natural Healing ever attempted by any author. It is remarkably concise and wide in the range of subjects treated. It is, in fact, an exhaustive Cyclopaedia of all the natural methods of healing that have been brought forward, both in America and Europe. If you have this book on your shelf you are in possession of a complete library of the best in physical culture, dietetics, hydropathy, nature cure, metaphysics, mental science, sex life, etc. It is the best text-book ever written for those desirous of educating themselves along the lines of Natural Healing and Living as well as for sufferers who are anxious to treat themselves according to drugless methods. Charles H. Haskell, author of Perfect Health, says of this book: "I think it is one of the best book on health published. It ought to be in every home in the world." We want you to send for and read this book and write back a similar message to us. If, after reading the book, you do not consider it to be worth many times the price asked for it, tell us and we will refund you your money by return mail.

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Dr. Henry Lindlahr regularly wrote articles and placed advertisements in Benedict Lust's publications. Sadly, Lindlahr passed away in 1924, two years after writing his article "My First Case of Pneumonia".

MY FIRST CASE OF PNEUMONIA

by Henry Lindlahr, M.D.

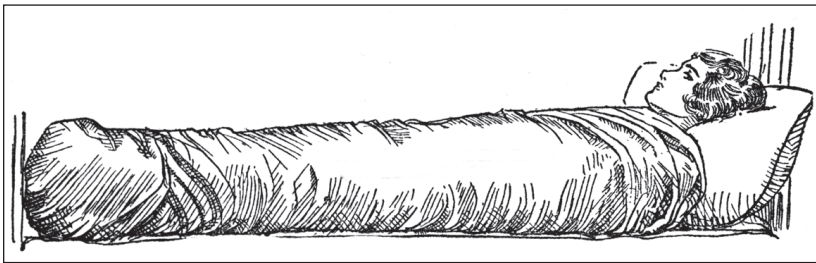
Herald of Health and Naturopath, XXVII (7), 324. (1922)

As an illustration of the efficacy of natural treatment at the onset or in the initial stages of acute disease, the following bit of personal experience may be interesting.

Some twenty years ago, while I was studying natural methods of healing in Germany, I paid a visit to some friends in a neighboring village. I found the housewife in great anxiety about her husband. She told me that the day before he had been taken with pneumonia, and that two physicians had pronounced the case a very serious one. In her imagination she already saw herself a widow, with a mortgaged farm and several small children on her hands.



Dr. Henry Lindlahr
(1892-1924)



Wet sheet is wrapped around the body followed by a friction rub.

The patient was in a high fever, exhibiting all the symptoms of croupous pneumonia. Carried away by my enthusiasm for Nature Cure, I explained to the friends the difference between natural and medical treatment. Then both insisted that I should give him the water treatment. After giving the general explanation as to ventilation and fasting, I prepared a couch for the whole pack, placed the patient on it, and wrapped the wet sheet and a few dry blankets around his body. Within a few minutes he started to perspire profusely. He endured this about thirty minutes. Then I uncovered him and gave him, while standing in a wash tub, a thorough cold ablution. I put him in bed without drying, well covered with

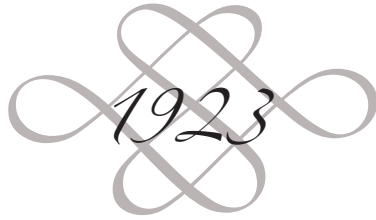
blankets. Immediately he developed a good after-perspiration. This continued for three-quarters of an hour. Next, I gave him another cold ablu-tion and a thorough rub-down with a rough towel. After this he was placed in a bed provided with fresh, dry sheets, and allowed to rest.

This happened in the afternoon. Next morning about ten o'clock I went to visit my patient and found him working in the meadow. The fam-ily doctor, who called early in the morning, was greatly surprised to find the bird had flown the coop.

I remember this incident so well because it was my first experience in treating a serious case of acute disease. For many years afterward, the wonderful recovery of Mr. W. under the natural treatment of the American doctor, was the talk of the neighborhood. Since that time, I have aided in aborting many a serious case of acute disease by similar treatment.

The quick recovery was not the result of suppression, as the reader might be inclined to surmise, but was brought about through vigorous elimination of pathogenic matter all over the cutaneous surface of the body, thereby relieving, in a perfectly natural manner, the pathogenic con-gestion in the lungs.

After giving the general explanation as to ventilation and fasting, I prepared a couch for the whole pack, placed the patient on it, and wrapped the wet sheet and a few dry blan-kets around his body.



THE DOCTOR OF NATUROPATHY
NEW JERSEY SOCIETY FOR NATUROPATHS

THE CURATIVE AGENCY OF WATER AND HERBS
FOR TREATMENT OF FEVER

Louise Lust, N.D.



1923 graduating class of the American School of Naturopathy and Chiropractic, New York City. Lust's faculty consisted of two women and three men.



The original certificate of Attendance and Qualification issued according to the laws of the State of New York, showing the Founders and Pioneers of Naturopathy of the 19th century, such as Priessnitz (Hydrotherapy), Schroth (Fasting and Dry Diet), Father Kneipp (Water Cure and Phytotherapy), Rausse (Physiotherapy and Psychotherapy), Kuhne, the originator of Naturopathic Philosophy and the Unity of Diseases, and Rikli, father of the Atmospheric Cure and Heliotherapy (Sun, Light and Air Cure).

THE DOCTOR OF NATUROPATHY

by New Jersey Society for Naturopaths

Naturopath, XXVIII (3), 136-137. (1923)

N*aturopathy* is the science of healing by natural methods and, unlike artificial and empirical systems, is always harmless. It differs from most other schools inasmuch that it never sets up a counter disease to cure the original one. Unlike medicine, Naturopathy is a philosophy founded upon the simple theorem that vital force is in all living matter which gives expression in health and disease. Internal muscular activity and organic activity (such as we learn in Splanchnology) is directly responsible for internal coordination. Where there is a lack of co-ordination, there must be disease. So the human body is always (right up to the time of death) striving for internal coordination. Its tendency is constructive and resistive, and Nature is always making the best of reduced conditions in her functioning. Naturopathic philosophy teaches that the human body is always elevating in her processes, and seeing this, we do not believe it to be possible to benefit a sick person by placing dead mineral medicine in the stomach. We do not believe that living matter will take up dead matter and use it. Every method the naturopathic physician uses possesses *life*—that is vital energy, which at once acts upon the bioplasm or living matter of the body.

Differing from any other branch of healing, Naturopathy lays special stress upon crisis. She uses natural means to speed up this condition, knowing that by the inherent energies within the human body, if assisted by a capable Naturopath, can in almost any acute condition, be brought to a head and will purge itself of morbid matters, establishing some temporary outlet. Boils, smallpox, measles, or any disease, if the crisis be retarded by suppressing the symptoms, renders the patient liable to die. Many do succumb through giving medicine to stop such symptoms as diarrhea, sweats, and eruptions and so on, which is Nature's way of ridding herself of toxic poisons. The Naturopath assists such effort, works and cooperates with Nature in a new and energetic distribution of blood which hastens to speed up the crisis and then there is a rapid decrease of the symptoms and the patient is soon out of danger. Now the true philosophy of our teaching is this: there is a living power within us which controls matter; it is always striving to heal. In disease a desperate fight between the two forces, health and disease—life and death—ensues. While this rages, organic commotion is caused, giving critical outward signs such as fever, boils, vomiting, sweating, etc. To strive to stop these signs is to thwart Nature, but to use natural means to speed up such eliminative processes is to save the patient.

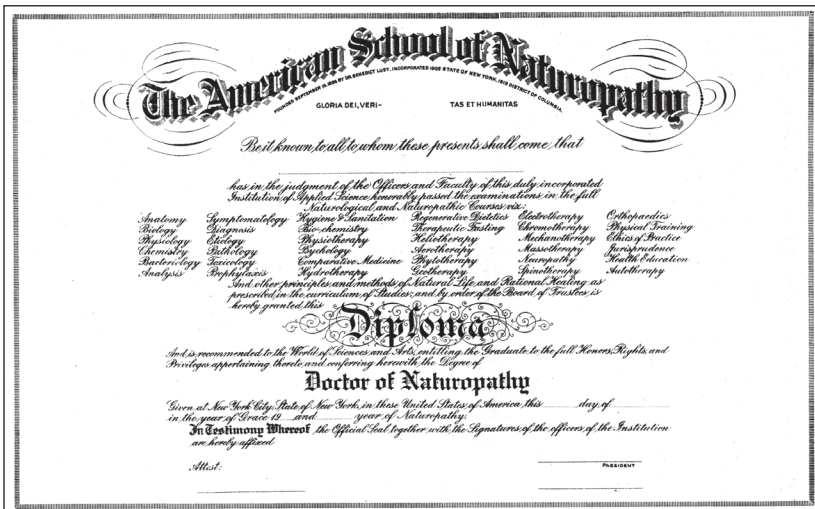
All demonstrable facts relating to human physiology as well as authentic accumulated observations agree that flesh and blood are dominated by vital force which is constructive, regenerative, prophylactic and ELIMINATIVE. This being so, it cannot of necessity be revitalized by taking dead matter (mineral) into the living. The true healing art contemplates a method of medicating diseases on a true basis depending wholly on hygienic or natural influence. It is well known that all drugs in the pharmacopeia lose their potency by repetition and the dose has to be increased again and again to have any physiological effect. That is because they have overcome the natural resistance of the body.

Every single method used by the Naturopath provides many ways of successfully treating the sick. Take water, for instance; when scientifically applied, wonders can be done with it. Besides drinking either cold, warm, or hot, there are fomentations, packs, enemas, sprays, irrigations, baths, compresses, emetics, etc., etc. Then take electricity as taught in our Naturopathic schools. The remarkable advance in recent years has placed this remedial agent at the top of the list. There are at least twenty different ways of applying it. The sinusoidal current, Morse wave, high frequency, radiant light, and massage waves penetrate and permeate to every deep seated organ, taking them and squeezing, drawing out impurities as the hand could never do. At this very moment scientists are on the tip-toe of expectancy, believing they have discovered a cure for cancer, syphilis, and tuberculosis. It is possible to diagnose at a distance from a drop of blood by counting the vibrations with the "Osciloclast". The radiant light was the discovery of a Naturopath, while the chromic light is painless and exceedingly curative in action. The Naturopath is trained in practical dietetics, in disease and advises on common sense lines.

By no means is the naturopathic doctor a "one-string man" but he is a good all-around physician, a diagnostician as well as a healer, using the most up-to-date methods. For instance, take spinal adjustments. He realizes that the spinal cord is the channel of nerve force passing from the brain to the functioning organs and he realizes that if there is an impediment in the flow of nerve energy in the nerves leading from the spine, the impediment must be removed, so at once sets to work to restore the part. He is also trained in the science of physical remedial exercises and prescribes perhaps three or four exercises to actuate the spleen, kidneys or liver, just as specific as manipulating that part with his hand. Naturopathic physicians of England and Germany as well as the United States have regard for the fine work of *constructive* surgery, but do not uphold *destructive* or useless cutting. The more advanced schools instruct their students in bloodless finger surgery. Suppose a patient has a congested or ulcerated tonsil. Instead of excision, the Naturopath with rubber stalled fingers drains the protective glands by skillful manipulative process and

it is normalized and made healthy, and so the nose, eye, ear, etc., are treated.

The Drugless movement today has thirty million adherents in this country alone, and is spreading throughout the world with remarkable rapidity. The public today tries out each system of healing and demands that which gives the best results. Osteopathy and Chiropractic have proven this by their hundred thousand majority vote recently in California. Today, New Jersey is clamoring for well educated, well trained, conscientious and reputable naturopathic doctors, and, although our schools are not large as yet, we have standards which are good and comply with the demands of the Associated Naturopathic Colleges of America.



The new certificate issued by the American School of Naturopathy in 1923

Unlike medicine, Naturopathy is a philosophy founded upon the simple theorem that vital force is in all living matter which gives expression in health and disease.

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THE CURATIVE AGENCY OF WATER AND HERBS FOR TREATMENT OF FEVER

by Louise Lust, N.D.

Naturopath, XXVIII (9), 437. (1923)

The success of men and women in the practice of Naturopathy must rest on three factors of safety: freedom from fear, mastery of hygiene, and never to forget to treat the individual—to modify and adjust treatments to the individual case.

HERALD OF HEALTH AND NATUROPATH APRIL, 1921—PAGE 205

THE SECRET IS OUT

A Treat for the Epicure A Triumph of Culinary Art



The Naturopathic Resort "Yungborn" at Butler, New Jersey, and the Florida Yungborn "Quisiana" at Tangerine have long been famous for the originality and excellence of their vegetarian diet. Visitors have described the meals as "masterpieces of the culinary art," and many have sought to discover the secret of the succulent and delicious viands which grace our table. All the vegetables, fruits and nuts of a bounteous Nature seem to have combined at the touch of a magician's wand into a profuse variety of new and savory dishes which tickle the palate and bring the smile of inward contentment to those assembled round the festive board. Selfishness has no place in Naturopathic ideals. Being willing, therefore, that our friends should have the secret of this dainty and nutritious cooking, Mrs. Lust has decided to place before the public the result of her labor and study of years in this particular branch, in the form of a complete Naturopathic - Vegetarian cook book, aptly entitled the

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There is no better treatment for fever than the Water Cure. The Water Cure is founded on truth. Water is a curative agent internally and externally. From the earliest times we have accounts of the efficiency of the use of water, hot or cold, as a means of curing the body from its diseased condition. Hippocrates, as well as nearly all the ancients, used water as a method of curing. Springs at different places of various kinds, hot or cold, have always been, and are as yet, held in great request.

Every case of fever is in some respect different from any other case; but they are all alike in these two conditions: all are caused by the condition or obstruction of waste material or foreign matter in the body. When there is fever of any kind, the vital force is trying to get rid of the poisons by fever, if you give it a chance and do not suppress fever with drugs and food. Give the patient an enema of lukewarm water and a tea of rhubarb powder once a day. No solid food whatever, but soft cool water to drink with a spoonful of lemon or orange juice. Give the patient an ablution of cool water every hour. Apply an abdominal cold pack, and renew it if the pack becomes hot. Every time the body is washed the nerves are cleansed by the action of the blood corpuscles; the fever goes down, and this ablution or washing is one of the best nervines in the world. By bathing, we take off the loose scales and dead cells, and the patient feels better. It gives the whole arterial system renewed opportunity to clean itself. Bathing of the blood current, and thus assists the heart and lungs to have fresher and cleaner blood.

Continue these treatments until the intestines are clean. Normal functioning of the organs will take place and the fever will stop. It is the poison and the toxins in the system and the foolish medicines which kill, not the fever. Fever should never be suppressed.

When we have a case of rheumatic fever, there are rheumatic pains in some parts of the body, or all over, telling us that we have some dead blood corpuscles or waste in the body which should be cleaned; and unless we assist in cleaning out the waste, we will have these continuous messages of pain. And how can this be accomplished? By taking a steam bath, electric bath, sun bath or a warm pack of herbs we dissolve morbid matter and obstructions, getting the skin and circulation active. Also by better functioning of the vital organs, two or three herb baths during the week of about ten to fifteen minutes duration, temperature 96° to 100° F/36° to 38° C. After the bath, rest in bed for about an hour to induce perspiration. After that a dry rub-down will refresh and strengthen the system (a cup of herb tea of lime tree herbs produces perspiration). Thus in acute cases a cure can be effected in three to six weeks. Obedience to the laws brings success as a result.

—Butler, New Jersey



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Founder and President of American School
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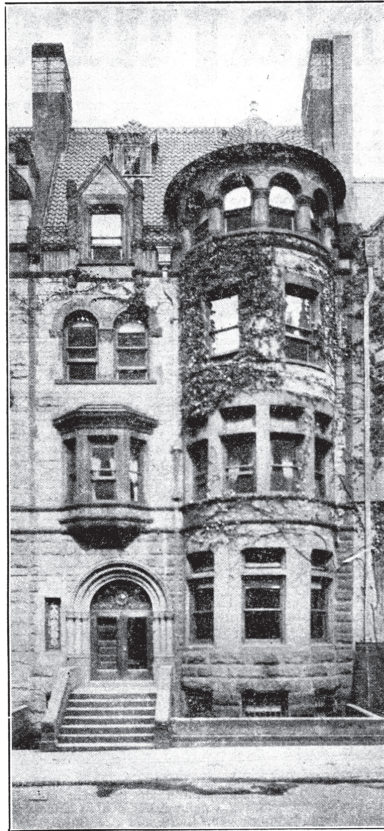
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State Boards of America, Canada, and foreign
countries.

This school ad was placed in 1923 by Benedict Lust. Located just two buildings away from Central Park in New York City, this remarkable and magnificent edifice has been replaced today by a chain-fenced parking lot.

When there is fever of any kind, the vital force is trying to get rid of the poisons by fever, if you give it a chance and do not suppress fever with drugs and food.

Give the patient an ablution of cool water every hour. Apply an abdominal cold pack, and renew it if the pack becomes hot.

Fever should never be suppressed.

Also by better functioning of the vital organs, two or three herb baths during the week of about ten to fifteen minutes duration, temperature 96° to 100° F/36° to 38° C. After the bath, rest in bed for about an hour to induce perspiration.

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APPENDIX A

GLOSSARY

Abdominal compress has several variations, i.e. cold, warm using herbal decoctions, or vinegar and water. A wet cloth folded creating layers depending upon the vitality of the patient is placed over the abdomen.

Ablution is simply a washing of the body done with the hands, a washcloth, a bath mitt or a sponge with the benefit of applying friction or completing another hydrotherapy.

Affusion is a washing of the body by pouring water from a vessel, such as a bucket or large pitcher.

Air baths taken outside or in the comfort of one's home in front of an open window were taken preferably wearing no clothing.

Alternate warm/hot and cold bath is a sequence of baths beginning with a warm bath for ten minutes that is immediately followed with a short one minute cold bath. Repeated three times.

Back douche or gush is cold water administered either by a watering can or a hose to the back.

Bandage implies a wet cold compress to a body part that is entirely wrapped around the body and covered with a dry blanket in a similar manner of wrapping.

Lower bandage a wet sheet wrapped around the body from the axilla to the feet.

Short bandage or pack is a wet piece of linen or cotton, wrung out and wrapped around the body three to five times. The short pack extends from the axilla to the hips or knees.

Baths taken in a bath tub varied in the amount of water and temperature. See full and half baths.

Bare foot walking was used long before Kneipp to help harden and strengthen the body's constitution.

Bed steam bath is a three-quarter or full pack with one hot bottle wrapped in a wet towel applied to the feet, two of such bottles outside to the calves, and two bottles to the thighs. First, the body has to be wrapped in a wet sheet, then the hot bottles have to be placed, then the woolen blanket has to be enveloped round the whole. Three hot bottles on average are sufficient. Duration of the bed steam bath is from one to three hours.

Compress uses a piece of cotton or linen dipped in cold water and wrung out before applying to the body. The wet compress is then covered with a dry blanket or similar material.

Cooling packs used to lower fevers employed tepid water a few degrees lower than the body temperature.

Depletion: the reduction of congestion anywhere in the body.

Derivation: the reduction of congestion by moving the excess blood elsewhere by using hot or cold water application for such purpose.

Douche was adopted by Lust to describe the gushes that Kneipp devised for the various parts of the body. Originally, Priessnitz used douches which were flowing water from cold mountainous streams falling a distance of 10 to 20 feet.

Elder leaves and berries made into a decoction for an excellent blood purifier.

Epsom salt baths promotes elimination of endotoxins in the treatment of fever and assist in the elimination of uric acid.

Equisetum arvense [shavegrass] decoction used to stop bleeding, blood vomiting and for kidney stones. Decoction used in a steam bath for bladder complaints. Kneipp used shavegrass in diphtheria.

Fenugreek stewed into a pulp, spread on a piece of linen and applied warm was used to alleviate boils and areas of inflammation.

Fluxion: cold water applications increase the movement or flow of blood in a particular part of the body.

Fomentation is one of the most efficient means of applying heat in the case of pain by using hot moist compresses applied to the body.

Foot bath is taken in cold water for the purpose of diverting blood from the head and upper body to the feet. Foot baths are excellent for insomnia and increasing blood flow to cold feet. Warm foot baths [91-93] use various herbal decoctions.

Friction is a dry friction rub of the body using either a soft bristled brush, friction glove or a towel to stimulate the skin prior a cold water procedure.

Friction hip bath was devised by Kuhne and a sitz tub was filled with cold water to the patient's umbilicus. Using a coarse cloth, the abdomen and sexual organs are briskly rubbed.

Friction sitz bath was especially helpful for women. The patient sits on a dry stool placed in a tub of water. Using friction and rubbing, cold water is used during this treatment.

Full pack is also known as the wet sheet pack.

Gushes were the signature water application developed by Sebastian Kneipp by using a simple garden watering can to pour water on different parts of the body. In time, the gush was often called a douche.

Half baths short cold water bath lasting from one to three minutes with water reaching the umbilicus. Benefits include strengthened digestion, convalesce, hardening, etc.

Half pack is a wet sheet pack that covers the trunk of the body from the arms to the hips. It is also called the short bandage.

Hardening or strengthening the constitution employed various methods, such as walking barefoot, ablutions, affusions, and baths. Kneipp recommended mothers to begin hardening early with their babies. The cold water bath lasted one to three seconds.

Hay flowers were made into a decoction that was used in baths, such as the foot bath compresses such as the short compress or Spanish mantle, and vapor baths.

Hay flower shirt: a shirt is dipped in a hay flower decoction, wrung out and worn with a covering of a woolen blanket. Hay flower shirts promotes perspiration and the elimination of toxins.

Heating Compress is a cold compress with wool coverings to induce heat production in the body.

Herbal baths are prepared with warm water infused with decoctions or extracts of herbs, such as hay flower, oat straw, shavegrass [*Equisetum*], and other herbs.

Hip douche is a modification of the knee gush and water is poured onto the feet and continues to the hip.

Injection is an enema or a vaginal douche.

Internal bath is an enema.

Knee gush was Kneipp's signature treatment which he administered using a garden watering can. Water is streamed onto the body forming a layer of water like a sheet of glass. The knee gush begins at the feet and ends at the knees.

Lower bandage a wet sheet wrapped around the body from the axilla to the feet.

Natural bath was created by Adolf Just after observing animals in the wild take their baths. A natural bath is taken in a shallow bath tub containing three to six inches of water and bather sits in the water using friction and rubbing of water onto their pelvic area.

Natural Method of Healing is a term that implies the work of Friedrich Bilz who was a follower of Kneipp's water cure methods.

Neutral bath is taken in water that is at body temperature, and water temperatures varies from 92° to 98° F/33° to 37° C. The temperature of the water is neutral meaning that the body loses heat at the same rate that its muscles create heat. No net loss of body heat. A neutral bath is considered a panacea for insomnia.

Non-stimulating diet consists of fruits, vegetables, cereals, whole wheat bread, fruit juice, milk. Excluded are alcohol, caffeinated drinks, beef broth, meat, and smoking.

Oat straw made into a decoction was used in baths such as the foot baths, compresses and vapor baths.

Packs is another name for a bandage or a wrap. Wet cloth is wrapped around a body part or the whole body.

Peppermint made into a decoction with vinegar stops blood vomiting.

Pot cheese is a fermented and curdled milk that resembles cottage cheese but is made naturally without food additives. Pot cheese used for skin eruptions and to assuage fever.

Priessnitz abdominal bandage is a small and effective bandage wrapped around the abdomen.

Reaction: cold water applied to skin will result in blanching of the skin followed by hyperemia. At the first sign of hyperemia, the cold water application is terminated.

Retrostasis: the movement of blood from the peripheral circulation; example, the skin to the blood vessels of the interior or core organs.

Revulsion: the mobilization of blood flow from one area to another with the use of cold or hot water or both used alternatively.

Revulsive compresses is the application of hot fomentations followed by cold compresses for the purpose of producing mild fluxion in an area.

Russian bath was conducted in steam cabinets using hot vapor or steam

at temperatures varying from 105° to 145° F/41° to 63° C for 10 to 20 minutes. The body is showered with hot water and gradually cooled.

Salt bath used salt combined with wood ashes to warm water for a foot bath.

Salt rub or glow is a friction rub of the whole body using salt.

Salt Shirt consists of a large shirt soaked in cold salt water, wrung out and worn with a woolen blanket to prevent heat loss. Used in diseases such as measles, scarlatina.

Sauerkraut poultice is a poultice using sauerkraut externally on the skin to heal wounds, ulcers, lumbago and headaches.

Serum referred to vaccines made for infectious diseases. Examples, vaccinia for smallpox; antitoxin for diphtheria; tuberculin for tuberculosis.

Shavegrass [*Equisetum arvense*] also called pewter grass or common horsetail has many uses that include purulent lesions, bladder and kidney disorders, urinary calculi, painful urination, hemorrhages, blood vomiting and epistaxis.

Shawl bandage uses a square linen clothe that is folded into a triangular shape which is dipped into cold water, wrung out and placed over the chest.

Short bandage or a **pack** is a wet piece of linen or cotton, wrung out and wrapped around the body three to five times. The short bandage extends from the axilla to the knees. Over the wet cloth, a dry woolen blanket to securely wrapped around to prevent evaporation and increase body warmth. Used for fevers.

Sitz bath is taken by immersing the hips and pelvic area into a tub containing either cold, warm or hot water.

Spanish mantle consist of a long shirt made of coarse linen is dipped into cold water, wrung out and put on like a night shirt. Woolen blankets are wrapped over the patient. The duration of the Spanish mantle is one to two hours. Indicated for gout, kidney stones, smallpox, typhus, fever, catarrh and mucus.

Steam bath was devised by Louis Kuhne to be used at the beginning of a water cure protocol. The steam bath was used to warm up weak and debilitated patients before the cold water application. Richard Metcalfe, a UK Naturopath treated hydrophobia using steam baths.

Stimulating compress is a term coined by Friedrich Bilz to name a cold compress that stimulates heat production in the body by increasing blood flow to the surface of the body.

Temperature: The classification of water temperature varied between Hydrotherapists. Here is a chart with different water temperatures used in Hydrotherapy.

Hydrotherapist	Very Cold	Cold	Cool	Tepid	Neutral	Warm	Hot	Very Hot
F E Bilz (1898) (Bilz, 1898, 1942)		43-54° F/ 6-12° C	55-65° F/ 12-18° C	77-88° F/ 25-31° C		88-110° F/ 		
J H Kellogg (1903) (Kellogg, 1903, 100)	32-55° F/ 0-13° C	55-65° F/ 13-18° C	65-80° F/ 18-27° C	80-92° F/ 27-33° C	92-95° F/ 33-35° C	92-96° F/ 33-36° C	98-104° F/ 37-40° C	>104° F/ 40° C
C Pope (Pope, 1909, 22)	34-55° F/ 1-13° C	55-65° F/ 13-18° C	65-80° F/ 18-27° C	80-92° F/ 27-33° C	92-96° F/ 33-36° C	96-98° F/ 36-37° C	98-104° F/ 37-40° C	>104° F/ 40° C
G H Abbott (Abbott, 1914, 38)	32-55° F/ 0-13° C	55-70° F/ 13-21° C	70-80° F/ 21-27° C	80-92° F/ 27-33° C	94-97° F/ 33-36° C	92°-100° F/ 33°-38° C	100-104° F/ 38-40° C	>104° F/ 40° C
C Schultz (Schultz, 1914, 348)	32-54° F/ 0-12° C	55-70° F/ 13-21° C	70-80° F/ 21-27° C	80-92° / 27-33° C	94° -97° F/ 34°-36° C	92°-100° F/ 33°-38° C	92-100° F/ 37-38° C	>104° F/ 40° C
RM Le Quesne & M Granville (Le Quesne et al., 1936, 28)		<65° F/ 18° C	65-75° F/ 13-24° C	75-92° / 24-33° C	92-97° F/ 33-36° C		98-104° F/ 37-40° C	>104° F/ 40° C

T pack consists of a lower abdomen pack with an extra strip which is drawn between the legs.

Upper gush or douche is applied with either a watering can or a hose to the upper back and shoulders.

Upper compress is a compress placed on the chest and abdomen.

Vapor bath is a hot steam bath applied to the feet, or head or other parts of the body using hot water or herbal extracts.

Vinegar is used in many water application that include wet socks, cold ablution and packs to stimulate heat production in the body. The ratio of vinegar to water is generally one part vinegar to two to three parts water. Used in compresses for the purpose of strengthening the constitution and secrete morbid matter. Used in a fomentation to warm cold feet.

Walking in water or water treading is walking in cold water. Begin with water ankle deep for one minute and increase the depth of water and the duration of time in the water. One must continue to walk while in the water.

Wet sheet packs or wraps is a wet cold or tepid sheet wrapped around the body followed by two or more layers of blankets wrapped over the wet sheet.

APPENDIX B

DISEASES AND TREATMENT										
		Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Color Light Sun	Friction Manipulation Rest
1	Abscess		X				XXX			
2	Anemia, brain						X	X		
3	Appendicitis		X		X	X	XXX			
4	Asthma	X	X				XXX	X	Sun	
5	Birth, delivery		X	X			XX	X		
6	Bladder, calculi		X			XXX	XXX			
7	Bladder, catarrh			X						Massage
8	Bladder, ulcer		X			X	XXX			
9	Bleeding						X			
10	Blindness			X						
11	Blood circulation					X				
12	Blood, impure		X			XXX	XXX			
13	Blood, poisoning					X	XXX			
14	Blood, vomiting					XXX	XXX			
15	Boils (carbuncles)					X	XX			
16	Bone swelling			X		X	X			
17	Bone ulcers			X	X	XX	XXX			
18	Bowel inflammation		X		X		XX			
19	Bowel prolapsus					X	XXX			
20	Brain inflammation		X			X	XXX			
21	Bright's disease	X	X		X	X	XXX			Friction
22	Bronchitis	X	X				XXX	X		Rubbing
23	Burns						X			
24	Carbuncles (boils)					X	XX			
25	Cataracts		X				X			Manipulation
26	Catarrh			X		X	X			
27	Cerebrospinal meningitis	X	X		X		XXX			
28	Cholera	X	X		X		XXX	X		Friction

Note: X indicates one treatment used. XX indicates two different applications used. XXX indicates three or more different therapeutic interventions.

[illegible]

		Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Color Light Sun	Friction Manipulation Rest
58	Gastric catarrh, gastritis					X	XXX			
59	Gastric complaints					XX	XX			
60	Glands, swollen		X			XX	XXX			
61	Gleet			X						
62	Gout			X			X			
63	Head congestion			X			X	X		
64	Hemoptysis						XX			
65	Herpes zoster			X						
66	Hydrophobia					X	X	X		
67	Indigestion					XXX	XXX			
68	Inflammation						X		Color	
69	Insect bite			X						
70	Laryngitis	X					X			
71	Lupus								Color	
72	Lymphedema					XX	XXX			
73	Malaria	X	X		X	X	XX	X		Friction
74	Measles	X	X			XXX	XXX		Red Light	Massage
75	Meningitis	X	X			X	XXX			
76	Menorrhea						X			
77	Nasal catarrh			X						
78	Newborn umbilicus healing			X						
79	Over eating						X			
80	Pain	X		X			XXX		Light, Sun, Heat	
81	Pain, ear								Heat	
82	Pain, head			X			X			
83	Pain, neuralgia						X		Heat	
84	Pain, visceral						X		Light	
85	Papulosquamous syphilis			X					Light	
86	Pemphigus		X	X						

		Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Color Light Sun	Friction Manipulation Rest
87	Phagedenic ulcer/ canker			X			X			
88	Pharyngitis	X								
89	Phlebitis						X			
90	Phthisis	X								
91	Pleurisy	X					XXX			
92	Pneumonia	X	X	X	X		XXX	X		Friction Manipulation
93	Poison Ivy		X				X			
94	Poliomyelitis	X	X		X		XXX	X		Friction Manipulation
95	Pregnancy	X	XXX	X			XXX	X		Massage
96	Prevention		X							Rest
97	Puerperal fever		X				XXX			
98	Rheumatic fever					X	X		Sun	Massage
99	Rheumatism	X	X	X	X	X	XX		Color	Friction
100	Rusty nail wounds						X			
101	Sciatica	X	X				XX		Electro- therapy	Manipulation Rest
102	Scarlatina					XXX	XX			
103	Scarlet fever	X	X				XXX			
104	Scrofula						X			
105	Sea sickness						X			
106	Sleep, disturbed	X								
107	Skin, eruptions	X		X			X			
108	Small pox	X	X				X		Color	
109	Sores			X		X	XXX			
110	Stools, bloody			X						
111	Thoracic aneurysm					X	X			
112	Throat, sore, inflammation	X	X	X	X	XXX	XXX	X		
113	Tropical fevers		X							
114	Tuberculosis	X	XX				X	X	sun	
115	Tumor			X						

		Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Color Light Sun	Friction Manipulation Rest
116	Typhoid fever	X					X			
117	Typhus						X			
118	Ulcer, gastric		X			X	X			
119	Ulcer, stomach			X						
120	Ulcers		X	X		X	X			
121	Vaccination pustules			X						
122	Vesical calculi		X			X	X			
123	Voice, loss						X			
124	Vomiting			X						
125	Warts			X						
126	Whooping cough		X			XXX	XXX		Sun	
127	Wound, rusty nail						X			
128	Wounds			XX						
129	Yellow fever		X				X			

APPENDIX C

OBSERVATIONS REGARDING DIAGNOSIS

by Dr. Richard Finley, D.C., N.D.

Significantly, the right to diagnose is fundamental and central to the practice of medicine. Dr. Richard Finley's fifty year career in the Pacific Northwest as a naturopathic doctor bridges the early period of naturopathic medicine's initial spread across North America in the modern era. In 1979 Dr. Finley was instrumental in the crafting in Washington, D.C. of the Department of Labor's **Occupational Titles Job Description for Naturopathic Doctors** which for the first time incorporated *diagnosis* among the formal, approved descriptors for the naturopathic profession as reproduced here.

CODE: 079.101-014

TITLE: Doctor, Naturopathic (medical serv.)

Diagnoses, treats, and cares for patients, using system of practice that bases treatment of physiological functions and abnormal conditions on natural laws governing human body; utilizes physiological, psychological, and mechanical methods, such as air, water, light, heat, earth, phytotherapy, food and her therapy, psychotherapy, electrotherapy, physiotherapy, minor and orificial surgery, mechanotherapy, naturopathic corrections and manipulation, and natural methods or modalities, together with natural medicines, natural processed foods, and herbs and nature's remedies. Excludes major surgery, therapeutic use of x ray and radium, and use of drugs, except those assimilable substances containing elements or compounds which are components of body tissues and physiologically compatible to body processes for maintenance of life.

GOE: 02.03.04 STRENGTH: L GED: R5 M4 L5 SVP: 7 DLU:77

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