

The Hevert Collection

PRINCIPLES *of* NATUROPATHIC MEDICINE

In Their Own Words

EDITED BY SUSSANNA CZERANKO, ND, BBE

FOREWORD BY UNKNOWN, ND

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of NATUROPATHIC
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Edited by SUSSANNA CZERANKO, ND, BBE

Foreword by GORDON SMITH, ND



Crusoe House

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This book is dedicated to our principled, naturopathic pioneers. Their discipline, dedication and courage built so much of our knowledge of the human body. Their work was always anchored in profound respect for the enduring wisdom of Nature and the Vis.

TABLE OF CONTENTS

Foreword xi

Preface xv

Introduction 21

- 1900** Introduction To The Natural Method Of Healing
• Friedrich Eduard Bilz 51
The Barbarous Treatment Employed In Female Complaints
• Henry Lahmann 56
- 1901** Public Education in Hygiene • A. J. Sanderson, M.D. 65
Care Of The New-Born • Father Sebastian Kneipp 69
- 1902** Acute And Chronic Diseases • Ludwig Staden, Naturopath 81
- 1903** The Nose As Guardian Of Health • Theodore Hoppe 87
- 1904** Cold Feet • Dr. Carl Strueh 93
The Art Of Eating • Ellmer Ellsworth Carey 95
- 1905** The Importance Of Perspiration For The Health • H. Klenke 99
The Healing Power Of Nature • Thomas Richard Allison 103
Nutrition In Relation To Health And Disease • Otto Carqué 107
The Chief Principles Of Naturopathy • C. Th. Fuhrmann, N.D. 116
- 1906** The Corset • Benedict Lust 127
Mind And Nature • H. Spencer Lewis 129
- 1907** Only One Stomach • S. T. Erieg 135
Principles Of Naturopathy • Benedict Lust 137
- 1908** The New Vital Forces • J. J. Ruegg 143
The Ten Commandments Of Hygiene • Benedict Lust 147
- 1909** Congestion Of The Liver • Dr. Carl Strueh 153
Health Through Physiological Chemistry • E. Rosa Hough 155
Keep Your Mouth Shut! • Benedict Lust 159
The Suppression Of Skin Eruptions • W. S. Ensign 163
- 1910** Wonders Of The Human Body • Dr. George W. Carey 169
Dentistry And The General Laws Of Health • Dr. Manuel Rivero 173

- The Philosophy Of Acid Poisoning • Henry Lindlahr, M.D. 184
 The Metamorphoses Of Uric Acid • Henry Lindlahr, M.D. 189
 Prof. Metchnikoff's Contribution To Science • Hereward Carrington 195
- 1911** How To Avoid Pain And Sickness • Louisa Lust, N.D. 207
 Catching Cold At The Table • Dr. J. Waterloo Dinsdale 209
 Stimulation By Paralysis • Henry Lindlahr, M.D. 212
 Nature-Cure Or Drugs? • Dr. Carl Strueh 218
 Naturopathy • Dr. F. Kleinschrod 223
- 1912** Climacteric Or Change Of Life • Henry Lindlahr, M.D. 231
- 1913** Seventeen Good Reasons For Abstaining From The Use Of Tobacco
 • John. W. Hodge, M.D. 237
 Venereal Disease • Henry Lindlahr, M.D. 240
 How Does Our Body Protect Itself Against Disease?
 • Dr. Carl Strueh. 250
- 1914** Nature's Gift To Men • Henry C. Sperbeck, A.B., N.D. 255
 Nerves • Henry Lindlahr, M.D. 258
 Hydrotherapy Or Water Cure • Dr. Carl Schultz 262
 Hydrotherapy Or Water Cure (conclusion) • Dr. Carl Schultz 268
- 1915** Is Fever A Destructive Or Constructive Process
 • Herbert Harvey, D.O., D.C., N.D. 277
 Some Facts About Cancer • Eli G. Jones, M.D., Burlington, N. J. 281
- 1916** Ventilation • Paul von Boeckmann 287
 Conditions Of The Bowels • M. G. Young 290
 A Comparative Analysis • William Freeman Havard 296
- 1917** Infantile Paralysis • Otto Carqué 303
 General Pathology • J. Luepke, M. D 313
- 1918** Editorial: A Little Of The Truth • Benedict Lust 319
- 1919** Editorial: Immunity • Benedict Lust 325
 A Course In Basic Diagnosis • William F. Havard, N.D. 327
 A Course In Basic Diagnosis: *Basic Principles* (continuation)
 • William F. Havard, N.D. 331
 A Course In Basic Diagnosis: *Determination Of Base And Inclination*
 • William F. Havard, N.D. 338

- 1920** A Course In Basic Diagnosis: *Summary Of Preceeding Lessons*
 • William F. Havard, N.D. 347
 A Course In Basic Diagnosis: I. *Treatment According To Base And Inclination* • William F. Havard, N.D. 351
 A Course In Basic Diagnosis: II. *Treatment According To Base And Inclination* • William F. Havard, N.D. 355
 Tonsils And Adenoids • William F. Havard, N.D. 361
- 1921** Cause Of Lymphoid Hypertrophy • William F. Havard, N.D. 371
 Editorials • Benedict Lust 378
 Treatment Of Acute Diseases • William F. Havard, N.D. 381
- 1922** Medicines • Benedict Lust, N.D., D.O., M.D. 387
 Getting Back To Nature • James M. Tarsy, N.D., D.C. 389
- 1923** Your Great Life Work: Part I • Benedict Lust 398
 Your Great Life Work: Part II • Benedict Lust 403
 Henry Lindlahr, M.D., The Father of Scientific Natural Therapeutics
 • Henry Lindlahr, M.D. 408
 How Disease Is Built • Dr. B. Stanford Claunch, N.D. 413
- References 429
 Index 433
 Index of Names 447
 About the Editor and Crusoe House 449

FOREWORD

“The Art of Medicine consists of amusing the patient while Nature cures the disease.”

—François-Marie Arouet (Voltaire)

This tongue-in-cheek comment by French philosopher Voltaire may ring true during those clinical scenarios when tincture of ‘time heals all wounds’, or if indeed laughter proves to be the best medicine. A good belly laugh during our current global crises could at least provide some welcome, temporary relief. However, in those circumstances warranting further investigation and additional intervention, it helps to know there’s an available health care system whose members don’t just claim to stand upon their principles, but strive to personally and professionally actualize them as an ongoing, integral component of the foundation that supports and characterizes its practice.

Naturopathic Doctors have all been steeped in the vitalistic, nature-cure culture, a metaphorical baptism into the waters of *vis medicatrix naturae*, which has influenced our world-view, attitude, set of customs, values and medical beliefs. This immersion as students should help to shape and distinguish our *modus operandi* as practitioners, which seems to strike a resonant chord with ever-increasing numbers of complementary health care seekers. The idea that illness arises as a creative solution to imbalance, disharmony or lopsided connections within or between organism and environment is intuitively appealing and sounds entirely sensible. Symptoms are the language of the body and need to be understood in both broader biological and biographical context. When their message is acknowledged from a more holistic, source oriented perspective and the most clearly indicated steps are taken to help fulfill their purpose, healing as restoration of ‘right relationship’ should ensue. It’s always satisfying to witness someone surface through the fog of despair or medication-induced stupor and enter into the present with an enhanced awareness of their potential for change and relief. Sometimes this occurs because of a simple alteration in their day-to-day habits. The overwhelming sensation of existence as a life sentence suddenly shifts to one more akin to a living statement. My love for this vocation during these transformative moments (both of them) is boundless.

The parallels between the ‘nature-based’ origins of our historically much maligned profession and the emerging eco-centric ethos are noteworthy. Modern ecology continues to discover the organic interdependence of progressively larger ranges of life, perhaps ultimately involving the whole planet. The ‘new science’ of epigenetics is basically a re-formulated, freshly packaged manifestation and explanation of a very old observation. Gregory Cajete aptly describes this indigenous epistemology in his

book, *Native Science, Natural Laws of Interdependence*: “Everything is related, that is, connected in dynamic, interactive and mutually reciprocal relationships. All things, events, and forms of energy unfold and infold themselves in a contextual field of the micro and macro universe.”

This perception was adopted as common knowledge and survival tact for indigenous cultures world-wide. Hippocrates, considered as the ‘founder’ of contemporary medicine, wrote a treatise over 2000 years ago entitled “On airs, waters and places”, which stressed the need to closely observe the place where one lives in order to accurately grasp its influence in well-being. He rightly defined ‘The quality of the wind, water, soil and climate’ as well as one’s diet to be significant contributors to sickness and suffering as well as in the restoration of health. These concepts precluded the fields of public health and bioclimatology. The more we examine the origins, core and content of Naturopathic Medicine, as well as its context in the history of healing, the greater the grasp of how effectively this profession’s progenitors not only protected and preserved but reinforced, continually strengthened, expanded, re-defined and sustained an ancient, time-honoured world-view and medical discipline.

Somewhere along the way the sense of this vital interrelatedness with Nature has been misplaced. Once commonly respected as a living organism, the natural world is now tragically considered most valuable when measured fiscally, in terms of its marketable products. The various types of ongoing, relentless pilfering of nature’s pantry, habitat destruction and accelerated pollution, all in the name of progress, profit and mono-cultural domination represents a form of collective madness that continues to violate the laws of nature and counteract every solid environmental principle known. As a species, we demonstrate repeatedly reckless, selfish, myopic, ecologically destructive behaviour. The enthusiasm to explore and investigate in order to both broaden and deepen our knowledge base has too frequently mutated into a drive to exploit & manipulate in order to maximize market-value. It’s a sobering thought to realize that when we fail to challenge an obviously harmful standard, we largely ignore or actually endorse the very attitudes and actions which demonstrate a consistent absence of ecological intelligence, endanger our personal and public health, and threaten the continuation of life as we know it here on earth. The time seems ripe for a reality check along with some Naturopathic counsel and a hefty dose of elixir of ‘return to the basic teachings’. When injustice becomes the norm, resistance becomes duty. All diagnostic and well-indicated therapeutic approaches, tools, techniques, substances and modalities that are presently accessible play a potentially legitimate role in the art of healing. The necessary prerequisite to their application consists of a strong underlying base of principles as guide-post. Otherwise, the ideas we possess might develop into the ideologies that possess us, and the

inevitable outcome might bear witness to the saying: 'If you don't put a leash on your dogma, it could get run over by your karma.'

Self-made individuals who worship their creators have been steering the good ship terra-firma far off the map into polluted, hazard-filled seas for long enough. It seems apparent to me that priorities and policies are in dire need of some serious modification and realignment. Decisions affecting immediate and long term personal, family, community and global health should bear the markings of biodiversity, harmlessness, the precautionary principle, whole systems orientation and an authentic nature-centric sensitivity which are familiar terrain for Naturopathic Doctors . . . sounds like a good time to build some healthcare coalitions and volunteer to share the helm of our endangered earth-ship home, steering optimistically towards a safer, healthier, more user-friendly future for all.

Within the pages of this publication you'll discover ample evidence that we belong to a richly prescient, viable, truly traditional healing family with a much needed, important, potentially stabilizing voice and presence during an amorphous tangle of daily dilemmas. The alarming number of troublesome, precarious health predicaments that confront us (i.e. climate instability, environmental toxicity, neurodevelopmental & multi-systems disorders, increased dz. susceptibility, chronic degenerative ailments, etc.) calls for our ongoing energies, insights and elbow-grease. Various unsuccessful attempts have been made over many years to prematurely administer the final euthanasia blow to the pesky, stubborn, perennially irksome 'quasi-med.' entity we all know & cherish as our veritable well-spring. Despite this fact, along with the occasionally unfavourable winds of socio-political change, we're still here. The next unwavering step as a health care discipline seems directed from somehow succeeding to survive to destined to thrive. As Dr. Bastyr liked to remind his students: "Now remember...We're an idea whose time has arrived"

Kudos and big thanks are owed to our dear colleague, Sussanna Czeranko, for investing the time, energy, effort and careful attention required to remove the dust & cobwebs from this series of important writings, including the one you hold in your hands. By recognizing their significance and committing herself to this monumental task, much pertinent historical and still practical material has been brought into the light for our perusal & appreciation. This type of knowledge enrichment is a welcome contribution to the entire Naturopathic community. Our task now is to continue to apply these guiding principles that underpin our practices, bolstered by a renewed appreciation for their current relevance and geared towards striving to reactivate however possible and whenever most appropriate, the quintessential 'vis medicatrix naturae'.

Gordon Smith, N.D.
NCNM (1976)

PREFACE

Principles of Naturopathic Medicine was selected and assembled from the first 24 years of journals published in English by Benedict Lust (1900 – 1923). The task of choosing imperative and vital articles from these journals may seem easy and uncomplicated, but the truth is that there were so many articles to choose from that I soon worried about what to keep and what to set aside. I was dizzy with abundance of choice and selecting the right articles and the most articulate voices was as exhilarating as it was daunting. In *Principles of Naturopathic Medicine*, there are 64 articles in total that were selected from hundreds that had to be left behind (even though we know well where they are). They were eliminated not because they were inadequate but because the limitations of space had to be honored. I selected the voices of many who had much to say about health, disease, anatomy, physiology and the power of Nature. Each had his or her beliefs and each shared these with their colleagues in that era. Today, we continue to benefit from their generous, hard work. How blessed we are to have access to the formative discussions of Naturopathy in the words of those who forged a new medical paradigm.

A definition of principles emerged as a moving target that would not settle snugly into a convenient, crisp precept that offered tangible guidance to the book. Sometimes, principles came embedded in guidelines justifying the reasons why a particular theory applied; at other times, principles were explanations of core differences that Naturopaths comprehended, frequently in the face of cryptic opposition, about the human body as they implemented their understanding in their clinical activities. All spoke in a unified voice that Nature must be respected and acknowledged, especially if healing was the objective.

We are introduced to some central terminology which defined and differentiated the efforts of the early Naturopaths as they embraced the wisdom of Nature to tackle the symptoms with which their patients presented. The lexicon of the Naturopath included words such as hygiene, hardening, fever, morbid matter, acid, and alkaline, for example, providing their increasingly codified professional roadmap to understand the human body when faced with illness.

The early Naturopath's ability to read the body's signs and symptoms and make sense of these for the purpose of healing did not depend upon lab results. For one thing, laboratory science was in its infancy and only geared for the detection of germs in an era when the Germ Theory dominated the medical landscape. The human body's intelligence to restore vitality and health was a principle that the early Naturopaths knew and

believed with absolute conviction. The early Naturopaths knew that the self-regulating powers of Nature were beyond the powers of men, and that to think otherwise was simply folly, as well as arrogant. Healing occurred when the body's own processes were supported rather than suppressed. They knew this. They practiced from these principles.

Many Naturopaths voiced their confidence in the healing powers of Nature and their articles published in Benedict Lust's journals are testament to a medical paradigm that can revive our doubts, reclaiming our roots and traditions as we are managing our naturopathic practices. Sometimes, it must feel as if we are isolated in our singular voice of *The Vis* within the din and roar of scientific hubris beating its well funded chest, assuming its inevitable world ascendancy. We are not alone. We are among growing cohorts of clinicians and patients who know the difference between healing and the mere suppression of symptoms.

Let's take a moment to contemplate the cover of this book. On the front cover, we find two men, one a stranger to most and the other, quite familiar. May I introduce you to William Freeman Havard, who is in the foreground and is offset to the right by the image of Henry Lindlahr. Both of these men had a deep, enduring, disciplined desire to articulate the early science of Naturopathic medicine. Havard, a graduate of Henry Lindlahr's school, eventually became a faculty member at both Lindlahr's and Lust's schools. In 1917–1918, Havard travelled for eight months throughout the States to evaluate how the Naturopathic profession was faring. Imagine moving from city to city at a top speed of 35 miles an hour on primitive, gravelled roads across the country. Havard talked to many doctors and gradually became disappointed that his colleagues appeared more interested in getting financially comfortable than in promoting and strengthening Naturopathy. His findings that many of his colleagues were leaning toward expedience and the status quo alarmed him. Such conclusions may not surprise us today in that many of us are worried about a shifting of our emphasis away from the founding Principles, away from Nature's laws in favor of a realigned path heading toward integrating the trappings of biomedicine, such as an allopathic pharmacy with our nutraceuticals in tow. And, all of this mostly in the name of market survival and prosperity. It is time that we read the message left on the wall by our early Naturopaths that we must beware of such seductions and return to the practice of restoring health and vitality with *The Vis* and our other splendid Principles at the core of who we are and what we do, and why.

We are a profession under siege; our young graduates are completing their degrees, often weary and beleaguered after leaving their alma maters by student debts, by navigating new channels through the insurance quagmire, and by simply trying to make a living in a health care land-

scape stacked against them in so many jurisdictions. We must recognize again, as if for the first time, and reclaim the richness of our heritage. We are Naturopaths and we follow the laws of Nature when we assist our patients during their healing journey. Our principles are the tools that we have to implement our unique philosophy and put it to work. Our elders were successful and we must trust our medicine more now than ever before. Nature preempts science any day of the week. The voices of our elders are reaching through their surviving literature right into our era. They are imploring us to take the time to learn the laws of Nature and to guide our patients with Nature's wisdom. It is no surprise that there are thousands of Naturopaths in the world who know this and who are taking action in their corners of the world.

Dr. Gordon Smith of Yukon Territory, Canada, for example, represents to me one incarnation of the elders. In 1984, I was a young mother and my six-month-old son was the apple of my eye. I was suffering and crying from an abscessed molar and visited a dentist who was known to be more holistic than others. The dentist instructed me toward a round of antibiotics. I pleaded that I could not because I was nursing my son and declined this drug option. He ushered me out of his office and I returned home with my abscessed tooth and no options in sight. I spent the day and night enduring the pain, but with an intention to find and see Dr. Smith, whose First Aid classes I had attended the previous year. His practice was in the new naturopathic college in my city. I cried while pushing the baby carriage to the appointment. I cried in the waiting room. I cried while lamenting and reporting my symptoms. Dr. Smith listened with patience. He examined my mouth and tooth. He asked me to keep my mouth open a little longer so that he could give me a remedy. My walk home took approximately 25 minutes and as I reached my home, my molar had already begun draining, diminishing the swelling, heading my mouth back to normal. The relief came rapidly and miraculously. I wanted to learn more about this remarkable medicine.

My journey to Naturopathy began in earnest right then and there. I know now, that like William Freeman Havard before him in a distant, earlier era, Dr. Gordon Smith was committed to the growth of Naturopathy. In Dr. Smith's time, the profession was virtually invisible in Canada, not entirely dissimilar to the scene in early America in Havard's time. Dr. Smith was one of the founders of the Ontario College of Naturopathic Medicine [OCNM] in 1978 which was re-named during my tenure at this very same college in 1992 to Canadian College of Naturopathic Medicine [CCNM], now North America's largest, accredited, degree granting Naturopathic College.

Dr. Smith's achievements may not have caught the attention of people

in lofty places, but his story begins in a little one room defunct art gallery in Kitchener, Ontario. The first OCNM class numbered five students and its graduates soon scattered across Canada. As the first president of OCNM, Dr. Smith set in motion a legacy of the largest Naturopathic College in North America and the province of Ontario is home to the largest jurisdiction of licensed Naturopaths in North America and possibly the whole world. Dr. Smith's true legacy is his passion for plant medicine, his spiritually driven work with the First Nations people, and his profound caring for his patients. He has been a mentor to me from that first office visit and continues to inspire me to respect the roots of our sacred medicine from Nature.

I want to thank everyone who has breathed life into *Principles of Naturopathic Medicine*. Behind the glossy book cover are hundreds of typed pages which were patiently transcribed by many, magnificent students at NCNM. In fact, there are over 1000 articles typed from the Benedict Lust journals in preparation for the volumes in the Hevert Collection. There are many more articles that are still in the queue as this series emerges, inexorably advancing toward completion. I want to acknowledge every NCNM student who typed or proof read articles while navigating their intense course loads and juggling their personal lives. Huge heaps of intense gratitude to *Abendigo Reebbs, Adam Dombrowski, Alla Nicolulius, Anemone Fresh, Avishek Saba, Craig Mehrmann, Delia Sewell, Delores Stephens, Derrick Schull, Elizabeth Wade, Emily Steele, Erin Conlon, Fiona Campbell, January Bourassa, Joshua Corn, Julah Booth, Katelyn Mudry, Kirsten Carle, Lauren Geyman, Lisa Fortes-Schramm, Lucy-Kate Reeve, Meagan Hammel, Meagan Watts, Michelle Brown-Echerd, Olif Wojciechowski, Rachel Caplan, Stephanie Monesson, Yosef Benyehudah*, and all those whom I am inadvertently missing here. I want to especially thank *Lisa Fortes-Schramm* for her steadfast search for an image that we almost thought did not exist. Lisa, your persistence paid off. We did find at last an image, although very tiny of William Freeman Havard. The typing of articles provide the substance of a book but with images, our imagination can wander into a past century. I am indebted to the painstaking hours that *Adam Dombrowski* spent scanning images from the Benedict Lust' journals. Thank you Adam. I know that you were busy scanning even while studying for your exams during the year.

I am especially indebted to the tireless work of *Dr. Karis Tressel* who was my diva of anti-chaos and who brought sublime organization and order to the colossal stacks of paper and minutia. Without Karis' exquisite, patient and detailed sense of clarity, I would be grasping into thin air. She has unfailingly helped with technical details that I cannot begin to

describe. I am deeply grateful for her profound love of Nature Cure and her loving tenacity with this project.

I so much enjoyed working with each and every student who sacrificed scarce, precious study and leisure time for the hard work of meticulous research and transcription. As you launch yourselves into the Naturopathic profession, never forget how special and important your work has been. You have chosen a path of sacred work. You will be loved and cherished by your patients because you listen and truly care. Remember to trust Nature's power of healing! Pay careful attention to your patients and they will feel enlivened to have found their way to you.

I am very grateful for the unwavering, behind the scenes support of the Board of NCNM, Dr. Sandra Snyder, Susan Hunter and Jerry Bores who understood from the beginning the importance of this project.

I applaud Fourth Lloyd Productions, Nancy and Richard Stodart, my designers and coaches extraordinaire who guided me with alacrity every step of the way. To Nancy, I am indebted to her for her dedicated stance on excellence in every realm. Thank you Nancy for your constant encouragement and insights. I am awed by Richard's delicate renditions transforming unmerited images into artistic manifestations. Thank you both for the exquisite care that you took in every minute detail!

This book would be completely irrelevant if it were not for the hundreds and thousands of Naturopaths working in their communities keeping the principles of our medicine alive. Your work and dedication are a testament that Naturopathy is worth doing, that Naturopathy is critical to the health of the planet and its people.

Lastly, I want to thank my biggest fan, my dear and loving husband, David Schleich, who inspires me to keep sitting at my desk. Without your support, I would not have found my way to the end of this book, the fourth of a dozen. Having an idea of writing takes a lot of energy and I am deeply grateful that David shares my love of history and listens to my stories with awe and wonder. He always helps me find my way back to the present.

You may find that some of the sentences can be a mile long or embellished with words no longer in our current vocabulary but this is on purpose. These articles have been carefully transcribed and edited to ensure that you are taken back into time. So settle back in a comfortable chair and enjoy these articles chosen from the past and from our elders *in their own words*.

Blessings,
Sussanna Czeranko, ND, BBE
Portland, Oregon, 2014

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, and is therefore a self-healing and self-purifying process of Nature.

—Ludwig Staden, 1902, 69

All healing must come from within, and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general; these are in their natural order as follows: sunshine, fresh air, water as drink, fruits as food, exercise and rest.

—Otto Carqué, 1905, 152

Excess of some food elements and a deficiency of others are usually the primary causes of systemic encumbrance with waste materials and of abnormal function.

—Henry Lindlahr, 1910, 419

Do nothing in a careless manner. Order is law, and to be happy we must obey all of Nature's laws.

—Louisa Lust, 1911, 99

We are too much inclined to attribute to the treatment employed what, in reality, ought to be credited to that mysterious force which exists in every living being and which we call vital or life force.

—Carl Struch, 1911, 486

My advice is: Do not avoid making a diagnosis for any fear of the law. The law will respect you more for your knowledge, thoroughness and efficiency than for your fear, ignorance or what they might term criminal neglect.

—Benedict Lust, 1921, 61

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.

—William Freeman Havard, 1921, 169

INTRODUCTION

The likely (and logical) question before delving into *Principles of Naturopathic Medicine* is in what ways do this book and the previous book in this series, *Philosophy of Naturopathic Medicine*, differ? While the relationship between the two concepts of philosophy and principle may seem quite subtle, as Naturopaths we take great pride in knowing that our philosophy guides our practice and each of us can cite without blinking the six guiding principles which inform our actions that we hold dear. Central to our philosophy is that our core principles drill down into the “why” of what we do. *Vis medicatrix naturae*, a central principle considered by many to be primary, guides us and differentiates Naturopathy from conventional medicine. Indeed, some contend that the *Vis* is the cornerstone of our philosophical edifice. *The Vis* makes sense of and characterizes and defines so much of *what* we do.

In *Principles of Naturopathic Medicine*, you will discover articles written by men and women in the early 20th century who were teaching and reinforcing “what” we do, and all of that effort during a time of the grand, optimistic, energized initial formulating of Naturopathy. The momentum in the early years was palpable, as a new medical paradigm and medical choice for North Americans took shape. Within that growth, our Philosophy provided a much valued framework for understanding *what we do* while our Principles set out *why we do what we do*. By breathing life into the principles that guided them, our early elders gained and passed on through their remarkably rich literature a naturopathic understanding of the human body in a continuum of health and disease. Decades later, in our era of massive co-opting by biomedicine of so many of our traditional modalities, therapies and techniques, we can rediscover and reclaim our roots through that literature.

In those early days, Benedict Lust was systematic and detailed as he unrelentingly published articles building the early literature as a foundation of theory and practice for this new naturopathic medicine. Passionate and enduringly committed to spreading the naturopathic message, he taught patients and colleagues alike about Nature’s power to heal, and about its genuine accessibility and affordability. Drawing from the wealth of materials he published, *Principles of Naturopathic Medicine* lays down a reliable framework for Naturopaths to integrate these foundational, enduring philosophic tenets into clinical practice. The scientific principles involved in the incorporation of true, natural healing within their practices had rudimentary, but solid beginnings. Perusing the journals of the ‘Regulars’ at this time, one finds that consistent scientific messages had not yet stabilized there either. Re-acquainting ourselves with the early writings of the Naturopaths helps us to understand the logic they applied to their successful treatments.

Initially Lust's journals were a vehicle to propagate the water cure treatments of Father Sebastian Kneipp. Soon, though, his journals and his teaching accumulated into the broad effort to establish Naturopathy in America. Thus, teaching, writing and clinical practice became key elements in the growth of the multifaceted and dynamic medical profession which we know today. The literature reveals that early articles and related books focused somewhat on water treatment, effectively forming the basis and core modality in Kneipp's therapeutics. Thus, it seemed appropriate that the first article in this volume come from Friedrich Bilz's work. Like Benedict Lust in America, Bilz also worked tirelessly advocating and spreading Kneipp's water cure teachings in Germany.

In his article, "Introduction to the Natural Method of Healing," we get an excellent example of his enthusiasm and industriousness. Bilz outlines twenty-one invaluable guidelines for conducting a water cure treatment. From the diet and the time of day treatments were prescribed, through to the patient's temperature, Bilz carefully and confidently outlines the logic for such practices. Bilz reminds his readers, "the more the *Kneipp Water-Cure Monthly* is studied, the more perfect will be the insight which the reader gains". (Bilz, 1900, 66) Bilz had been a faithful devotee of Kneipp and his list reminds us of this strong relationship. For instance, "During a water treatment in any form, the body, and more particularly the feet, must be sufficiently warm; the patient should therefore never be treated when he feels chilly." (Bilz, 1900, 65) The richness of such detail is worth the read. In this first article we also get a glimpse into what water cure really meant to the early Naturopaths; *warm water it was not*. Water cure meant the use of *cold water*.

In the second article chosen from 1900, "The Barbarous Treatment Employed in Female Complaints" by Dr. Henry Lahmann, we are introduced to the efforts of the naturopathic profession to help women find support with naturopathic treatments. Throughout the journals, Lust had established a column specific for women offering natural methods of healing. Lahmann reports that women made up 75% of the patients visiting doctors. (Lahmann, 1900, 73) The problems women suffered were often closely linked to the mutilating clothing styles worn, such as the corset. (Lust, 1906, 143) Uterine displacements, for example, at the hands of the medical doctors and their barbaric treatments resulted in even more pain and complications. Surgery was prevalent. Lahmann describes the craze for operations as "useless and injurious operations and amputations being constantly performed on poor unfortunate women." (Lahmann, 1900, 75) He recommends instead safer and non-invasive treatments such as the use of "tepid hip-baths, massage and general derivative treatment, as in the case of a relaxed epigastrium whose cause is usually [a] disturbance of the circulation." (Lahmann, 1900, 75) "*Derivation* is the reduction of

congestion by moving the excess blood to somewhere else . . . by the dilation of blood vessels distally.” (Czeranko, 2014, 24)

Women experiencing pregnancy was noted by Naturopaths as a time of great vulnerability. The use of “pessaries” often resulted in worse disorders, and were viewed as merely short-term solutions. Then, there was the problem of infection and puerperal fever, perpetuated by unhygienic hospital and clinical practices. Despite the attacks by medical doctors at the time, Semmelweiss’ work regarding hygiene found strong support among Naturopaths. In this regard, Lahmann recounts the “derided doctrine of Semmelweiss has won its way to public recognition and the number of cases of puerperal fever is only one-fifth to one-tenth of what it was 40 years ago.” (Lahmann, 1900, 74)

Semmelweiss’ astute observations of washing hands in the hospitals had prevented needless deaths in the delivery room. The medical doctors of the period persisted with the unhygienic practice of not washing their hands in between patients, a practice which was disastrous for men and women patients. The issue of sanitation was paramount from the very beginning to the early Naturopaths who saw that science had made great strides in sanitation and hygiene with a concomitant decline in deaths from routine infection to more extensive epidemics. Public health guidelines and more awareness about personal health were needed and these priorities found strong expression in the early literature of the naturopathic profession. A. J. Sanderson notes, “Most of the diseases which afflict us are preventable; and the maladies from which we actually suffer would always be either aborted or lessened in severity if the systems were kept in their best condition.” (Sanderson, 1901, 52) Health was a result of hygienic practices, the early literature shows; however, not quite in the way that we think of hygiene. The early Naturopaths viewed ideal hygienic practices as being in line with Nature’s laws, rather than those contrived by men. Sanderson continues, “Nature is fully able to maintain one’s strength when her laws are not violated.” (Sanderson, 1901, 52) The need for a natural diet and eating healthy food was “equal in importance [as] the necessity for systematic periods of rest and sleep.” (Sanderson, 1901, 53)

The laws of Nature were also recognized by Sebastian Kneipp who actually popularized “hardening” for children. The bath’s importance for strengthening the constitution of the body was accomplished with the *cold* bath. He considered the use of warm water to be harmful and even debilitating for small children. Sebastian Kneipp saw that “the mothers, who love their children and desire to keep them long and make them healthy and happy, will properly brace them by giving them plenty of fresh air and cold water and allow the babies to kick about in a moderately warm room [60° to 65° F. / 16 to 18° C.] without covering.” (Kneipp, 1901, 82)

His advice to mothers, “Do not leave the child long in cold water, but dip [him/her] in rapidly, count one, two, three and take [him/her] out at once. Do not dry [the child], but wrap quickly in a dry unwarmed cloth and put [the child] to bed without [drying].” (Kneipp, 1901, 81) Kneipp was not insensitive to how difficult this process could be for mothers new to this path. His advice for mothers starting with hardening: “those who dare not bathe the little child in cold water 40° to 45° F. [4° C to 7° C.] may take at first water from 60° to 65° F. [16° C. to 18° C.], making it, however, a degree colder every day.” Kneipp, 1901, 81)

Kneipp had much to say about children’s clothing as well. The clothing needed to be loose and definitely “not too tight anywhere about the body, so that there may be no obstacle in the way of the child’s physical development.” (Kneipp, 1901, 82) This meant that to strengthen or harden children was to expose them to cold water and pure fresh air, in order to provide them with “protection against many diseases”. (Kneipp, 1901, 82) Today, we shun cold water or air because of its associated provocation to disease, but the literature confirms that Kneipp, quite to the contrary, used cold to strengthen and make people more resilient against disease, whether “acute” or “chronic”.

These same early Naturopaths formed distinctions between these two disease presentations. In 1902, for example, Benedict Lust concentrated his efforts in a new journal, *The Naturopath and Herald of Health*, having disengaged from *The Kneipp Water Cure Monthly*. Naturopathy, in those days, was a new word and a new paradigm for health and disease management. In the second issue of the new journal, Dr. Ludwig Staden carefully defines acute and chronic disease and in so doing outlines the foundation of naturopathic principles, bringing to the forefront the key elements. He begins, “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.” (Staden, 1902, 69)

Naturopathy did not view a “fever” as an enemy that needed to be vanquished or extinguished with anti-pyretics or anti-inflammatories, as the Allopaths of the day, and even of today, condoned and implemented.

The fever gave the Naturopath the opportunity to work in harmony with Nature to rid the body of the toxins or morbid matter. Staden continues on the subject of acute diseases treated allopathically: “The greatest mistake which medicinal science is making is in regard to the diet; the patient is given beef juice, wine, whiskey and other so-called strength-giving nourishment, which can be compared to extinguishing a fire by kerosene.” (Staden, 1902, 70) While the early Naturopaths considered the fever of acute diseases to be a way of drawing out the impurities of morbid matter, chronic diseases, on the other hand, were, as Staden puts

it, “the result of acute diseases suppressed by medicines, 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) While acute diseases were easy to treat, Staden insisted, “To cure chronic disease is a thousand times . . . more difficult. It is a hundred times easier to prevent a disease than to cure one.” (Staden, 1902, 71)

To prevent diseases, the early Naturopaths fully embraced the importance of the body’s innate and unique abilities to protect itself. This principle found expression broadly in naturopathic practice, from the body’s efforts at prevention with regard to more complex presentations, to the simple anatomy of breathing. Theodore Hoppe explains, “Just as the mouth is used for eating and drinking, the nose should be used for breathing.” (Hoppe, 1903, 334) Breathing and smell as its chief functions, the nose had a specific design to do this very well. The hairs in the nose were, he reminded his colleagues, designed to trap impurities combined with nasal mucus. These preventive characteristics, he notes, catch “many little particles which might have an injurious effect on the lungs.” (Hoppe, 1903, 334) He continues, “All breathing should, therefore, be through the nose, and none whatever should be done through the mouth.” (Hoppe, 1903, 334)

The sense of smell enhances the appreciation and enjoyment of food. Without smell, “experiments have shown that . . . it is in general impossible to discriminate between one food and another.” (Hoppe, 1903, 335) Smell also serves to protect us from noxious smells and Hoppe cautioned against the practice of blunting our sense of smell to odours that camouflage real dangers. He states, “Unfortunately it is the custom to deceive the nose, the guardian of our health, by perfuming the clothes and burning incense and other substances in our rooms. Just as water is most fit to drink when tasteless, so air is most fit to be inhaled that has no odor.” (Hoppe, 1903, 335)

The nose was seen as an important guardian of health at one end of the body; at the other end, the blood circulation in the feet gave valuable clues about the health of the heart. Carl Strueh addresses the clinical significance of cold feet: “An enfeebled action of the heart will always first manifest itself in the remotest parts of the body, i. e., the feet.” (Strueh, 1904, 36) Ruling out the cause of a weak heart was essential for implementing a treatment. Strueh lists several causes including the consumption of “stimulants, such as coffee, tea, tobacco, etc.” (Strueh, 1904, 36)

Operating from the principle of prevention, Naturopaths of this era had no problem identifying good healthy habits from bad. Ellmer Ellsworth Carey lists twelve rules of “the New Hygiene or Naturopathy to follow” in his article, “The Art of Eating”. (Carey, 1904, 215) Many of

Carey's familiar points still pertain today as we warn our patient to "never eat white flour products". (Carey, 1904, 215) Carey also emphasized the importance of "thorough chewing [as being] the keystone of health" (Carey, 1904, 215) because pure blood was completely dependent upon mastication. In his twelve rules for health, Carey includes counsel on sleep, fresh air, exercise, and moderation in eating. He notes, "The average man eats twice as much as is necessary" and advised eating two moderate meals a day, adding, "Drink between meals ten glasses of distilled water." (Carey, 1904, 215)

The article by Klenke on perspiration illustrates the comprehensive knowledge that the early Naturopaths had, not only about specific modalities, but also about how the body functioned overall. Klenke examines the skin's role in the process of perspiration. Besides cooling the body, he explains, perspiration can also help with the elimination of waste products. If the body's temperature is too high, "we naturally try to reduce it by proper hydrotherapeutic means . . . in the form of gushes, half-baths, wrappings, etc." (Klenke, 1905, 67) In this regard, fevers were never suppressed because positive patient outcomes were dependent upon natural resolutions. Patients were encouraged to experience a fever and perspiration. "We all know," Klenke explains, "that as soon as perspiration appears at the moment of the crisis, the danger of the acute illness is passed and the patient is on the road to recovery." (Klenke, 1905, 67)

Klenke and others relied upon what they considered to be infallible water cures to restore vitality and health. The symptoms of disease were not to be suppressed, but instead to be viewed as warning signs of the body. Thomas Richard Allison gives the following counsel: "If every one would take disease as a good warning, it would be well for them, as they would then find out what they have done or are doing wrong, alter it, and so keep in good health." (Allison, 1905, 121) He was known for his articles opposing the use of drugs. He contended that if people would live correctly, and allow Nature to heal, then the need for the use of poisonous drugs was unnecessary. Allison reinforces the concept that symptoms are warning signs that Nature can heal if only given the chance. He states, "Nature cures all these complaints if you will only give her proper conditions." (Allison, 1905, 123) Some of the practices of correct living include fasting during fever or consuming light foods and plenty of fresh air, which contrasted sharply with the strengthening food diet of the Allopaths that included meat dishes.

A contemporary who iterated Allison's views on diet was Otto Carqué who wrote a strikingly articulate book, *Rational Diet, An Advanced Treatise on the Food Question* (1923). He marvels at the foolish and indulgent habits of Americans. "Americans who eat meat three times a day and wash their meals down with coffee, tea, and ice water are a nation of

dyspeptics, employing a vast army of physicians and dentists and spending millions of dollars for poisonous drugs and patent medicines nearly all of which contain more or less alcohol, besides other harmful ingredients.” (Carqué, 1905, 151) Despite the advances in medical and nutritional science, this early snapshot of American lifestyle trends is all too familiar a century later. He so eloquently states, “Those who have carefully studied the laws of health agree that the main source of disease is to be found in the declining quality of our food supply, the result of foolish attempts to improve on nature.” (Carqué, 1923, xi) His prescription for health:

All healing must come from within, and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general; these are in their natural orders as follows: sunshine, fresh air, water as drink, fruits as food, exercise and rest. The preservation of health, therefore is only a matter of living in perfect harmony with nature. (Carqué, 1905, 152)

Considered from the perspective of the larger themes which this early literature reveals, it is clear that the early naturopaths understood “prevention” only too well. In the beginning, though, so-called “preventive medicine” fell under the banner of *Hygienics*. The Naturopaths made it their business to understand the workings of the body and to break the monopoly that allopathic medicine had on treating illness, acute or chronic, albeit rarely even then, preventive. Their passion to share information about hygienics with people was “purely and solely inspired by the desire to instruct the people how to preserve and restore health by the means Nature herself provides.” (Fuhrmann, 1905, 266) The early Naturopaths were ardent about and faithful to the power of Nature. Significantly, the Naturopathic motto, borrowed from Hippocrates, was: “*Natura sanat, medicus curat*—nature cures, the physician assists” (Fuhrmann, 1905, 266) and was always a vital, guiding principle.

Throughout the naturopathic literature of this period, a singular and recurrent principle is found: *the early Naturopaths abhorred drugs*. They revered instead the “invisible power [called] ‘Nature’s healing power.’” (Fuhrmann, 1905, 266) In their minds, drugs did not support the curative power of Nature, but were mere fatal delusions. C. T. Fuhrmann describes an essential cornerstone of how ‘Naturopathists’ individualize the healing of patients. The Naturopathist, to iterate Fuhrmann’s term, “has not to treat a disease but a sick person; and in each individual the symptoms of a disease will differ.” (Fuhrmann, 1905, 267)

In any case, the early Naturopaths were very clear about the objectives of the healing process. As Fuhrmann declares more than once, “the mission or purpose of the Natural method of healing, or Naturopathy, is

to support and facilitate [the body's] processes and efforts.” (Fuhrmann, 1905, 271) He adds, “The Natural method of healing does not treat symptoms, as, headaches, vomiting, diarrhea, cold hands and feet; but tries to discover the causes, the very seat of the disease; this is the essential point in this system of practice.” (Fuhrmann, 1905, 268) This core concept of treating the cause rather than its symptoms has prevailed within Naturopathy. As well, another core concept is, *treat the whole person*. For example, in the practice of Naturopathy, the inclusion of the mind in healing cannot be ignored.

Spencer Lewis explains: “Health and strength are vital to any system of healing, for the mind, the great control, readily grasps the ideas brought to recognition, and immediately prepares to act in accordance with them.” (Lewis, 1906, 291) Lewis is referring to the power of nature on the mind, also a key subject of Adolf Just's, *Return to Nature* (1896). Lewis continues, “Mr. Just clearly means that if we return to the original conditions in which we were born, and give nature and mind an opportunity, we can be as God and nature intended us to be.” (Lewis, 1906, 291)

The mind was considered to be “center control”, and the interdependence of body, mind and spirit was fundamental to Naturopathy. The human body was designed to work together as a whole. The stomach was not excluded from this holism or integration. S. T. Erieg affirms this concept of “wholism” as follows: “When [the stomach] is sick, the body is sick. All parts of the body are supplied from the stomach with nourishment and are correspondingly affected according to the condition of the stomach.” (Erieg, 1907, 73) The food that we eat is transformed by the stomach into our bodies, affecting the whole body. Erieg admonished the practice of “converting [the stomach] into a receptacle for garbage.” (Erieg, 1907, 73) Nature's laws, which formed the core of naturopathic principles, were obviously transgressed by the abuses of the stomach that Erieg speaks of. Erieg and Lust both shared a common belief that “all suffering . . . is simply due to a misunderstanding and transgression of these natural laws.” (Lust, 1907, May) Everywhere in the early literature the Principles to which Naturopaths adhered found expression and support.

In 1907, Benedict Lust published a manifesto of naturopathic principles. This list of twelve principles formulated to help the Naturopath in his/her practice in that era, resonates across a century. Today, we have settled with *six core principles*. The 1907 list, though, helps us to understand the roots and values held by our pioneering naturopathic elders. The third naturopathic principle from that list pertains to “the self-healing and self-regulating power of Nature; that Nature can be assisted in restoring a normal equilibrium by various natural remedies, such as air, water, sun, earth, heat, rest, exercise and food.” (Lust, 1907, May) Naturopathy viewed this principle of the power of Nature in healing throughout their

writings. As the reader can discern in the articles of this book, their conviction was clear and resilient.

That the food systems and lifestyles of early American were rapidly departing from the wisdom of Nature was flagged early on by Naturopath, John Ruegg. More than a century ago, he was alarmed by the adulteration and the destruction of food during its production cycles. Reading his 1908 account, one would think it was written today, but it is not. Ruegg bemoans the dire state of available food in his time: “Never were our nutrients, our foodstuffs, more degenerated, adulterated and poisoned than in these days of ours.” (Ruegg, 1908, 49) Ruegg was worried about a parallel development, referencing often what he considered to be the “wanton” use of drugs. He was outraged, reporting that “the professional patent medicine and food product swindlers have confused the minds of the people, robbed them of the power to clearly perceive the truth, and poisoned the natural healthy instinct of men.” (Ruegg, 1908, 49) As well, on the related subject of farmers using artificial fertilizers, Ruegg declares that it is “indeed, deplorable to see our farmers poisoning their vegetables, cereals, fruit trees and medicinal plants with fertilizers.” (Ruegg, 1908, 49) He foresaw the destruction of food as “one of the original causes of the hordes of diseases that are overwhelming humanity.” (Ruegg, 1908, 49) Advocating for food that was free of artificial fertilizers may pale in comparison to today’s landscape of food production woes, with the likes of the invasive, unhealthy practices of Monsanto and its genetically modified foods pervading our food supply without our consent or knowledge. However, the basis of concern is the same and contemporary naturopathic doctors remain fundamentally concerned about food sourcing, choice and preparation. Overall, the driving, underlying principle of Naturopaths was their belief in Nature. Agriculture without chemicals made good sense, just as prevention was better than a cure of disease. Prevention to our forebears was implicit in their term, “hygiene”.

Essentially, hygiene was synonymous with preventive medicine, a core principle to guide Naturopaths to abide by the laws of Nature. Prevention as one of the points stressed by many of the early Naturopaths was that there were consequences to over eating. “To eat too much is bad for the health.” (Lust, 1908, 109) Strueh concurred with Lust that over eating was likely one of the causes for liver congestion, a major contributor to bad health. (Strueh, 1909, 23) Today, we are quite familiar with this term, liver congestion, in our clinical practice as food additives and adulterated foods dominate the palates of our patients. Strueh’s article introduces to us a compilation of reasons why congestion of the liver occurs, including the familiar admonition, “the congestion of the liver may also be caused by sharp spices and by alcohol.” (Strueh, 1909, 23)

Today, liver congestion is determined by conducting a liver panel in

the laboratory. A century ago, the lab was a new practice, and not widely available to Naturopaths. However, they were keen to explore this new world of diagnostic tools. The concept of deficiency of nutritional elements was being raised at this time too, and questions were posed among colleagues about how to address these deficiencies and to restore health. Rosa Hough, for example, suggests, "The restoration rests with the patient as to whether the elements shall be obtained haphazardly through a long course of unscientific and un-natural drugging or through a direct physio-chemical procedure of *feeding* the weakened cells, tissues, nerves and organs with the chemical "materials" which they require." (Hough, 1909, 95) The use of plant constituents in the form of drugs was not the path of the Naturopaths; however, they selectively endorsed the work of the prominent scientist, Virchow, and the field of "physiological chemistry", more familiar to us in our time as biochemistry. Hough continues, "Different investigators, scientists, students, physicians, and nature workers have perfected the knowledge and application of certain single remedies so that to-day, from collecting and combining them, we have a scientific and dependable system of medicine." (Hough, 1909. 96-97)

Another core modality consistent with their principles and advocated by the early Naturopaths was breathing therapy. Breathing was taken quite seriously and definitive practices were established such as nasal breathing. Mouth breathing was strongly discouraged. The Naturopaths studied the structure of the nose, and taught their patients that its turbinates allowed "a large moist and warm surface by which the air is exposed to heat, so that in traveling a distance of scarcely more than two inches it is both warmed and moistened." (Lust, 1909, 317)

Mouth breathing had a long list of consequences such "dry mouth, foul smelling breath, persistent hoarseness, sometimes headaches and a loss of appetite." (Lust, 1909, 318) The list did not stop there. Persistent mouth breathing even resulted in facial malformations. The early Naturopaths noted that "mouth breathers" would have narrow faces with the upper jaw deformed, "the palate being high and arched, and the two sides of the jaw being too close together and the upper front teeth are pushed forward" (Lust, 1909, 318) or crooked.

Mouth breathing is well known today as causing tooth decay, crooked teeth and is even linked to chronic and common diseases such as asthma, sleep apnea and hypertension. The work of Weston Price in the 30's and 40's on facial deformities further substantiated the claims of the early Naturopaths in their early literature. (Price, 1943, 223-228)

The details of the anatomy and functioning of the nose from this period are still as useful today as when Lust's article was written. The early Naturopaths were fascinated by statistics, details and data about how the body works, and wanted to conjugate their accumulating knowledge

within the framework of their principles right on through to their practices. Lust states, “Two-thirds of a pint of water is daily taken up from the nasal mucous membrane by the air passing into the lungs.” (Lust, 1909, 317) George Carey also provided facts for his contemporaries which were remarkable then, and equally amazing today. Continuing with the lungs, he writes, “We breathe, on average, 1,200 breaths per hour; inhale 600 gallons of air or 24,000 gallons daily.” (Carey, 1910, 69) The heart “beats 70 times per minute, 4,200 times per hour, 100,800 per day, 36,720,000 per year. At each beat two and a half ounces of blood are thrown out of it, 175 ounces per minute, 656 pounds every hour or about 8 tons per day.” (Carey, 1910, 69) Quantifying bodily functions related to breathing and the circulatory system was a normal matter for the early Naturopaths. The mechanics of function remain to this day within the realm of amazement. Continuing with the marvels of the skin, Carey notes, “Each square inch of skin contains 3,500 sweat tubes or perspiratory pores (each of which may be likened to a little grain tile) one-fourth of an inch in length, making an aggregate length of the entire surface of the body 201,166 feet, or a tile for draining the body nearly forty miles in length.” (Carey, 1910, 69-70)

The importance of the skin as a vital means of eliminating toxins was noted by the Naturopaths. Skin eruptions were viewed as “symptoms of internal disease.” W. S. Ensign remarks, “The skin is an organ of elimination and throws off a vast amount of effete matter.” (Ensign, 1909, 580) Suppression of skin eruptions was never condoned. He continues, “If this process of elimination is interfered with, as it generally is, the effete matter—this poisonous product of an internal disease—is thrown back into the system and must seek another route.” (Ensign, 1909, 580) The use of lotions and ointments to suppress the unsightliness of eruptions, he and his colleagues contended, often internalized the problem deeper within the body. In this regard, Ensign cautions, “The use of external applications is, as a rule, dangerous; especially those intended to suppress discharges or eruptions of any kind.” (Ensign, 1909, 581)

Our Naturopathic pioneers were interested to apply their principles to every area of health, including the exploration of dental health. The next author, Manuel Rivero, for example, wrote a comprehensive overview of dentistry in which he presents alarming statistics arising from an examination of teeth in a public school. He reports that of “pupils between the ages of 14 and 16 . . . about 500 in number, only 14 were found with sound teeth and among the remainder there were 2,808 teeth affected by decay.” (Rivero, 1910, 280) Along with his naturopathic peers, Rivero reminded his contemporaries that healthy teeth were essential for mastication which in turn affected the entire digestive processes that create the tissues and fluids that compose our bodies. Rivero states:

A perfect set of teeth is among the first necessities for the attainment and the preservation of normal general health. If the teeth then are not intact in their respective places, having the right acclusion and power of grinding, there will be a deficiency in mastication and the proper incorporation of the saliva to the food which is the first fluid that plays an important part in the process of digestion. (Rivero, 1910, 281)

Like his contemporaries, and consistent with the principles from which they functioned as doctors, Rivero saw the problem of tooth decay as a result of “our artificial form of living in many ways [being] so distant from nature.” (Rivero, 1910, 287) Often in the literature we encounter the departure from natural and healthy food. Sugar as a cause of dental decay and facial deformities arose from the meticulous research across 25 years by Dr. Weston Price several decades later, predicated on the early work of our naturopathic pioneers. (Meinig, 1998)

Another who contributed greatly to the scientific understanding of how to implement a healthy regime was Henry Lindlahr. Lindlahr, a strict vegetarian, vocally expressed the consequences of a carnivorous diet in his writings. In this connection, he introduces the subject of alkalinity, central to Naturopathic dietetics; i. e., acid and alkalinity. Lindlahr states, “Systemic acid poisoning is so universal among meat eating nations that ‘regular’ school physiologists have accepted it as the normal condition.” (Lindlahr, 1910, 420) Lindlahr continues, “Acids in the body are largely the waste products of starchy and proteid [protein] digestion, and in moderate amounts they are normal and necessary, for many of the vital functions of the body are equalized and balanced between alkaline and acid reactions.” (Lindlahr, 1910, 420) Lindlahr deconstructs the elements of food to elucidate their significance and role in metabolism.

In a second article, “The Metamorphoses of Uric Acid”, he continues with the elements and their role in acid formation. Lindlahr draws upon the work of fellow researcher, Dr. Alexander Haig of London and on his work in uric acid and inflammation. A century ago Lindlahr, concerned with uric acid as a systemic poison contributing to the formation of acute disease outlines the metabolic processes. He writes, “The natural end-product of the metabolism of proteid [sic] food materials is urea, but under certain adverse circumstances, especially when the alkalinity of the blood is below normal, the nitrogenous waste products form uric acid and kindred poisons in considerable quantities.” (Lindlahr, 1910, 461) He describes how uric acid occludes capillaries and disturbs blood circulation leading to congestion and host of disturbances.

Lindlahr continues discussing uric acid and the similar paralyzing effects found in the consumption of stimulants such as coffee, tea and

drugs. The dose decidedly determines the effects that result. Lindlahr states, “The large amount of uric acid had completely overcome or paralyzed the solvent power of the blood, and as a consequence all acid in the circulation was precipitated into the liver, joints, muscles and other tissues of the body.” (Lindlahr, 1911, 452)

He continues, “As long as uric acid is dissolved in the circulation, it can be eliminated by the kidneys and other organs of elimination.” (Lindlahr, 1911, 453) Today, uric acid is once again getting our attention as a mediating trigger to the pro-inflammatory pathways that lead to chronic disease. (Lescheid, 2014) Lindlahr may not have been privy to the science of today; however, his observations have significance in understanding the processes that lead to disease formation in the body.

Lindlahr’s contribution to the discussion of the causes of disease was also shared by another Naturopath, Hereward Carrington, who presented a synopsis of a publication by Ilya Metchnikoff, *The Prolongation of Life* (1908). In this article by Carrington, we can see that the early Naturopaths had their ears to the ground, taking in the latest scientific theories which they could use in furthering their understandings of health and disease. In his books, Metchnikoff offered congruent theories that the Naturopaths shared. Carrington states a key truth held by the early Naturopaths: “It is a well-known fact that germs will only thrive and flourish in a suitable medium or soil—one in which there exists, in quantity, their ‘fabulum’ or food supply.” (Carrington, 1910, 744) Metchnikoff voiced similar views of disease arising from the environment rather than from germs. The germ theory expounded by the Allopaths stated that germs were the cause of disease while the Naturopaths contended that the conditions for disease resided in the terrain of a body predisposed towards disease. “Germs cannot thrive in a healthy soil; a certain predisposition must also be present, in order to render possible any form of germ-disease whatever.” (Carrington, 1910, 745)

On the subject of autointoxication, both the Naturopaths and Metchnikoff held consistent messages. Autointoxication was poisoning in the tissues caused by intestinal putrefaction. (Carrington, 1910, 746) This article by Carrington is interesting because we see how the early Naturopaths understood the role of science and could differentiate from their own theories and those of others. There is not complete agreement between Carrington and Metchnikoff, incidentally, and reading the entire article will enlighten. One departure from some of his contemporaries by Metchnikoff is on the subject of the Fletcherism theory and the adoption of a fruit and raw diet. Interestingly, Metchnikoff rejected and advised those to “never to eat raw fruit or food of any kind!” (Carrington, 1910, 747) Naturopaths strongly disagreed with Metchnikoff on this point.

They had too much evidence that vegetarianism and mastication were proponents of health. Among Carrington's colleagues was Lust's wife, Louisa.

Louisa Lust contributed to the dialogue of health and in one of her articles, "How to Avoid Pain and Sickness", she reiterates the message that health comes from "pure food, pure air, water, sun, heat, light and thinking in a right way." (Lust, 1911, 99) Her contributions were not as conspicuous sometimes, nor as prolific as others; however, it is valuable to include her voice because she encapsulated the essence of Naturopathy in her short articles that are indeed worth reading. In her words, "Nature cure teaches and shows us that any method or remedy that paralyzes, poisons, over stimulates or depresses, produces sickness or pain with any healthy person and is injurious to the sick person." (Lust, 1911, 99) Louisa did not yearn for the spotlight, but rather made profound observations from the sidelines. Louisa Lust's adherence to the laws of Nature can be represented fairly by these verbs: *to sleep, eat, think, work and play wisely and harmoniously*. These are words which occur frequently in her writing.

The curative agents at Louisa Lust's disposal were commonly valued by the early Naturopaths who in turn wanted these to be at everyone's disposal, whether it was harmonious sleeping, thinking working, playing or eating. To be sure, this latter feature of a Naturopathic approach to health, eating good food, was a major focus in maintaining health. J. Waterloo Dinsdale, for example, in discussing the continuum which includes not eating good food or too much food, accumulating into an illness, explains that people complain of "catching a cold [but] they should rather say they have bred a fever." (Dinsdale, 1911, 100) He explains that a cold is the body's efforts to "cast out impurities from the blood." (Dinsdale, 1911, 100) The discharges that occur during a cold are the "surplus' accumulation filth which must be eliminated to prevent it from poisoning you by decaying in your system." (Dinsdale, 1911, 100) A cold is simply basic housekeeping measures to keep the body clean. He goes on to cite overeating rather than exposure to cold temperatures as the principle cause for the cold. He notes, "Most people eat from twice as much to many more times as much as the system really needs or can use; and so from one-half to nine-tenths of the food they consume becomes waste, which nature must eliminate." (Dinsdale, 1911, 101) Everything put in the body either becomes the body or "part of that pound of surplus food [will remain] in the blood." (Dinsdale, 1911, 101) In this regard, and in order to assist patients to regain healthy eating habits, Dinsdale introduced "Fletcherize' your food—that is, masticate every morsel three or four times as long as you have been doing." (Dinsdale, 1911, 102) He continues, "After six months of sensible eating, it will be impossible

for you to take cold. After a year of it, your catarrh will be entirely cured” (Dinsdale, 1911, 102) unless over-eating is recommenced.

The principles that we gravitate to were shared by many of the early Naturopaths. Carl Strueh, wrote succinctly and often on the principles and on the *Vis medicatrix naturae* in particular. Strueh reminds us to not confuse and credit remedies and treatments for healing. He upholds, “We are too much inclined to attribute to the treatment employed what, in reality, ought to be credited to that mysterious force which exists in every living being and which we call vital or life force.” (Strueh, 1911, 486) Paying attention to patients and their vital force helps to determine treatment plans. He continues, “The better the physical condition of the patient, the more vigorous his vitality, the better his chances of recovery.” (Strueh, 1911, 487)

Strueh, like many of his contemporaries, did not embrace drugs as a form of cure; however, drugs had a place for patients suffering incurable diseases. “It would not be human to refuse a dose of morphine to a patient suffering agony from whatever cause, if other means fail.” The use of drugs for curable diseases, though, was a completely different matter as far as our forebears were concerned. Strueh saw drugs as “almost all ... more or less poisonous and apt to do harm in many ways.” (Strueh, 1911, 487) He continues, “Thus a patient who relies upon drugs, may sooner or later have to cope with two or more diseases, instead of one.” (Strueh, 1911, 487) He reminds us that we are not in the business of diseases but of sick people and that we must treat each patient individually. “Because two people are afflicted with the same sickness, does not mean that we must apply the same treatment in the same manner and dose.” (Strueh, 1911, 489)

The treatments used by Naturopaths did not include the use of drugs. On another and related front, Naturopaths differed enormously from their Allopathic peers when it came to symptoms. Dr. F. Kleinschrod, as a case in point, poses the question, “What importance is a symptom to the sickness?” (Kleinschrod, 1911, 511) The answer given depends upon who is treating the sickness. Kleinschrod points out that symptomatic relief of sickness “doesn’t take into account what importance the symptom has for the cure of the sickness and whether the attack of this symptom might be more injurious than helpful.” (Kleinschrod, 1911, 512) Removing symptoms doesn’t necessarily mean that the disease is gone or cured for that matter.

Kleinschrod identifying the cause for symptoms was also recognized by Lindlahr in respect to women. Lindlahr identified the cause for the symptoms that grieved women during menopause and attributed accumulated toxins in the body.

The menstrual cycle was an outlet for the female body to eliminate morbid matter resulting from “unnatural habits of living, eating, drinking, dressing, breathing, and through unnatural methods of medical treatment.” (Lindlahr, 1912, 353) Lindlahr writes:

As long as the vicarious monthly elimination continues the evil results of the torpid condition of the regular organs of elimination do not become apparent. But when, incident to the organic changes of the climacteric, menstruation ceases, then the systematic poisons, which were formerly eliminated through the monthly purification, accumulate in the system and become the source of all manner of trouble. (Lindlahr, 1912, 353)

Nature cure treatments used for the climacteric or menopause effectively restored the organs of elimination and re-established homeostasis.

Another contentious area was the topic of venereal diseases which Lindlahr takes on without hesitation. Lindlahr states, “This insidious and most dangerous enemy of mankind has for ages past contaminated human blood with the vilest disease taints and most destructive drug poisons. It has not only slain the guilty, but poisoned and destroyed as well as the bodies and minds of the innocent.” (Lindlahr, 1913, 11) The confidence that Lindlahr displays in the management of venereal disease is remarkable. He continues, “Venereal diseases in the acute inflammatory stages are easily and completely curable by natural methods of living and of treatment.” (Lindlahr, 1913, 11) His confidence does not end with the acute presentations, but he speaks with conviction and experience that patients with gonorrheal and syphilitic secondary and tertiary presentations are treatable with Nature Cure. He cautions against the cured cases found in patients who have used allopathic protocols. He states, “Local suppression does not cure the disease, but only serves to lock it up in the system.” (Lindlahr, 1913, 14)

Consistent with naturopathic clarity about pure air, food, water and spirit, an article by J. W. Hodge of Buffalo, “Seventeen Good Reasons For Abstaining From the Use of Tobacco”, zeroed in on the case against smoking. Voicing disdain for this noxious weed, the naturopathic profession challenged the Allopaths to not condone the habit. The number one reason to scorn tobacco a century ago still applies. Hodge lists his number one: “Tobacco is a virulent narcotic poison which has no legitimate or rightful place in the human economy.” (Hodge, 1913, 7) It would take decades before smoking would be linked to diseases, yet in the days of Hodge, smoking and tobacco use were a harmless novelty. Newspaper and magazine ads featuring medical doctors condoning various brands were part of that early landscape.

Strueh writes about the bacteria that cause disease and reminds us “a contagion always requires, besides the bacillus, a so-called predisposition which means the presence of morbid substances that furnish the means of existence, i. e., the food for the respective bacillus.” (Strueh, 1913, 498) The theory held by early Naturopaths in discerning acute disease symptoms as a positive sign was their strength in treating serious illnesses. Strueh adds, “The acute disease being permitted to take its course under sensible care, complete recovery will follow in the majority of cases, because the system has been freed from all morbid matter and thoroughly purified.” (Strueh, 1913, 498)

The sensible care that Strueh is referring to is the wonderful gifts of Nature. Nature provides everything that the body needs to recover. In his article, “Nature’s Gift to Men”, Henry C. Sperbeck describes these gifts and how they are used. His list, “energy, the soil, the light, order, and oxygen” (Sperbeck, 1914, 50) are just some of the gifts of Nature. Sperbeck states, “We cannot accomplish anything without energy, and health is nothing unless it is a form of energy.” (Sperbeck, 1914, 49) He concludes, “Your life is enriched by forces outside of you and these are a great factor in making you what you are!” (Sperbeck, 1914, 50) The reverence that the early Naturopaths had for Nature flowed into their medical practices helping their patients.

The wonder that Sperbeck had for the gifts of Nature, Lindlahr had for the eye as a diagnostic tool. Lindlahr used iridology to augment and often even determine his diagnoses. For nerve conditions, such as neurasthenia which was prevalent a century ago, Lindlahr would detect with studying the “darkening or decided discoloration of the areas of the stomach and bowels which are located directly around the pupil.” (Lindlahr, 1914, 113) Lindlahr points out that when the digestive tract becomes sluggish and atrophic the inevitable occurs, that is, autointoxication. The starvation of nutrients and the circulation of waste products, he advised, could only lead to symptoms with the nerves. Lindlahr exclaims, “Is it any wonder that the nerves weaken and cry with pain when they are starved and poisoned at the same time?” (Lindlahr, 1914, 114)

The use of water by the early Naturopaths constituted one of their most powerful modalities, and was strongly endorsing of their principles. Their understanding of the effects of hydriatric applications lead to numerous articles on the subject. The word, ‘hydriatric’ was introduced by Simon Baruch to distinguish and elevate the hydrotherapies as scientific procedures worthy of the attention of medicine. Improving the body’s circulation was the center post on which the cold water treatments focused. Blood circulation was important to convey nutrients to and from tissues and to provide a path for the elimination of waste toxins. In the

first article, drawing upon the research of contemporary doctors, Schultz examines changes to blood pressure and the constituents in the blood stream as a result of water cure applications. Baths were used to lower hypertension. Schultz explains that cold baths increase blood pressure and that the very hot bath will lower blood pressure. “Applications of cold water to the cutaneous surface, causes an increase of blood pressure.” (Schultz, 1914, 421)

Hydriatric applications also affected the respiratory system. The familiar gasp when someone is exposed to cold water was explained by Schultz. He elucidates,

The greatest irritation of the respiratory centre is produced by cold applications, especially upon the chest and abdomen and especially so, when a chest or abdominal gush is given. But as soon as more arterial blood reaches the respiratory centre, as the result of the increased flow of blood from the periphery, this spasmodic action ceases and the respiration efforts adjust themselves to the changed conditions. (Schultz, 1914, 533)

In his second article on hydrotherapy, Schultz briefly describes some of the water applications and their methodology.

Knowledge of the physiological mechanisms associated with hydrotherapy was essential to use water effectively for the healing of disease. Fevers were considered a process that responded very well to “hydriatric applications”. In the minds of Naturopaths, fevers had an important place and their understanding of the role of the fever differed enormously from the allopathic viewpoint. Herbert Harvey noted, “Most of the medical doctors seem to take fever as a great demon ... and will stop it as quickly as possible.” (Harvey, 1915, 434) On the other hand, the Naturopaths viewed the “fever [as] a process resulting from a house-cleaning effort on the part of nature, who seeks to remove from the body the filth accumulated there through faulty habits of living. It is a beneficial process which should not be checked lest its arrest harm the organism and leave it in its state of filth.” (Harvey, 1915, 435)

Harvey addresses the question of how to manage a fever consistent with Naturopathic Principles. He divulges his experiences as a Chiropractor and as a Naturopath, and concludes,

I have had the opportunity to watch it in numerous cases and have never seen a case yet where it could not be controlled and held at whatever temperature desired by hydropathic measures. The most desirable temperature is about 101° F. [38° C.]. This gives the body a chance to carry on its eliminative process and is at the same time where it can be controlled. (Harvey, 1915, 435)

The conclusions that Harvey makes in this article on fever are insightful and help us to understand the strengths of Nature cure in action. Fevers a century ago often alerted people of danger since the diseases responsible for the highest mortality rates had the hallmark of fevers. In 1900, people died from pneumonia and flu more than from any other causes.

The principles which informed their clinical work encouraged our naturopathic pioneers to face such chronic conditions with confidence. Cancer in the early 20th century was as much of a scare as today, for example, and the Naturopath had many cancer presentations to consider. Eli Jones, for example, was an interesting contributor to *The Naturopath and Herald of Health*. As a renowned cancer specialist of his day, he was an MD who specialized in homeopathy. He was the cancer doctor that doctors sent their families to. Jones was vexed by medical doctors who tried to cure cancer most often with surgeries. Jones states, “In Chicago, where a surgical operation is the main treatment for cancer, the disease has increased 812% since 1861.” (Jones, 1915, 436) His angst continues, “It is **cruel** to deceive the victims of this terrible disease, by holding out **false** hopes of an operation that does **not** cure and only hastens the **death** of the victim.” (Jones, 437)

Jones authored three valuable books on cancer treatment, which remain classics today. Jones’ books cover “75 remedies that are curative in cancer with clear cut indications for each remedy. It contains a record of 100 cases of cancer permanently cured.” (Jones, 1915, 437) Jones’ staunch conviction that cancer could be healed was the reason that he felt much disturbed that allopathic medicine was ineffective, leading to stress more on teaching both his students and his patients about prevention because cancer was so often incurable. Even then, Jones asks how can the medical profession “prevent a disease that they don’t know how to cure.” (Jones, 1915, 437) Confidence in treating diseases such as cancer using simple remedies was common amongst Naturopaths practicing a century ago and they had their principles and philosophy in their toolkits. Their observations of the factors contributing to disease helped bolster and strengthen their reserve.

The relationship among the environment, health and disease was intrinsically part of the holism these early Naturopaths embraced as part of their principles and philosophy. The literature abounds in contributions by Naturopaths about environmental matters. Paul von Boeckmann, for example, in his article on “Ventilation” points out the importance of airflow and humidity indoors. He exposes some clear facts on humidity, “Humidity in the driest desert is from 24% to 28% whereas, in a living room heated by a stove, gas, steam heat, or hot water heat, it drops to as low as 20%.” (Von Boeckmann, 1916, 53) Von Boeckmann recommends the benefits for the ideal humidity in our living spaces,

“Humidity means a great saving in fuel, as a room of 65° F. [18° C.] and 50% humidity is far more comfortable, than a room heated to 75° F. [24° C.] and with only 20% or 25% humidity.” (Von Boeckmann, 1916, 54) Our early Naturopaths connected such dots decades ago. The indiscriminate abuse of breathing dry air was a poor lifestyle choice, they contended, and 50% humidified air was optimal and essential for health.

The early Naturopaths also viewed the neglect of the colon equally injurious, and treatment of bowel issues with drugs went against their principle of doing no harm. If the bowels suffer pain, they insisted, use of narcotics “simply to relieve pain, by so killing down the life force and especially the nerves that they can no longer make you conscious of what is going on in the bowels” was vigorously discouraged. (Young, 1916, 185) This topic had many contributors such as M.G. Young. He began writing a column dedicated to phytotherapy in the *Lust’s* journals in 1915. In his article, “Conditions of the Bowels”, Young outlines the colon’s remarkable anatomy and physiology, so necessary for Naturopaths to understand when unraveling the problems of the intestinal tract. The literature shows that they knew that various structures in the abdomen had a key purpose in maintaining the temperature of the bowels. Young insists, “It does not matter what ailment you complain of or what name you give your ailment, if you will pursue the course of emptying and cleansing the system of its waste and offending material, you will be assisting Nature which is already struggling to bring you back to a natural condition.” (Young, 1916, 185)

William Freeman Havard contributed often to the *Herald of Health and Naturopath*. Unfortunately he did not write any books to leave as a legacy of his work in the formation of naturopathic principles. Havard was articulate, though, and his writings that we do have access to illustrate his deep understanding of the human body in the management of health restoration. Havard poses the dilemma of not first laying down a foundation of knowledge; “If we do not thoroughly understand the action and reaction of the body, we are likely to mistake signs and symptoms of disease for the disease itself.” (Havard, 1916, 479) Havard presents key naturopathic concepts that include suppression and cure. In managing the signs and symptoms of disease, Havard reminds us “that disease is a process, not a thing and as a consequence cure must be a process and can not happen instantaneously.” (Havard, 1916, 480) He continues, “In whatever part of the body a disturbance occurs there is an attempted compensation in some other part. ...Whenever we have decreased function of an organ we have a compensatory hyperactivity in some other organ.” (Havard, 1916, 480) He adds case studies to illustrate how “in most disease processes the seat and cause of the trouble are obscure and

the symptoms present themselves in the area of compensation rather than in the original part affected.” (Havard, 1916, 481)

While Havard discusses the symptoms, J. Luepke reviews the trends occurring in Pathology. He observes that the human mind is unable to comprehend “all the knowledge contained in the records of pathological science.” (Luepke, 1917, 246) Creating categories or divisions helps to bring the science within reach. He outlines the various fields of pathology and introduces some of the key scientists associated with each field. Luepke explains why pathology is needed, “[Pathology] not only merely indicates what requires healing, but in many cases also the course that must be adopted in order to aid the curative tendency of the powers of Nature.” (Luepke, 1917, 247)

As a particular example of pathology, more specifically in the case of infantile paralysis, Otto Carqué had deduced causes that were less related to specific germs and more related to indiscriminate eating of white flour, pasteurized milk and white sugar. In Carqué’s opinion “children—especially those raised in cities—are all more or less subject to the same devitalizing influences, such as impure and pasteurized milk, and [by understanding] faulty nutrition as well, we shall come a step nearer to the origin of the fatal sickness.” (Carqué, 1917, 554) The germ theory dominated the medical paradigm, but for Naturopaths germs were seen through a different lens. Carqué contends that “[germs] are there because the morbid condition of the body demands it, the same as carrion attracts vultures and flies. These micro-organisms, instead of being seeds and germs to generate special diseases, are in most instance agents for neutralizing and removing matters that otherwise might be harmful and deadly.” (Carqué, 1917, 555) The view that diseases could be the body’s way of restoring homeostasis was echoed by Carqué who states, “Disease is a process of purification of the system—to burn up and cast out abnormal quantities of waste matter and poisons that have their origin in our perverted and dietetic and unhygienic habits.” (Carqué, 1917, 555)

In the dietetics for children, Carqué illuminates the problems of overfeeding, excessive consumption of sugar and refined carbohydrates. In many ways, Carqué’s warnings are still relevant and indicative of the problems children face in this age of over consumption of denatured and over processed foods.

Benedict Lust over the years refined the doctrines of Nature Cure for his readers. His articles invariably captured in a few paragraphs the essence of naturopathic care, no matter what the topic or issue. In an editorial in 1918, for example, “A Little of the Truth”, he makes no mistake that “Naturopathy takes no credit for the recovery of any patient from an acute disease, because recovery is the natural outcome.” (Lust, 1918, 813)

The distinction between their approach to acute and chronic diseases set Naturopaths apart from their allopathic counterparts. Naturopaths knew that “in acute conditions, remedies are unnecessary, and if given with the idea of checking any of the symptoms, they often result in counteracting and suppressing nature’s healing efforts.” (Lust, 1918, 813) He continues on the subject of chronic disease, “Strictly speaking, chronic diseases are not curable, as the process must return to its acute stage before the disease can be eradicated.” (Lust, 1918, 813)

On the topic of acute diseases, Lust instructs that we must rid our minds of the false notion that acute disease are caused by bacteria. He alleges, “[Acute diseases] are Nature’s means of cleansing the body of accumulated morbid matter, the germs merely playing the role of oxidizing agents.” (Lust, 1919, 113) Lust continues to explain how immunity occurs in the body based upon a concept popularized by Henry Lindlahr of the seven year cycle.

In 1919, William Havard published a series of articles expounding his theory of diagnosis, entitled, “A Course in Basic Diagnosis.” Havard reveals how body functions relate to mind functions and in his course, “outlines an easy method of determining an individual’s predisposition toward disease.” (Havard, 1919, 379) Havard adopted phrenological precepts to establish his diagnostic paradigm. He explains, “Each of the three fundamental functions is related to one of the three Basic Principles of man, the digestion to the physical principle, the breath to the mental principle, and reproduction to the moral principle.” (Havard, 1919, 380)

He further extrapolates and distinguishes each of these three principles. Each of the principles was called ‘bases’ and had a specific location on the head to determine strength or weakness. Digestion, correlated to the physical principle, “governs nutrition and through its organic operations supplies the materials for cell growth and repair.” (Havard, 1919, 534) Those who exhibit a predominant physical base find themselves “to be hardy and physically strong, possessed of great muscular strength and endurance.” (Havard, 1919, 534) “The portion of the cerebrum in which this principle operates lies at the base and is confined to the temporal and occipital lobes.” (Havard, 1919, 534) He continues, “The head of the physically based is broadest at the base, just above the ears, the temples are full and the occipital region well developed.” (Havard, 1919, 593) The second base, the mental or intellectual principle, “operates through the frontal lobes of the cerebrum and its activities are supported by the action of the upper lobes of the lungs.” (Havard, 1919, 535) “The mentally based person presents a high straight forehead, rising straight with the line of the face, while the face itself has a square appearance.” (Havard, 1919, 596) These people have strong lungs and “[thus the lungs] will be the last organs in [the] body to be affected by a disease process.” (Havard,

1919, 535) The third base, the moral or spiritual principle, “governs morality, spirituality, imagination, music, art, poetry, invention and ... religion and infinity.” (Havard, 1919, 534) The Moral Principle was situated in “the parietal lobes ... and receives its support from the generative and other ductless [Endocrine] glands.” (Havard, 1919, 536) He further explains the characteristics of the Moral Principle: “Emotional activities are the chief distinguish[ing] features of the individual possessing a preponderance of brain development in the parietal lobes.” (Havard, 1919, 536) The description of a morally based person is one with “a receding forehead, high top-head, hollow temples with the greatest development in the parietal region.” (Havard, 1919, 595)

In his conclusion, Havard discusses how disease presents in the body, clearly outlining the role of principles and organ systems. He explains, “The basic organ ... corresponding to the basic principle, is the strongest organ in the body. It is the body’s main support and the last to be diseased. The organ corresponding to the second inclination is the first to show signs of weakness and is the point at which a disease process starts.” (Havard, 1920, 178) Havard takes great care in describing the pathological sequence and the process of cure. He does not deviate from the core naturopathic principles of Nature’s laws nor does he abandon the importance of good “food, air, water, light, clothing, thoughts, work, associations, etc.” (Havard, 1920, 179)

This prolific clinician and writer enriches our volume even further with his discussion of the variations and different permeations of disease manifestation, in his September, 1920 article. In order to be successful in implementing Havard’s methods, a good diagnostician would want to “develop a high power of observation and [good judgment].” (Havard, 1920, 387)

Clearly, Havard’s influence on the management of disease in the early naturopathic literature was significant and consistent with the strengthening structure of naturopathic principles in their clinical practice. He wrote with eloquence and exactness for his colleagues. In an article on the subject of tonsils and adenoids, he proposes the trend of his times of removing focalized infections by surgery without hesitation. In particular, Havard reproaches the practice of tonsillectomies especially in children when “it has been proven by the great authorities in medicine that tonsils and like structures serve a very useful purpose.” (Havard, 1920, 441) Havard describes in great detail the anatomy and physiological traits of the tonsils and adenoids. Long before science would discover the mechanisms of immune system and tonsils, Havard comprehended that “all lymphoid glands have a secretion, and it is through this means that poisons are neutralized, but it is of a vastly different character from that of the ductless glands [endocrine system].” (Havard, 1920, 446)

He recognized that enlarged tonsils interfered “with breathing in which case the blood will be improperly oxygenated and general metabolism suffers.” (Havard, 1921, 23) Additionally, he made several suggestions for the treatment of hypertrophied adenoids and the chronic catarrhal reactions which included “cleanliness of the alimentary tract, good bowel action and a proper diet to assist elimination.” (Havard, 1921, 24) He viewed catarrhal symptoms as “compensatory for an inactive skin [that could be treated with] an Epsom salt bath at night using a pound of Epsom salts to a bath.” (Havard, 1921, 24) Not to be forgotten, “fresh air and sunshine are absolutely essential to a cure.” (Havard, 1921, 24) Finally, Havard condemned the use of surgery and adenoid removal as “unnecessary in 98% of cases and the other two percent are not children.” (Havard, 1921, 28) He reasons, “Surgical removal or interference with tonsils and adenoids deprives the body of very necessary organs. It breaks down one of the body’s strongest defenses, thus allowing poisons to enter the blood without being properly neutralized.” (Havard, 1921, 28)

The treatment of acute disease and inflammation was unique to Naturopaths and Havard expanded the professional conversation about this issue significantly. Whereas the Allopaths suppressed the symptoms of acute disease, Naturopaths valued them. While Allopaths fought fever presentations in themselves, Naturopaths considered, as mentioned earlier, the “fever [as] natural in acute diseases.” (Havard, 1921, 225) Havard outlines the differing views and demonstrated that “inflammation is a constructive and protective process.” (Havard, 1921, 226) In Havard’s follow-up conclusion to acute disease, he states, “acute diseases are safety measures. They are periodic cleansing processes which allow the body to throw out all unnecessary material including wastes, foreign substances, and surplus foods that are beginning to disintegrate.” (Havard, 1921, 288) Havard explains why allopathic treatments fail in acute diseases. “The medical treatment of acute disease is erroneous ... because the treatment interferes with the body’s efforts to rid itself of its encumbrance.” (Havard, 1921, 288) Rather than suppress as the Allopaths with toxic drugs and patent medicines, Havard provides a clear protocol to help manage patients with acute diseases.

In an editorial made in the February issue, 1921 Lust raises the diagnosis issue. He chastises doctors who chose short cuts in their diagnostic assessments and “rarely charge a sufficient fee for examination to warrant their spending the required amount of time to make a thorough diagnosis.” (Lust, 1921, 61) Lust recognized the essentials of a doctor’s office practice and implored Naturopaths to “find out everything you possibly can about the patient’s condition; for remember your examination is not only made for the purpose of determining causes, but also the extent of

the effects—the state of function of the various organs or the structural changes that have taken place in the tissues.” (Lust, 1921, 61-62) Diagnosis had been under the domain of the ‘Regulars’ in this era, and the Naturopaths had difficulty to practice their medicine fully without diagnostic privileges. Lust goads his colleagues, “Don’t sneer at diagnosis and don’t avoid it because it requires skill. Acquire the skill.” (Lust, 1921, 62)

Benedict Lust shared Havard’s concerns of the dangers of drugs. Lust wonders, “The delusion that health can be restored by swallowing drugs is so widely spread that one doubts the sanity of people who spend large amounts of money for medicines, inasmuch as their experience gives them usually, if not always, unsatisfactory and often fatal results.” (Lust, 1922, 5) Lust provides a clear example of the detrimental effects of drugs with headache powders that were shamelessly sold as miracle cures.

The body’s ability to heal was taken up by another, James M. Tarsy who posed numerous questions that confront us in dealing with health. One of his many questions, “Am I going to have health because I take care of myself, or because I concentrate my attention on how best I can avoid germs?” (Tarsy, 1922, 68) The notion that germs are why we get sick was not supported by the Naturopaths, frequently cited, as we have seen in the literature. Tarsy continues on the subject of germs, “The germ theory has attracted the attention of humanity specially upon the poor germs and away from the human body and the laws of nature. It has taught that germs are the cause of disease and not carelessness in obeying the natural instincts.” (Tarsy, 1922, 69) Health is the result of observing Nature’s laws, repeatedly emphasized in article after article in Lust’s journals and elsewhere in this era.

In 1923, in the January issue, Benedict Lust publishes an article, “Your Great Life Work” and the conclusion appears in the February issue. Lust considered naturopathy to be a profession that was one of the most rewarding, fulfilling and honorable to pursue. In this article, he is speaking as the President and Dean of the American School of Naturopathy, urging people to “choose the right occupation, get the right preparation, and you may reasonably expect a notable career of usefulness with honor, fame, large financial rewards, and a wealth of inner satisfaction.” (Lust, 1923, 5) His article brims with 12 reasons why naturopathy is the right profession.

He reports that in 1923, “Naturopathy was now legalized in 27 States.” (Lust, 1923, 7) Lust continues to applaud the successes of his school that had graduated over 9,000 who were located in the USA, Canada, Central and South America, Europe, Asia, Australia and Africa. The reach of naturopathy was increasingly global. Lust reports that the very best methodologies had been incorporated into the curriculum which includes “famous European specialists as Kneipp, Kuhne, Ehret, Bilz and

Just.” (Lust, 1923, 58) Lust had rallied the Naturopathic profession from its inception and here we find his sincere belief that Naturopaths find happiness in their work. He adds as a Naturopath “you will relieve human suffering, prevent human ills, banish human woes and cares. You will teach and practice the great truths of life, most uplifting inspiring to yourself and others.” (Lust, 1923, 61)

Lust attributed the highest prestige to Henry Lindlahr, and referred to him as the Father of Scientific Natural Therapeutics. (Lust, 1923, 438) Taking excerpts from Lindlahr’s autobiography, Lust published the genesis of Nature Cure that Lindlahr developed. Lindlahr states, “My early life was a sort of experiment to see how far I could go in violating the rules of wholesome living without suffering immediately and intensely Nature’s penalties.” (Lindlahr, 1923, 439) Lindlahr began his journey back to health by reading Kuhne’s book, *New Science of Healing*. From Kuhne, Lindlahr learned, “In simple but convincing language it taught that all disease, barring accidents and surroundings hostile to human life, is due to violations of nature’s laws in habits of living; and that, therefore, the fundamental principle of true healing must consist in a return to natural habits of living.” (Lindlahr, 1923, 439)

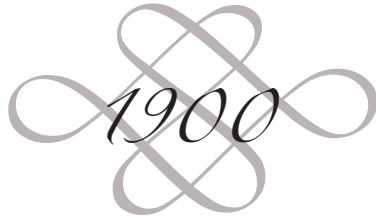
Lindlahr had emigrated to America at the same age as Lust, both arriving at the age of 20 and both desperately ill, forcing each to change the course of his life. Both returned to Europe to be healed and both returned to America to continue their studies of various branches of medicine available at the time. Both of them created schools and sanitariums. Both Lust and Lindlahr developed curricula at their respective schools with the objective of providing their students the best of each of the medical systems. Lust called his Naturopathy and Lindlahr called his Nature Cure. Lindlahr approached his school with an eclectic objective of having “representatives of the allopathic, homeopathic, osteopathic, neuropathic, chiropractic and naprapathic schools of healing work side by side in the practice of Nature Cure.” (Lindlahr, 1923, 441) The appearance of Lindlahr’s article comes a year before he passes.

The final article in *Principles of Naturopathic Medicine* is an address delivered by Dr. B. Stanford Claunch. Claunch reveals his objective of “an insight into the building of disease—an explanation of the chief influences that enter into the impairment of health.” (Claunch, 1923, 469) Claunch provides a summary of many of the previous articles giving statistics and logical arguments in favour of the healing power of Nature. He counsels doctors, “It should be the education of all physicians to learn these laws and then teach them to their patients instead of *treating* their symptoms and *curing* their *specific* diseases.” (Claunch, 1923, 479)

The guiding principles of naturopathic medicine were orchestrated by

many doctors who had an interest in studying science with the purpose of understanding best how the laws of Nature aligned naturally to that science. Their logic was as unassailable and effective as any of the principles that were dominating the medical discussions. Their faith combined with their experiences have lasted through their writings for future generations to dissect, analyze and put to the test.

Sussanna Czeranko, ND, BBE



INTRODUCTION TO THE NATURAL METHOD OF HEALING

FRIEDRICH EDUARD BILZ

THE BARBAROUS TREATMENT EMPLOYED IN
FEMALE COMPLAINTS

HENRY LAHMANN



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INTRODUCTION TO THE NATURAL METHOD OF HEALING

by Friedrich Eduard Bilz

The Kneipp Water Cure Monthly, I (5), 65-66. (1900)

Motto: "Wasser that's freilich, hoher jedoch steht die Luft, am höchsten das Licht": Water is a potent factor in healing, still more so is fresh air, and light most of all.

1. During a water treatment in any form, the body, and more particularly the feet, must be sufficiently warm; the patient should therefore never be treated when he feels chilly. When the skin is cool he must try to produce warmth by friction with a dry towel, by dry packs, exercise, going to bed, foot-steambaths in bed, etc. The most suitable time, therefore, for treatment with water is generally after getting out of bed in the morning, when the patient is sure to be warm.
2. Applications, as for instance, stimulating compresses on the whole or parts of the body, packs, etc., are also suitable immediately before going to bed.
3. A cool room must be warmed before any form of water treatment be undergone by a patient in it.
4. No application must take place either shortly before or shortly after meals, more especially those forms of treatment calculated to greatly stimulate the body.
5. No application must take place after unusual excitement or exercise, which puts the blood in motion; tranquility must first be restored to avoid injurious results.
In cases of fever, on the other hand, when the blood is constantly in motion, a judicious treatment will, on the contrary, be very beneficial.
6. After a water application (packs, baths, etc.,) care must be taken to speedily restore warmth by exercise, friction, bed, hot water bottles, etc. The two latter means should only be resorted to when the patient is too weak to acquire warmth by bodily exercise.
7. After a warm bath, steam-bath, as well as after stimulating and warm packings, compresses, a cooling down of the body must follow in the form of douche baths, affusions, irrigations, lavations with cool water, to prevent catching cold.
8. After any application of water a pause must be made before a second treatment can take place, long enough for the body to completely recover its warmth, and until an agreeable sensation of comfort has

supervened. It should be the aim, therefore, to attain this object speedily. Above all, however, the patient should not be importuned to exert himself too much, but time and rest should be allowed him to act on his own initiative.

9. It is advisable to give the patient fresh water to drink occasionally, large quantities should never be taken at one time, but rather an occasional sip, but not contrary to his inclination. (The water may be given a little warmer if he so desires.)
10. A sick person must abstain from stimulating food, in many cases be allowed only invalid's diet. Neither must he, on any account, eat too much, nor too often. (It was Professor Trall, as far as we remember, who made the remark in his book, that he had worked wonders in many chronic cases by allowing the patients not more than one or two meals a day.) But in this respect also it is advisable to avoid extremes.
11. The utmost care should be taken to ensure sufficient and, more particularly, efficient attendance. Many—nay, most of the fatal cases which occur after the adoption of our treatment happen through the lack of expert attendants. Moreover, the sheets, blankets, baths, compresses, as well as a syringe or irrigator (little can for rinsing), wanting in a good many families, should be of a proper size to be really useful, because a favorable result is only attainable by strictly adhering to our instructions. The utmost cleanliness is necessary in the use of linen and raw-silk compresses. A double supply of materials for packs should always be on hand, so as to ensure clean cloths for every packing. The cloth which he has in use, and which in consequence has absorbed a great deal of impure water, must be put into tepid water, well washed, and after having been rinsed in cold water, be hung up in the open air to dry. When the packs are frequently changed, the same sheets, after being well washed in tepid water, may be immediately used again. But, of course, they must first be put into the water meant to be used for the packing, and then wrung out. Still, it is advisable, for the sake of cleanliness, to pay attention to the above suggestions. The blankets, too, must be hung up in the open air occasionally. We request the strictest adherence to these instructions, as in these points particularly the greatest mistakes are committed.
12. Let the patient always have requisite rest, and let fresh air be provided in the sick room. Before entering upon the treatment, it is necessary to be quite sure in every case of illness whether to apply stimulating, soothing, cooling or deriving forms. To carry a case to a successful issue, not only should the few lines bearing upon the particular illness be read (otherwise much benefit may be missed), but everything that

is said in other parts of this Journal and under different heads about the suitability of the measures recommended for patients with different constitutions, of different ages, sexes, etc., and more especially all that relates to the vital power of the particular patient. The more the *Kneipp Water-Cure Monthly* is studied the more perfect will be the insight which the reader gains into what he is to do and what he is not to do in a particular case. For this reason the *Kneipp Water-Cure Monthly* should not merely be consulted when illness knocks at the door, but in the days of health, when there is leisure to gain information and enlightenment. It is then that the telling force is felt of the good English proverb: "Forewarned, forearmed!"

13. Never disturb a patient in his natural sleep to make any application, whatever being an injunction we would impress upon every sick-nurse. There is not a more beneficial remedy for illness than sleep. It frequently happens that the severest illness takes a favorable turn in consequence of a sound sleep. Exceptions are, however, admissible in cases of fever patients, because the sleep is only apparent, and sleeping fever patients with a very quick pulse, say, one hundred and twenty beats a minute must according to the plan of treatment, be placed in a cool packing, bath, etc.

Breathing fresh air also exercises a most rapid and beneficent influence on a patient. The window in the sickroom should, therefore, be open. Let it be shut while the patient is being bathed, or is undergoing a fresh packing. It may be closed now and then, if the cold outside is very intense, because a certain amount of heat is required by and is beneficial to some patients. Let those able to work enjoy the open air as much and as often as possible.

14. Mild baths (92 and 94 degrees Fahrenheit) [33° C. and 34° C.] should be the only form of application to patients who are too weak to get warm again quickly. In such cases an invalid has first to be strengthened by a preliminary tonic treatment to render him more capable of resisting cold before passing to a proper course of water treatment.
15. Reaction is called forth in persons who are at all capable of producing it in the proportion as the water is cold—i.e., the colder the water the more rapidly and the more abundantly does the blood, repulsed for the time by the stimulating cold, return to the surface of the body and to that part which is under treatment.
16. Be it observed, that bathing with warm water, warm compresses or baths above 100 degrees [38° C.] are seldom applied and rarely to be recommended, because: a) the skin gets too relaxed by them, and b) the activity of the nerves is lowered, the process of assimilation, instead of being promoted, is arrested and interfered with.

It is only as an alleviating agent, when there are violent pains, that warm water may be applied as a necessity, and then only for a short time, because of its nerve-soothing, cramp-stilling properties.

17. A patient undergoing a detergent or deriving course of treatment (such as hip-baths, foot-baths, foot-steambaths, etc.,) must not read during an application, because mental exertion draws the blood to the head and makes electricity active in the brain.
18. The symptoms accompanying an illness, such as are indicated in each particular case, may all appear simultaneously or only one at a time.
19. The patient is enjoined to be of good cheer and as hopeful as possible, for that, too, is an important factor in the work of healing. A patient full of faith and hope regains convalescence far more easily and far sooner than one who is despondent. For implicit faith in the physician and his treatment is half the battle, and seldom the whole battle. It is therefore well to inspire the patient with hope and courage by telling him truly that our natural method of treatment effects absolutely miraculous cures. Thousands of patients, given up by medical men have been cured by our method. On this subject we refer to the many successful results (reported cases of patients) enumerated at the end of each article. A patient should never be exposed to cares and vexation.
20. If alleviation, improvement and cure do not immediately result, let our natural treatment nevertheless be quietly proceeded with—i.e., a suitable course, such as a clever Natural Healer would prescribe in all critical cases. The result will, without fail, be satisfactory. At any rate, the patient will always save at least half the time (in most cases more) required by a regular allopathic practitioner.
21. Although an application is or may be made even for slight indisposition, it is not right to plunge headlong into a course of treatment or to go to bed and fancy that it is a serious case of illness, as happens with a good many people. Imagination plays a great part. The philosopher Kant says: "The inclination to be ill is wrong, for the will can affect a 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 itself.

Lancing may sometimes be necessary 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 abscesses—formation of blood must be aimed at by a strengthening or regenerative treatment.—Bilz, *The Natural Healing*

During a water treatment in any form, the body, and more particularly the feet, must be sufficiently warm; the patient should therefore never be treated when he feels chilly.

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. . . bathing with warm water, warm compresses or baths above 100 degrees [38° C.] are seldom applied and rarely to be recommended, because: a) the skin gets too relaxed by them, . . .

THE BARBAROUS TREATMENT EMPLOYED IN FEMALE COMPLAINTS

by Dr. Henry Lahmann (Sanitarium Weisser Hirsch near Dresden)

The Kneipp Water Cure Monthly, I (5), 73-75. (1900)

Women have as yet derived the fewest advantages from the natural method of healing, and yet it is just they, who have the greatest claim upon its benefits, seeing that 75 percent of all patients are of the female sex, and that women above all have to suffer fearfully from medical treatment.

Owing to the same causes, which affect our entire race with anaemia we see the same morbid symptoms, almost universal among the whole female sex, symptoms, which spring from defective nutrition and from the debility of most organs. By reason of the peculiar constitution and arrangement of the female sexual organs, the position of the uterus amid surrounding parts, which are very abundantly supplied with nerves, a disturbance in the process of nutrition, or some debility in this region is of momentous importance both for the bodily and mental condition in general. We are justified in saying, that perhaps 50 percent of all the girls and especially married women are afflicted with weakness, flexions, displacements or descent of the womb. This organ is not strong and full of healthy humours so as to be able to retain its normal position, but weak and flaccid; and following the law of gravitation, collapses and gets displaced, according to the structure of the surrounding parts. But by this displacement the nerves situated near, and running to the organ are distended and strained. The great pain arising from this is the most unspeakable pain in existence, paralyzing, as it does all bodily and mental life. It is not so unbearable because of its violence, but because of the way it manifests itself; a man also may form an idea of it who has had occasion to become acquainted with the sensitiveness of the abdominal nerves, and more especially the extension of the pains into the channels of the cerebral nerves. How searing are the pains arising from colic; how intense and general the pain felt upon having a blow dealt in the pit of the stomach! No wonder then, that with irritating conditions of some standing within the sphere of the abdominal nerves, great disturbances in remote parts of the system may be brought about, changing and deranging the whole mental life of [women]. If we knew, how much a woman has to feel most wretched, we would not so frequently listen lightly and derisively to their loud or mute complaints, which certainly seem to us to have no substantial basis.

The usual treatment of this kind of disease is the symptomatic one; never for once looking into the true causes of the malady. The result of the weakness of the womb is its displacement but, owing to its peculiar anatomical relations it is, at the same time the cause of disturbances complained of. In face of this latter fact, relief is considered attainable by

mechanical means. Pessaries, tampons and such like are employed, and the trouble is over at once. But gently! Wait a moment! The pessaries only momentarily prevent the evil effects of weakness in the uterus, but they do not cure it and the derangement makes itself felt again with the removal of the pessary, and the woman, who has once worn one in consequence of a displacement of the womb, is obliged to wear one all the rest of her natural life. The injurious results however, of using pessaries, are so various and in certain circumstances so disastrous, that the complaint itself, which they are intended to remove, is a blessing in comparison. Not only are the parts of the vagina gradually extended, giving rise to a further descent of the womb, not only may disturbances be created within the sphere of the organ by the reflex action of the sensitive vaginal nerves, leading to palpitation of the heart, pericardial injury, determination of blood to the head, vertigo, extravasation of blood into the eye (resulting in partial or total blindness), or to the much dreaded detachment of the retina, but with insufficient care, letting the pessary remain too long in the vagina, opportunity is furnished by the pressure exacted on the vaginal wall, to effect its atrophy; and having gradually made a way for itself as far as the bladder or the rectum, produces fistula of the bladder, or of the rectum, as the case may be. Innumerable women, having been under the treatment of physicians of every school, carry away with them deeper-reaching disorders than they ever had before; many are afflicted with some nervous, some eye-disease, of which neither they, nor the physicians know the cause, but one of the most disastrous results is the mental depression, to which great numbers of women are subject, who are endowed with a sensitive nature. The sensation of carrying about an instrument within, directed against a disease, keeps the feeling of illness constantly alive, does not permit a happy disposition to supervene and thus a morbid depression of mind is gradually developed.

Postponing to another time the discussion of the equally reprehensible treatment of the remaining female complaints, let us consider what form a natural mode of treatment will assume. The natural—and as its other name: the etiological (i.e. recognizing the cause) mode of treatment expresses, starts from the removal of the cause which first produced the disease; its symptoms are of importance and interest only, as indications of the cause. The origin of the uterine inversion, displacement, descent, is weakness, defective nutrition of the womb and its adjoining parts in consequence of either insufficient supply of blood or of its unsatisfactory composition. The fundamental treatment is therefore dietetic, aiming at an improved formation of blood (of course, without giving iron, etc.,) with this alone however, a very slow and partial result, especially in inveterate cases would be obtained. Nor will the application of water in the form of hip-baths and injections, although a welcome auxiliary, have always

the desired effect. It is massage of the uterus alone that is here the really rational and effective treatment (see article "The Thure-Brandt Massage" of February. B. Lust, the editor.*)" Just a massage—passive, muscular movement—is the only rational way of increasing and promoting the formation of muscle which has been weakened or paralyzed by faulty purely mechanical manipulation, it is the only really health-restoring treatment. Every movement of the muscles, whether active or passive, is a means to their development and it stands to reason therefore, that massage, when applied to the diminished and weakened smooth muscular fibres of the flaccid womb, must of necessity raise the status of their nutritive capacity and by removing the cause, ultimately bring about a thorough radical cure.

The manipulations are the same as in the combined (internal and external) examination; the fingers, introduced into the vagina, support the neck, and remain perfectly quiet, so as to avoid any injury to the delicate mucus membrane, while the other hand kneads and presses the lower abdominal parts from the outside. There is, alas! a lack at this day of ladies-doctors, but we hope, it will not be for long, as it is they, who can to the full, bestow the benefits of the Natural Method of Healing** upon their own much-tortured sex. In order to attain this end speedily, the point is above all, to enlighten the female sex; it will not be difficult to show women the indecency of employing male "specialists for women's diseases" and to spur them on to unite for the overthrow of this system. Union is strength and they soon will become conscious of it. I for my own part, wherever I have the opportunity, shall begin with the education and training of female doctors for women and children; patrons perhaps will come forward to assist in the realization of this work. Till then, of course, the exercise of the Natural Method of Healing in case[s] of women must be left in the hands of able men.

If the displacement of the womb is a result of weakness in the organ itself, the descent of the womb (and vagina) is a consequence of weakness in the pelvic fundus. But how can we wonder at such a weakness in women who have had children, when we call to mind the wholly unnatural position which ignorant physicians and mid-wives require the poor sufferers to assume at child-birth. Lucky the woman, who while walking or standing, is suddenly surprised by labor pains and is delivered in this or a sitting position; she has no pains to suffer, no risk to run of a rupture of the perineum, or of incisions, with the surgical knife, or of ruin to the

*Carola Staden wrote an article on "The Thure-Brandt Massage" describing this therapy available for women, which will be included in *Practice of Naturopathic Medicine*.

** Henry Lahmann, a German, wrote characteristically using capital letters for nouns which is common in the German language. *Ed.*

fundus of her pelvis, from loss of its elasticity, since during a long and wearisome child-birth in the usual wretched dorsal or lateral position the whole weight of the child is centered on the perineum, stretching it to the point of rupture, at any rate, beyond the capacity of its elasticity!

Pessaries, uterine supports, bloody operations, the benefit of which is of short duration, are then required, whereas an enduring result can only be obtained by strengthening those parts (by practical bandages, giving them support from the outside). Another circumstance, fraught with the greatest danger is, that by unnatural modes of life and education, a displacement of the abdominal teguments is caused, the flaccid condition of which renders this possible, the viscera is held only by these abdominal walls in their normal position. Floating kidneys, a moveable liver, flexion of the intestinal tube, etc., are the most frequent consequences of a pendulous abdomen, and the physician is mostly at a loss, how to deal with this host of painful symptoms, whilst his physiological ignorance allows the daughters of his patients to go the same road which proved so disastrous to the mothers. The defective development of the abdominal muscles in girls,—who, instead of tumbling about like boys, nay more than boys, jumping, climbing, wrestling, etc., spend their childhood and maidenhood mostly in a sitting, bending posture—is perceptible at an early age, and causes weakness of the abdominal integuments, which produces constipation, vascular congestions in the abdominal organs, irregularities in the time of menstruation, thus making the woman today as little as possible prepared for maternity.

And how all this avenges itself on the innocent and untaught! The cautery is constantly used to relieve a stoppage in the menses, the cauterized places becoming may be the foundation for future ulcers; the scraping of the womb with sharp-edged curettes goes on merrily; in short, many horrible deeds are perpetrated, which never would be performed by female doctors, because they could not thus torture their own sex.

It is very intelligible that a natural process like confinement, should under conditions such as we have described, be looked upon as a fatal destiny by many women; only we must not presume to pronounce this process to be dangerous, which is decidedly not so under natural conditions. But if troublesome operations in confinement and child-birth are rendered necessary at the present time, or speaking more correctly: if many unnecessary operations are performed, in ignorance of the normal course of natural functions, the dangers increase with every person coming to help, and with every manipulation or operation, performed with a view to assist.

It is true that the much derided doctrine of Semmelweiss has won its way to public recognition and that the number of cases of puerperal fever is only one-fifth to one-tenth of what it was forty years ago; but on

the other hand the number of cases of recovery is not greater than it was; since the disease is improperly treated with bags of ice, opium, and in many cases even with inunctions of mercury on the thighs and the dangerous uterine syringe. The object can be perfectly well attained by wet compresses and packs, changed more or less frequently, by frequent rinsing of the vagina and by enemata [enema].

It is no wonder then that even if recovery should take place in mild cases, exudations remain behind, which, as the time is allowed to go by when they can be removed by means of warm compresses, involve the danger of chronic peritonitis with premature decay and death. From a misunderstanding of the law of cleanliness, all kinds of poisons, such as carbolic acid, mercury, etc., were substituted for pure water (with perhaps the addition in some cases of the harmless citric acid), and freely administered from a dread of infection, so that the danger of carbolic acid and especially mercurial poisoning has also to be reckoned with. It is well known that by reason of the craze for operations prevalent at the present day, suitable etiological treatment is generally abandoned, and the knife resorted to whenever the symptoms seem to require it, useless and injurious operations and amputations being constantly performed on the poor unfortunate women; it is not, however, equally well known that an easy and painless cure be effected by means of tepid hip-baths, massage and general derivative treatment, as in the case of a relaxed epigastrium that cause is usually to be treated to disturbance of the circulation. The same dietetic causes which make women anaemic, obese and bloated operate also in the formation of the frequently occurring ovarian tumors since the degeneration of the humors manifests itself by preference in the glands. The empirical operator of course says: "out with it", and saves himself the trouble of reflecting on the cause, he also risks nothing, as the woman operated on consents, and the public is not very exacting with regard to the success of such an operation as an abdominal incision. It never occurs to anyone except members of the etiological school that restoring the humors to a healthy condition, dry treatment, or sweating treatment may be successful in these cases.

Diseases of the mammary glands stand in intimate connection with diseases of women as usually understood, a physiological relationship existing in fact between the breasts and sexual organs. The development of the glands is often attended with irregularities, frequent circumscribed indurations making their appearance about the time of puberty. The poor creatures are driven by the bogey of "bad breasts" of which they hear such doleful reports, into the hand of the operator. The latter though he knows very well that the hard place is of no particular consequence, proceeds to remove it, and endows his young patient, not only with a disfiguring scar, but with the liability to a subsequent dangerous

illness arising therefrom, though of course without knowing this himself. The same indurations occur about the time of the commencement of puberty in boys, and are easily reduced by manual treatment and compresses, and there is absolutely no ground for treating these cases differently in young women.

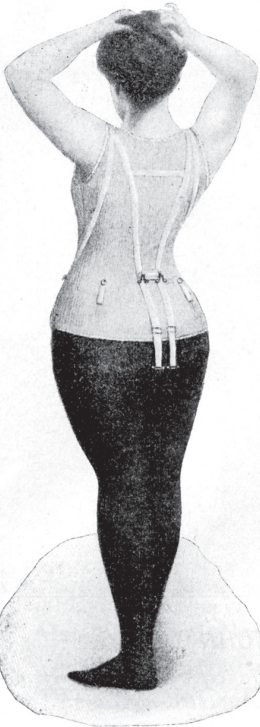
Inflammation of the mammary glands is often met with in pregnant women or in women suckling or in childbed, especially when suffering from puerperal or other fever[s], the exciting cause of the inflammation either entering into the glands through small lacerations in the nipples, or still more frequently—and this is always the case when the inflammation follows in the wake of a fever—finding their way into the glands from the circulation. As soon as a soft spot is discovered in the tight painful swelling, the knife is resorted to; the result being that after a long and tedious recovery, the patient is left with a hard, ugly scar, and the prospect of a future tumor being formed. If my knife-loving colleague would only try to bring the ulcer to a head and make it burst by means of hot compresses he would be so gratified by the easy and painless manner in which the wound heals, and the cheerful state of mind of the patient, thus spared the pain and risk of an operation, that he would never use a knife again.

Owing to unnatural conditions the life of woman is in every respect a martyrdom. I have sufficiently shown the truth of this as far as bodily suffering is concerned, though much more might have been said on this subject. I will conclude with a few remarks on the evil of old age. Old age may be described generally as a period of cancer; with women it is emphatically the period of cancer of the breast and uterus. Operations are of course performed and repeated, for in eighty cases out of a hundred the disease returns. As cancer is caused by degeneration of the tissues and chronic deterioration of the humors, a natural treatment will of course give the greatest prominence to dietetic measures. By the copious administration of acid fruits, and by applying citric acid or slices of lemon to the open sores the malignant growths may be checked, and under favorable circumstances even made to disappear.

How can we wonder at such a weakness in women who have had children, when we call to mind the wholly unnatural position which ignorant physicians and mid-wives require the poor sufferers to assume at child-birth?

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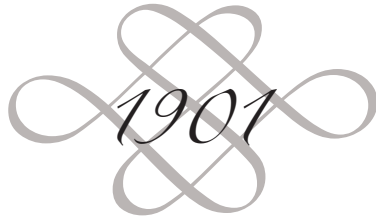
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PUBLIC EDUCATION IN HYGIENE

A. J. SANDERSON, M.D.

CARE OF THE NEW-BORN

FATHER SEBASTIAN KNEIPP



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PUBLIC EDUCATION IN HYGIENE

by A. J. Sanderson, M.D., Superintendent St. Helena Sanitarium

The Kneipp Water Cure Monthly, II (2), 52-53. (1901)

The twentieth century dawns upon a world of progress. In every line of science and art, there are developments which lead us to look back upon our ancestry with some degree of sympathy for the disadvantages under which they lived.

Sanitation has not lagged behind other sciences; and the external world may be said to be cleaner today than at any previous age of similar population. As a result, the great epidemics and plagues which in former centuries have almost threatened to depopulate certain sections of the globe have ceased to be our fear and dread. Even the countries that do not keep pace with modern education and improvement, are so brought under the influence of more civilized nations that the sanitary condition of their crowded centers has been very much improved.

There is much to be praised in the sanitary systems of the most modern cities. Places which do not keep pace with the more recent ideas of sewerage and cleanliness cease to be the attractive centers for the people that they would otherwise be. These influences have done much to make more comfortable the conditions under which we live, and have, to a great extent, prevented in recent years the spread of ordinary contagious diseases. As a result, we find that the average age of man has lengthened; and it is quite commonly thought that the advance of knowledge and science will pave the way for longer and better life.

Yet, as we view other features of modern civilization, we find that there are evils as well as blessings coming into our modes of life. While the average length of life is greater, man does not have the strength or the constitution that he had one hundred years ago.

The fatality of epidemic diseases may be more successfully controlled; yet diseases multiply in number; and even in an age of abundance and plenty, suffering is on the increase. At no previous time have there been so many physicians who have been so constantly employed in the treatment of the ills of mankind.

The great army of consumptives, who go down from year to year, will do much to maintain the death rate, which was formerly caused by the unchecked spread of contagious diseases.

The great many sufferers from dyspepsia, and from neurasthenia, and other forms of nervous diseases, are a product of the unfortunate features of modern life and education. In the rapid progress and great competition of the present age, we seldom stop to consider to what end many of our ways are tending. And probably at no age has there been such a need of

proper education in the matter of personal hygiene and natural living, as there is to-day.

It is unfortunate that every advanced age has been followed by a period of decline. Many of the large cities of former ages equaled or even surpassed in many ways the excellency of our own; yet the location of some of them can not be found. The reasons are manifest. Their lack of permanency was due to defect in the principles upon which they were founded.

All life that is maintained without conformity to the laws of life, must meet with premature decay. An animal that is developed to bring out some fine quality for some special purpose, without reference to its natural conditions, is thereby disqualified for the preservation of the natural qualities and powers of its species. Land that is over-cultivated, will have to go into disuse until, through the process of rest, and the decay of wild vegetation, it will again become able to bear fruit.

The same general laws which relate to the preservation of the inanimate apply also to the living. One form of life is just as sure to degenerate, when improperly cultivated, as another.

In comparing the average individual of to-day with one of former times, it is of striking significance that the lessened powers of endurance are fully as manifest as in the increased intelligence. In other words, the world is becoming more enlightened, but the physical forces which would make permanent this vantage-ground, are degenerating.

A reason for this is found largely in the ignorance of the average individual concerning the natural conditions under which our physical forces can be best developed and preserved. Life, in its simplicity, is rarely studied, while the complications which attend the competition of the present day are all the time increasing the nerve tension and the physical strain, which are driving the machinery of the human body on to sure wreckage.

The public mind needs to be aroused. In the home, in the school, and in the community, there should be a truer education concerning the needs of the body, and the conditions under which it is designed to reach its highest development. This education should be given to the people who need to be enlightened regarding the care of their own lives, rather than to a few whose function it shall be to govern according to sanitary laws.

Most of the diseases which afflict us are preventable; and the maladies from which we actually suffer would always be either aborted or lessened in severity if the system were kept in its best condition, and appropriate and simple measures were promptly and energetically applied.

To teach hygiene to the public, earnest and self-sacrificing efforts must be made. Society is governed in its convictions, as well as in its ways, far more by fixed habits than by fixed laws. Before the benefits

of reform can be fully realized, a taste must be cultivated for the simpler forms of life, such as belonged to our forefathers, from whom we inherit the constitutions which give us even our present powers of endurance and development.

Nature is fully able to maintain one's strength when her laws are not violated. Every organ of the body has capacity for doing more than double the work necessary to support the system. All we need is to give them natural advantages. If, in feeding and working the body, and in the rest and protection which we afford ourselves, we follow natural requirements, we would be rewarded by a strength of the physical organism that would be fully able to support and maintain even the broadest intellectual and business life.

In this age of plenty, there are more cases of malnutrition than ever before, except in times of famine. Our diet has come to consist of classes and combinations of food which have a feeble nutritive value, but which disturb digestion, and prepare the way for disease to enter the system. The concentrated sweets, the bolted flours, the poorly prepared and adulterated proprietary foods, intended to compensate for deficiency in the training of cooks, are all supplying the system with pasty, fermentable dishes, which can not possibly be turned into healthy energy and tissue. This lack of proper, substantial food creates an unconscious call for something that will better support life.

Instead of this demand being answered by the preparation of natural food suited to the needs of the system, artificial ingredients are added to meet the perverted taste, and stimulants are brought into use, on the supposition that they will take some part in giving strength to the waning forces. Tobacco, tea, coffee and wines have almost come to be looked upon as necessary adjuncts to the table.

In this way the modern stomach has come to be an unknown quantity, as is indicated by the fact that one of its digestive agents, hydrochloric acid, varies from several times its normal quantity down to a mere trace, and in quite a percentage of cases is entirely absent.

This varied state of the stomach explains readily the disturbed nutrition. If the value of a wholesome, simple diet could be properly appreciated and demanded, the table of the average home and the public dining-room would be materially altered in appearance from what is it at the present day.

The call for a natural diet is not more urgent than the need for a more equal distribution of physical labor. The specialization of the present day, which demands that every one's energies should be spent in one special line, is incompatible with health. Sedentary habits, and the confinement of one's occupation to a special line, to the neglect of general exercises, are the prominent reasons for the physical decline of the present generation.

Recreative exercises, or an occupation that changes one's fixed physical habits, is a necessity.

Equal in importance with the activities of the system is the necessity for systematic periods of rest and sleep. Few, if any, are the justifiable excuses for their being broken or interrupted. All violations are sure to be followed with loss.

The natural relationship between the evenly-working organs of the body and the ever-changing environment about us must be maintained. The power of adjustment of the human machinery is abundantly able to do this when the cutaneous surfaces of the body are kept normal. The healthy skin, by the intelligent influences which it communicates to the system within, has the power to keep up the combustion of the fuels within the body in exact proportion to the needs which are required to meet the atmospheric influences and other external conditions. This self-adjustment is disturbed whenever the surface of the body loses its natural power of reaction, which is liable to come about by the use of improper quality or quantity of clothing, and by the neglect to keep the surface of the body and the glands of the skin properly active, through exercise and bathing.

There is nothing so sure to make one subject to colds and respiratory difficulties as to keep the skin covered with impervious material, or such an excess of clothing that it can not maintain its normal power of resistance against heat, cold and dampness.

The common maladies, such as colds, la grippe,* or simple digestive disturbance are amenable to correction when proper measures are taken in the initiatory stages.

It is the right and necessity of the public that every individual should be so acquainted with the needs of his own body that he can properly preserve it and maintain full possession of all its powers.

—*Pacific Health Journal*

* *La grippe* = the flu. *Ed.*

The concentrated sweets, the bolted flours, the poorly prepared and adulterated proprietary foods, intended to compensate for deficiency in the training of cooks, are all supplying the system with pasty, fermentable dishes, which can not possibly be turned into healthy energy and tissue.

CARE OF THE NEW-BORN

by Sebastian Kneipp

The Kneipp Water Cure Monthly, II (3), 81-83. (1901)

Those, who have watched by the dying and seen the last duties accomplished, must have noticed the difficulty of drawing each breath as the last moment drew near.

It is a severe battle of Nature which no one can regard without emotion.

Just as there is a struggle while the breath becomes ever slower and more difficult, until at last it quite ceases, so there is also a similar fight when the new-born child enters the world and begins to draw independently.

When the breath is first drawn, there is always danger that the little creature may suffocate and that death may put a rapid end to the life that has only just begun.

The small being begins to draw in the fresh air very feebly, and as the air penetrates into the inner-most places, it encounters many obstacles for the organs are still very weak.

If the new little citizen of the world could think and speak, he would call for help, and I would go to it quickly, and promptly immerse the tiny child in cold water, but naturally take it out again at once.

The cold water causes a strong concussion* and at once braces the child's whole system; the breathing is rendered easier, and many a child, who could not otherwise breathe, is by this immersion kept alive.

Water applications are thus sensibly used by country people when the new-born calves and foals are unable to draw breath. In such cases they immediately pour over their heads on the straw a goodly portion of cold water. This douche at once electrifies the young animals, who shake their heads and begin to breathe rapidly.

In this way thousands of creatures are saved which otherwise through weakness or mischief would come to grief.

Just as water may be and is a helpful remedy for men and animals on entering the world, so is air of great importance, especially that which a child breathes at the beginning of its life. It certainly makes a difference whether the child breathes a fresh and pure, or a bad, foul, even stinking air which, instead of refreshing and bracing the new-born creature, rather does harm to its tender body.

At the beginning of life oxygen is most necessary, and this is only sparingly found in the bad air. If, however, a really pure air containing

*The meaning of concussion is shock. *Ed.*

THE CARE OF CHILDREN

In Sickness and in Health.

By Monsignore SEBASTIAN KNEIPP,

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I. Elegant Edition. Price, Cloth \$1.65.

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In this little work Father Kneipp sets forth the happiness responsibilities and duties of Motherhood and he instructs Mothers how to regulate their lives and how best to bring up their children. Father Kneipp also gives simple directions for dealing with the usual diseases of Children,

CONTENTS.

Preface. **First part:** Brief advice to parents. a) How parents should take care of their own bodies. 1. The mother's food. 2. The dress of the mother. 3. Applications of water b) How should parents care for their souls? **Second part** The care of children in health. *First period:* From the day of birth to teething. Care of the new born. The dress of very little children. The nursery. Children's cots. Asleep and awake The nourishment of a new-born babe. Mortality among children. *Second period:* From teething up to school days. Teething. Formation of the bones. Food. Clothing. Occupation Play or recreation. Baths and means of bracing. Vaccination *Third period:* School stage. Work. Obedience. The care of the human soul. *Fourth period:* The hoyden or tomboy age **Third part.** The care of children in sickness, General advice. The most usual applications. Compresses. Bandages Immersion or the Half-Bath. The wet shirt. The short bandage Advise for individual illness. Consumption. Asthma. Difficulty of breathing. Chapped skin. Inflammation of the eyes. Bel wetting. Blue sickness. Flatulence. Chlorosis. Poverty of Blood. Imbeciles. Ruptures. Hernia. Cramp in the breast Diarrhoea. Dysphenteria. Atrophy. The English disease. Inflammations. Vomiting. Scrofula. Convulsions. Purples, a fever Chilblains. Inflammation of the brain and skin of the brain Jaundice. Tumors, ulcers, boils. Sore throat, croup. Urinary troubles. Hare-lip. Inflammation of the Hip Joint. Bit of dog. Cough, cold. Headache. Insect-stings. Whooping cough Lock-jaw. Swelling of the knee. Inflammation of the joint Head tumor. Scab on the head. The itch. Wens, goitres Stomach-ache, colic, gripes. Inflammation of the lungs. Consumption. Phthisis. Measles. Milk-scab. Bleeding of the nose Polypi in the nose. Nervous fever or typhus. Kidney diseases Faintness or faintings. Discharge from the ear. Pocks. Small pox. Purple fever. Read-hair. St. Antony's fire. Spinal curvature in children. Scarlet fever. Squinting. Hiccough. Catarrh cold in the head. Screaming fits. Thrush. Vertigo, giddiness Scrofula. Tetanus. Stone and gravel. Stuttering. Slobbering or salivation, wens. Troubles from over eating. St. Vitus' dance Heart-burn. Catch in the breath. Sprains. Dislocations. Constipation. Urinary troubles. Hydrocephalus or dropsy in the head Dropsy. Warts. Tapeworms. Whitlow. Wounds. Sores Tooth-ache. **Fourth part:** Bill of fare for children, Acorn coffee. Malt-coffee. Oat soup. Bread soup. Boiled bread soup "Kraft" soup. Children's pap. Milk. Eggs. Potatoes. Fruit Meat. Wine and beer. Sweet pastry. Coffee.

An advertisement in *The Naturopath and Herald of Health* describing Father Sebastian Kneipp's Book, *The Care of Children*.

much oxygen presses into the body, life is well begun and at the same time the foundation-stone of prosperity is laid.

The proper use of air and water therefore requires the greatest attention from the parents, if they desire to protect their new-born child from harm; for just as it is harmful to bathe the child with warm, debilitating water, so is it equally prejudicial to have in the room impure air, which acts like poison on the young, tender body.

Most nurses try the warmth of the water by too hot and thus deprive them of health and sometimes of life.

Many nurses try the warmth of the water by putting their elbows into it, thinking that if they can endure the heat the water is of the right temperature. This, however, is quite wrong. Such water is much too warm and may even be much too hot. An old elbow accustoms itself very soon to hot water and no longer feels the exact degree of heat. I emphatically advise the purchase of a cheap thermometer, by which the bath-water may be regulated.

Those who dare not bathe the little child in cold water, 40° to 45° F. [4° to 7° C.] may take at first water from 60° to 65° [15.5° to 18° C.], making it, however, a degree colder every day. Water of 60° to 65° [15.5° to 18° C.] is tepid; 45° to 50° [7° to 10° C.] is cool; under 45° [to 7° C.] is cold. Over 70° [21° C.] the water may be called hot. One thus accustoms the child at least by degrees to tepid water, then to cold, and then to cold under 45° [7° C.].

This advice I only give to those who, through effeminacy and various whims, cannot persuade themselves to give their children the best thing at once. The freshest water is always the best. Do not, however, leave the child long in cold water, but dip it* in rapidly, count one, two, three, and take it out at once. Do not dry it, but wrap it quickly in a dry unwarmed cloth and put it to bed.

One would not believe how soon children accustom themselves to cold water; they will often ask for it.

Water is not only important for the child at the commencement of its life, but also through all its later years. It is the chief means of producing bodily health and prosperity. Children who are stout are not necessarily strong; their bodies are often only spongy. Water, however, draws all the spongy organs more together and gives strength to the system. If the children are weak and scarcely able to live, water is again a strengthening remedy, which forces the little machine to work more readily.

Even the weakest children can gradually be made stronger by the simplest means. Unfortunately it has become an established custom to put babies daily in warm or even hot water.

*‘It’ is the pronoun referring to a child; this is a literal translation from German to English. *Ed.*

If warm baths, taken frequently, weaken even naturally strong peasant lads, how much more seriously must they act on such tender creatures as tiny babies! Even though they are naturally healthy and strong, the warm water acts debilitating on their bodies and organs and its effect upon children, already weak, is extremely pernicious.

If now and again one wishes to cleanse a child with a warm bath I have nothing against it. When, however, the child has been washed for a couple of minutes in a warm bath, it should be cooled in the water by pouring cold water on it, or by dipping it rapidly in cold water, when it is taken from the warm; this will act bracingly on the body.

A mother asked me whether she might treat her three-weeks-old infant with cold water, and my advice was: "dip the child in cold water, wash it quickly and put it to bed without drying it." After a few weeks I saw his mother again and asked the health of the child

She answered: "[He] is much quieter now, has more appetite, sleeps much better, is thriving well, and does not make the least fuss when it is put into cold water."

Therefore mothers should not give their children daily warm baths, but should bathe them without fear in cold water, keeping them there not longer than two or at most three seconds.

As I already said, a warm bath may be given once or twice a week, but it should be of the shortest duration, and the child, on being taken out, must each time be dipped in a tub of cold water. In a short time this method of bathing will grow to be such an agreeable custom to the children that they will not like to do without it; and certainly they will feel themselves far more comfortable than those of their own age who are weakened by a warm bath.

He is a happy person who possesses a healthy, strong and elastic skin, for in it he finds protection against many diseases; and he is unhappy who is so weak that he can scarcely resist the accidents or change of weather.

A weak child is naturally far more liable to all childish diseases, and is more easily subject to colds and convulsive attacks than a strong child; such evils, however, need not be feared if the skin is braced and rendered resistant. This is why I look upon it as a distinct duty that cold, fresh water should be zealously applied to children.

Almost of equal importance is pure fresh air. It supports and strengthens the weak so that they, in time, lose all signs of their weakness and delicacy.

Fresh air provides children with healthy, good nourishment such as the little ones need if they are to thrive. If, however, the air they breathe contains corrupt, bad ingredients, all sorts of diseases are thereby germinated in the youthful childish system.

I can assure many thousands of mothers that they themselves are to

blame for the frequent fading away and early deaths of their children, and those mothers may feel glad if they have not withheld from the little ones the two most important necessities of life namely, cold water and pure, wholesome air.

It always seems to me strange that so long a period often passes after the child is born before it is taken into the fresh air, especially if it be born in autumn or winter.

In this case many do not get into the fresh air for months, but are kept shut up in bad air, as a result of which many lose their young lives.

What a responsibility for mothers who, by their nonsensical dread of fresh air, have the deaths of their darlings on their consciences!

In many districts it is a favorite idea that children born in May prosper best; if this is correct I have no doubt it is due to the fresh air which is faced sooner in the spring.

How foolishly does that mother act whose one idea is to keep the tender limbs of her darling from being touched by the fresh air!

The air of the nursery is often unreasonably heated. Instead of 60 to 65 degrees [15.5° to 18° C.], it is often 70 to 80 degrees [21° to 27° C.], and when at length baby is taken outdoors it is wrapped in yards of material, it has a little woolen cap on its head with flaps to keep the ears warm, a fur round the throat, and, to finish up, woolen gloves on the hands.

Thus is the child spoilt, weakened, debilitated. Then comes night; the mother or nurse sleeps, perhaps, and does not notice that the babe in its little bed has kicked off its covering and is taking cold. Stomach-ache or a cough or other mischief commences at once, for of course a child weakened as this one has been, cannot endure the last current of cold air.

When the child is a little bigger, it creeps or runs in an unguarded moment into the passage without a fur or woolen overcoat and catches cold at once.

If there are any mothers who desire to get rid of their babies without dagger or poison, they have only to weaken and debilitate them with persistent care, and they will surely come to an early grave.

On the contrary, the mothers who love their children and desire to keep them long and make them healthy and happy will properly brace them by giving them plenty of fresh air and cold water and allowing the babies to kick about in a moderately warm room without covering.

I impose on all mothers this sacred duty that they are not to deprive the little ones, given them by God, of fresh air and water and that they must allow them to have these frequently and of the purest kind.

THE DRESS OF VERY LITTLE CHILDREN

The Creator clothes his creatures both for summer and winter, but He has endowed man with reason and understanding, by means of which he

can choose for himself suitable clothing, as a protection against the heat of summer and the cold of winter.

Little children need clothing, and mother should take care above all things that their clothing is light and only sufficient to keep them from being injured by the weather.

In dressing them care must also be taken to permit the air to come in contact with the whole system; in this way health is established; where such care is not taken, languor and decay set in.

Another care should be that the dress is not too tight anywhere about the body, so that there may be no obstacle in the way of the child's physical development.

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interests of the followers of Father Kneipp and other Natural Healing Methods. Subscribe for it!

As a means of propagating Kneippian philosophy in North America, Benedict Lust promoted Kneipp products in NYC in his journal and store.

In my youth, children were accustomed to wear a little handkerchief round the forehead and head; hence it came that later on a small depression showed itself in the foreheads of many grown-up persons just above the eyes.

A celebrated old country doctor who had a wide-spread practice once said to me (alluding to the custom noticed): "What a mistake it is to bind a cloth like that round children's foreheads; it causes invariably a depression on the forehead and with it a weak intellect, because by this bandage the development of the brain is hindered."

The skull of a child is as soft as wax and just as easily compressed; consequently the same thing happens to the forehead as to a girls' body when she has adopted the fashion of tight lacing; the organs pressed are hindered in their development.

The Creator Himself has provided the head with the best sort of cap, viz., the hair. Never put on the child's head a cap that fits too closely, for it has the disadvantage of preventing the air from playing on the skin of the head and thus assisting perspiration.

It is on account of the cap that so many children are subject to a bad scurfy eruption on the head, which is hard to cure, because the matter flowing out of it spreads and eats into the skin like poison. I say therefore no headgear for children. Take no thought for that which the Creator Himself has provided, but carefully consider those matters which He has left in the hands of you mothers and teachers!

The child's dress should be porous, so that the air can penetrate it and that it may give out to the air whatever the system ejects.

Nothing should really be worn on the body but linen, because this of all our flax is the freest from disease-producing materials, and for the reason that it also absorbs certain evaporations of the body which easily dry and drop off like little scales.

The first little shirt worn by baby should not be too fine, as the rougher sort of linen educates the tender skin to bear bracing.

The perspiration generally remains some time on the upper surface of the skin, and too fine a linen, which does not absorb readily, would cause the perspiration to stop short in the pores, become dry and form a crust on the skin, the result being that, perspiration being prevented, the bad matter would be all pressed inwards and give rise to some illness.

It is a grave mistake if the child's body is tightly compressed, for it is impossible for it to develop under such conditions. Besides, closely-fitting garments prevent or even stop evaporation.

This is why it is so necessary for children to wear loose porous dresses; if the body can perspire freely and the air get to the skin the well-being of the child is secured.

Here I must express great disapprobation of the swathing-band, which

is often yards long, the use of which is still prevalent in many districts and which to say the least, is a useless torment to the babe.

In expressing my opinion that it is needful to expose the head as much as possible to the fresh air, the covering already provided by the Creator rendering other headgear unnecessary, I must not forget another duty, that towards the feet. As the head is meant to be exposed to the open air, so is it the task of the feet to come in contact with the earth.

Fresh water and air are bracing remedies for the feet, even as they are for the body.

It is quite wrong to make little babies in their bassinets wear woolen shoes or socks on their feet. Mothers, who act thus, show their ignorance of the fact that their children require bracing and not weakening. The children should, as much as possible, be bare-foot whether in the room or in the open air. Air braces the skin; fresh air draws the blood in equal quantities to the upper surface. The feet especially should be braced by the air and rendered elastic and capable of resistance.

My neighbor has a girl who, when she was scarcely able to walk properly, went into the open air as many times a day as she could make her escape from the living room, and plainly showed her great joy. When she was caught up and brought in, she screamed with all her might because an end was put to her joy.

Before this child was three years old she was found wandering in the snow perfectly happy without any headgear and with only a little smock frock on; she was brought back by her mother and punished.

I saw this accidentally and observed to the mother that running about in the snow did no harm.

The mother heeded my words and the child was allowed her liberty, and she grew into a strong, healthy child.

I beg of you, mothers, to allow no weakening of the feet, for if you do, the feet will diminish in the strength and the blood will be unequally divided in the lower members, and all for lack of fresh air and cold water.

Weakness may set in, in early years from which the child will suffer all its life long. It is inconceivable how much children gain by strengthening and bracing and how much they lose by the opposite course of weakening.

Now one word on the cleanliness of dress and linen. So much depends on the care of the skin that it is an important duty to keep it clean. A special means towards this is clean linen. Therefore, mother, turn your attention in this direction.

By wearing dirty linen the health of the child may be fundamentally injured.

Many diseases arise from uncleanness, while others are generated through the wash.

These facts should impress upon mother the necessity of clean linen for their children. In changing it, however, be very particular that the linen is well dried; and here I would remark that it should not be dried in the room where the child lives, neither should the linen be ironed in the nursery; especially must this be avoided when the irons are heated on charcoal stoves. Before closing this chapter on "cleanliness" I would like to observe that impure water should be removed from the nursery; to dry wet clothes in the nursery may be convenient, but it is highly disgusting and very unhealthy. It is needful also that the nursery should be kept free of dust, which, (if breathed into the lungs), is very bad for the children and often produces lung disease.

—Kneipp's Baby Care

One would not believe how soon children accustom themselves to cold water; they will often ask for it.

Even the weakest children can gradually be made stronger by the simplest means.

Therefore mothers should not give their children daily warm baths, but should bathe them without fear in cold water, keeping them there not longer than two or at most three seconds.

I impose on all mothers this sacred duty that they are not to deprive the little ones, given them by God, of fresh air and water and that they must allow them to have these frequently and of the purest kind.

As the head is meant to be exposed to the open air, so is it the task of the feet to come in contact with the earth.



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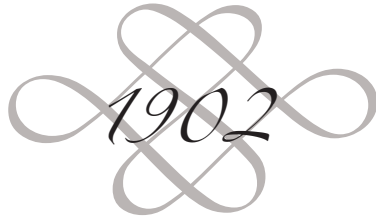
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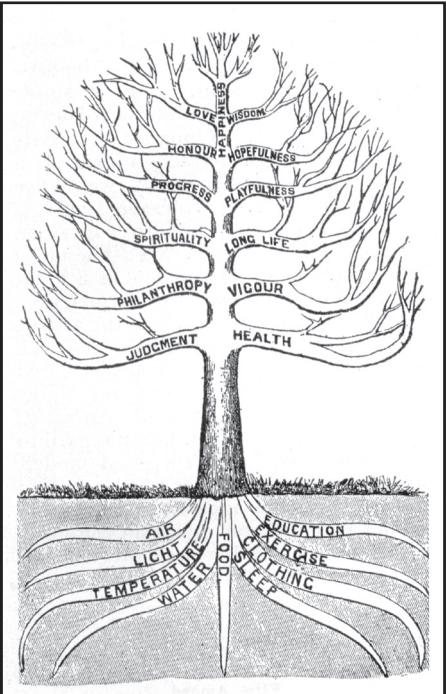
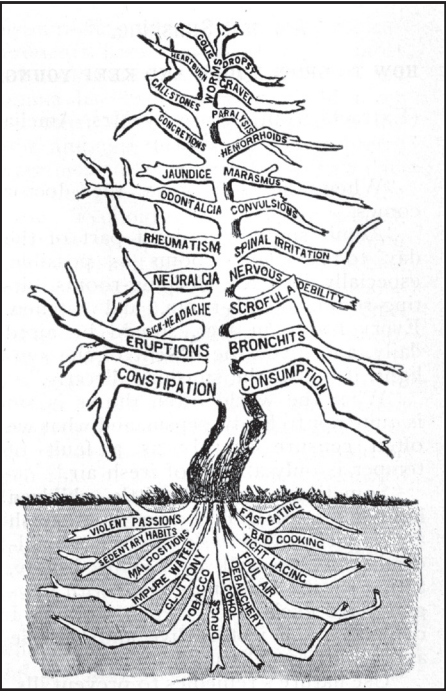
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ACUTE AND CHRONIC DISEASES

LUDWIG STADEN, NATUROPATH



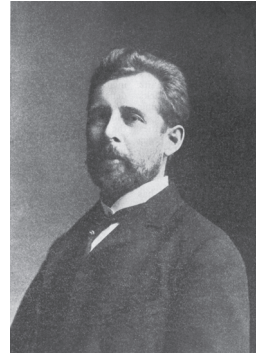
The tree of health and the tree of disease.

ACUTE AND CHRONIC DISEASES

by **Ludwig Staden, Naturopath**

The Naturopath and Herald of Health, III (2), 69-71. (1902)

The two principle forms of disease are the acute and chronic conditions. The first, although more alarming, is the milder; the second the more tenacious condition. 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. Medical science, misunderstanding the natural and beneficent mission of the fever, looks upon it as an enemy of man and tries to repress it forcibly by medicinal chemical preparations. The immense error is a primary reason which has caused the great and continuously increasing mistrust in medical science. Naturopathy on the contrary perceiving that the fever is man's greatest friend, simply recognizes that every particle of its cause must be dissolved and excreted from the body, which cannot be accomplished but by permitting Nature to do its work without restraint, and Nature always will do this work completely and free of danger to life, if assisted and controlled by natural means. There is no better remedy for controlling fever than fresh and cool air; or cool or tepid sponge baths at short intervals of 5 to 10 minutes if the fever is high and the patient delirious; or of 10 to 30 minutes duration if the fever is abating, further cool wet sheet packs of from 1-2 hours to 1 hour's duration, with 85 to 70 degree F. [29° to 21° C.], sitz or half-bath to follow. The sheet packs work like a big porous plaster, drawing out (through the millions of pores of the skin) a great deal of impurities and morbid matter; therefore in cases of small-pox, scarlet fever, measles, etc., the eruptions on the body are the result of the purifying process and diminish the danger of life with every hour.



Ludwig Staden

A celebrated German Naturopath has said: "Give me a fever and I will cure all disease." While the sheet packs are drawing out a great deal of the poison, the lungs are burning down the carbonic acid, the kidneys are excreting the uric acid, and the bowels are discharging large quantities of morbid matter with the faeces. What is the result now if we close these natural purifying organs by use of medicines? The poison

remains in the body, causing after-disease and chronic conditions of many years suffering some of which are often incurable for the rest of one's life. I.e., epilepsy is often the result of scarlet fever suppressed by medicine. Of course, there are cases in which Nature is strong enough not only to throw out but to destroy the cause of the fever as well as the medicines; here Nature performs a cure in spite of the medicines; but such cases will always last longer than if treated by naturopathic treatment. The greatest mistake is in regard to the diet; the patient is given beef juice, wine, whiskey and other so-called strength giving nourishment, which can be compared to extinguishing a fire by kerosene. Naturopathy knows that a fever patient properly needs no food at all except cold water which can be mixed with fruit juices (lemon, orange, or berry) without sugar in order to compensate for the nutritive salts which are lost by the process of combustion in fever. In light fever there may be given barley, oat-water, rice, farina, scraped apples and fruits and berries of any kind. The fever is a primary disease, it is nothing else but higher vitality; it cleanses the body as a thunderstorm cleanses the air. Naturopathy never uses extreme cold water or ice for the treatment of acute disease. The cold water deflecting from the skin increases the metabolic assimilation contracting the blood vessels of the skin and driving the blood inside the process of combustion is raised and since the fever is an increased combustion of Ptomaine and Leukomaine*, the very cold water in consequence of its strong reaction will increase the fever and not decrease it. We therefore use cool or tepid water of 70 to 85 degrees F. [21° to 29° C.]. For the wet sheets, however, we may use cool water of about 55 to 60 degrees F. [13° to 15.5° C.]; in such treatments the blood vessels of the skin do not remain contracted but on the contrary through the reaction of the blood being carried from the inside to the whole surface of the skin, the blood vessels of the skin become charged with blood and deliver the surplus of heat to the sheet. This, after a short time, becomes hot and must be removed.

Chronic disease are, as we have mentioned, 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. The latter has perhaps diminished the smallpox but has increased the chronic diseases, not to speak about the innumerable cases of lock-jaw, amputations of arms, etc. The number of chronic ailments is infinite. The principal forms which medical science declares incurable are cancer, consumption, epilepsy, paralysis, locomotor ataxia, gout and rheumatism, Bright's Disease, diabetes mellitus, syphilis, scrofula, the dif-

*Ptomaine are organic bases which are formed by the action of putrefactive bacteria on nitrogenous protein and Leukomaine is a nonspecific term for a nitrogenous base formed during a metabolic process. *Ed.*

ferent forms of skin, heart, spinal and mental troubles and many others. What a consolation for mankind to hear that the supreme authoritative science acknowledges the incurability of all these forms, whilst Naturopathy has cured every such form. To cure chronic disease is a thousand times more difficult than acute disease, therefore, it is the first of Naturopathy to teach people the foregoing; and how diseases have to be prevented, because it is a hundred times easier to prevent a disease than to cure one. A true Naturopath before all must be a teacher of health. To cure chronic disease requires great patience and often a considerable time, sometimes many years even. Nature's work is slow but sure; it is an immense mistake to force Nature by artificial means, and so thousands of operations are needless. The Naturopath knows that he cannot do more than assist Nature with natural healing factors. However, thousands have no idea what an immense amount of patience and constancy tiredly and suddenly; all the symptoms of a relapse; he was soon worse than before. How long have we often to work until the chronic condition begins to change into an acute one and even if apparently all symptoms have disappeared, the patient has to continue for a long time with the natural treatments and the diet. Very few have the will power to continue to adopt the new mode of living for [a] life time; most of them return to medicine and to the flesh pots of Egypt and the final result is relapse and collapse. There is an example:

A gentleman, Mr. B., of New York, was treated by me for 3 months daily for locomotor ataxia; he had been a patient of a famous professor of New York who prescribed him arsenic and strychnine. Mr. B. recovered entirely and suddenly; all the symptoms of this terrible disease disappeared, I can say over night, and his joy was great. But the same day he discharged me and followed the advice of good friends to eat meat and to drink wine. About 3 months later I paid him a visit and found him before a large piece of leg of veal and a bottle of red wine with wife, child and friend. It was a jolly party and they had a great fun in teasing me with the grass diet, as they called the vegetarian diet on which I had insisted during his illness. About one year later Mr. B. had a relapse; he was soon worse than before, and he never recovered again. Now he is sitting in his rolling chair in resignation, a young man in the prime of his life.

And here another example on the contrary:

Some years ago a certain butcher became a patient of mine. He was suffering from nervous prostration caused by mercurial poisoning in such a high degree that he feared daily to commit suicide. He ate 4 to 5 pounds of beefsteak every day and drank the best beef juice, wine and whiskey, and in spite of this so-called strengthening diet, was as weak as a child. After 3 to 4 months naturopathic treatment and with a very plain non-irritating vegetarian diet I had the pleasure of seeing him a strong and

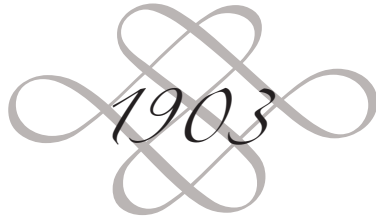
healthy man again. I met him lately on the street fresh and healthy looking; he told me he is still living in the same way when he started with the cure, although his friends call him a fool. "But," he said, "I do not care what they call me; the water and the simple diet made me healthy and consequently will keep me healthy."

You see every man has his salvation in his own hand.

For the treatment of chronic disease there are no more powerful agents than the Light, the Air, the Water, and the Clay (Loam), combined with a non-irritating Diet; learn how to use these never failing remedies in time and you will be greatly rewarded. We do not care to enlighten medical doctors; we want to enlighten the people, then the doctors must follow. Naturopathy teaches every man to use his own judgment, to become a self-made man in regard to the health question. Naturopathy means renunciation; do not expect to become an entirely healthy man in body and soul if you remain a slave to sensual pleasures; you have to give them up; there is no other way. You will never lose by controlling your animal nature; you can only gain; you do not know what true health means, you have no idea of it, because you never were entirely healthy. Practice Naturopathy and practice renunciation; what you lose on the one side you will find gained a thousand times on the other.

Naturopathy on the contrary perceiving that the fever is man's greatest friend, simply recognizes that every particle of its cause must be dissolved and excreted from the body, which cannot be accomplished but by permitting Nature to do its work without restraint, and Nature always will do this work completely and free of danger to life, if assisted and controlled by natural means.

What is the result now if we close these natural purifying organs by use of medicines? The poison remains in the body, causing after-disease and chronic conditions of many years suffering some of which are often incurable for the rest of one's life.



THE NOSE AS GUARDIAN OF HEALTH

THEODORE HOPPE



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Ads for devices to prevent mouth breathing appeared in Lust's journals. Mouth breathing was recognized as a prime cause of snoring.

THE NOSE AS GUARDIAN OF HEALTH

by Theodore Hoppe

The Naturopath and Herald of Health, IV (11), 334-335. (1903)

Although our five senses should be considered as guardians or warders, given us by Nature to protect us from foes endeavoring to enter our bodies, as a general rule, the organs of our senses are not fully appreciated; unless we happen to lose them. We hardly ever take the time to consider how necessary these organs are to the well-being of the body, and usually look at them only from an aesthetic standpoint.

In poetry, for example, we describe the eyes as “bright stars”, and when we turn to the other sense-organs, the nose alone attracts our attention, being sometimes compared, somewhat prosaically, to the gable of a house.

But the nose should be considered of great importance, not only because of its form, but on account of the nature of its duties. Considered from a physiological standpoint, the nose has been termed important by eminent observers, as for example, Napoleon I. He said: “When I need a man of intelligence, I choose, strange as it may seem, one with a long nose, being convinced that he has the necessary culture. His breathing is sharp and free, and his brain is cool and clear. In observing men I have found that in almost every case a long nose is a sign of intellect.” When physiologically the nose is given such importance it should receive at least equal consideration from the standpoint of hygiene. Unfortunately, however, most people do not know anything of the function of the nose in protecting the health, and many use it only as a support for eye-glasses or respectable snuff. Some of our children, indeed, when they have nothing else to do, pass away the time by boring into it with their fingers.

As a guardian of health the nose has a double function; it is used both for smelling and breathing.

Just as the mouth is used for eating and drinking, the nose should be used for breathing. In a book written by Amos Comenius, a well-known author of didactic works, which was published as far back as 1631, we find: “The nose is given us to breathe through.” For this purpose the nose is particularly well fitted, because of its peculiar construction. Its division into two parts, as also its connection with the upper-jaw and the cranial cavity, limits to a certain extent the amount of air inhaled, warms and dampens it—the latter by means of secretions of mucus and the hairs in the nose prevent the entrance of dust. In this respect the nose performs invaluable services in preventing diseases of the lungs, as it frees the inhaled air from impurities. In its mucus and the hairs with which it is lined are caught many little particles which might have an injurious effect

on the lungs. All breathing should, therefore, be through the nose, and none whatever should be done through the mouth. In former days people rarely observed this rule, which was first advanced by Naturopathy. No physician cared whether his patients breathed through nose or mouth or through both. In fact, the old way became universal, because through a false position of the head the children were made to sleep with their mouths open. A similar mistake is often made in regard to the development of the sense of smell.

The belief that man has not naturally the sense of smell as well developed as that of the lower animals is wholly false. It is only because we do not appreciate its importance and because from birth we do not pay it the necessary attention, that it becomes blunted or is totally lost. And with the loss of this sense a large part of life's physical pleasure is taken away. In eating we receive far more benefit when we can smell the food at the same time. Those suffering from catarrh find no enjoyment in the most costly foods because the sense of smell is lacking. Experiments have shown that without this sense it is in general impossible to discriminate between one food and another. If a person be blindfolded and have the nostrils kept closed, different pieces of meat can be taken into the mouth, chewed and swallowed, without the eater being able to distinguish one kind from the other. The same is the case with different nuts or fruits.

Not a few things which cause unpleasant sensations are first perceived by the nose. This is well known. Every mother, for example, knows that unpleasant medicine will be taken far more readily by the child if its nose is held shut; similarly a cold in the head prevents us from discovering by the taste that a soup has not been properly made. What we usually call taste, is really a combination of taste, smell, and touch sensations, of which smell is by no means the least important.

But the nose is not only the tester of nourishment, it is more; it is the guardian of health, except when we blunt or destroy our sense of smell. So when we weaken this sense or deceive our noses we deprive ourselves of an important protection against enemies that seek to destroy our health. Here perfumes must be mentioned. When the air in our rooms is bad, or our clothes smell of perspiration, fresh air will free them of everything harmful. But unfortunately it is the custom to deceive the nose, the guardian of our health, by perfuming the clothes and burning incense and other substances in our rooms. Just as water is most fit to drink when tasteless, so air is most fit to be inhaled that has no odor, save perhaps that of ozone, which is a form of oxygen. If one tries to improve ill-smelling air merely by perfuming it, the air does not really become any better and the only result of this deception of the senses is injury to health.

If we look at the lower animals, we find that their senses wholly and without exception help them in the struggle for existence. Ear and eye

reveal the presence of large foes, and the sense of touch in the skin the smaller ones. The sensations he receives through these organs impel him to attack, flight or defense, as the circumstances may require. Eye and ear also manifest the objects intended for the sustenance of the animal and assist him to obtain them. Smell and taste are specially placed at the entrance of the body to examine the substances seeking to enter and exclude such as may be harmful. The sense of taste (until it becomes depraved by abuse) creates dislike for foods and drugs, such as alcohol and tobacco that are injurious. Smell does even more; it arouses actual disgust and loathing when danger is imminent. And as the nose gives us warning not only against food likely to be injurious, but also against impurities in the air, it is an even more sensitive and effective protector of our health, whose warnings should always be promptly heeded.

Just as the mouth is used for eating and drinking, the nose should be used for breathing.

What we usually call taste, is really a combination of taste, smell, and touch sensations, of which smell is by no means the least important.

But the nose is not only the tester of nourishment, it is more; it is the guardian of health, except when we blunt or destroy our sense of smell.

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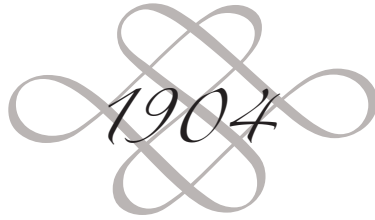
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Dr. Carl Strueh, a Naturopath, practiced in Chicago and had an auxiliary sanitarium nearby in McHenry, Illinois.

COLD FEET

by Dr. Carl Struch, Chicago, Ill.

The Naturopath and Herald of Health, V (2), 36-37. (1904)

Cold feet, this unpleasant and painful condition, are met exceedingly often, particularly during the cold season.

The pains caused by cold feet may become almost unbearable, sometimes lasting all night, and thus becoming the cause of insomnia.

Occasionally the poor circulation of the blood, which leads to cold feet, is so extreme that the toes become gangrenous and have to be amputated. Cold feet result from the loss of heat which follows the contact of the feet with the ground not being made up by the body, on account of absolute or relative feebleness of the heart or an irregular distribution of the blood.

An enfeebled action of the heart will always first manifest itself in the remotest parts of the body, i.e., the feet.

Even in a healthy person with a strong heart, after standing on cold ground for a considerable time the loss of heat may be so great that the body cannot make it up, and that the condition of cold feet causes, although the latter will soon disappear again.

In individuals who, for one reason or the other are afflicted with a weak heart, the condition of cold feet will follow even a moderate loss of heat, which would be immaterial in a healthy person. A feeble heart is frequently met in individuals who are addicted to the use of alcoholics, which are apt to cause a fatty degeneration of the heart. Frozen limbs are a frequent result of a "spree".

A weak heart is also met in persons indulging in the use of other stimulants, such as coffee, tea, tobacco, etc., or whose whole constitution is enfeebled by old age, insufficient food, convalescence or chronic diseases. Valvular diseases of the heart may also lead to a relative weakness of the heart muscle.

Frequently cold feet are met in individuals suffering from any local disease, and in whom the distribution of the blood has become disturbed either by an inflammatory congestion of an organ or by the stagnation of the blood in one or the other parts of the body. Such conditions are met in individuals being afflicted with congestion to the head, hemorrhoids or with diseases of the chest, the liver, the kidneys, the digestive organs (as, for instance, in chronic constipation), the female organs, etc.

As to the treatment for cold feet it is important first to find out the cause of this condition and remove the same if possible. When the cause is removed the result will disappear also.

If the condition of cold feet is caused by an immoderate use of stimu-

lants, the latter must be restricted; if general feebleness is the cause of cold feet the treatment must aim at strengthening the entire system; if some organic disease [exists] the latter is to be treated; if there are congestions to the head the blood by proper applications, must be drawn to the lower extremities, etc.

As to the local treatment for cold feet it is particularly essential for the patient to avoid every unnecessary loss of heat. He must not stand on cold ground too long a time, and must wear warm footwear for a while until his circulation has improved. In the beginning it often is necessary for the patient to warm the feet by hot water-bags, etc. At the same time he must improve the circulation of the blood in the feet by massage, physical culture, long walks and by the application of cold water, particularly by knee-douches and treading water. To achieve the desired effect these applications must not be too severe, especially in the beginning; otherwise they may do more harm than good. The better the circulation of the blood and the heat-producing faculty of the body the longer the duration of the applications and the colder the water being used. After the application the patient must provide for a good reaction by physical culture or a long walk. If he is too weak to do so he must be put to bed and wrapped in woolen blankets; it also may be necessary to put a hot water-bag to his feet.

A patient with frozen limbs must never be put in a warm room or near a fire-place. To draw the blood into the frozen limbs the latter must be rubbed with snow, ice or cold water until they turn red and warm, whereupon the patient is to be put to bed in a cold room. At the same time we may stimulate the circulation of the blood by giving the patient a warm drink, such as hot tea or punch.

An enfeebled action of the heart will always first manifest itself in the remotest parts of the body, i.e., the feet.

. . . he must improve the circulation of the blood in the feet by massage, physical culture, long walks and by the application of cold water, particularly by knee-douches and treading water.

THE ART OF EATING

by Ellmer Ellsworth Carey,

Asst. Ed. *Suggestion*, a journal of The New Psychology, Chicago.

The Naturopath and Herald of Health, V (9), 215-216. (1904)

In the August issue of *The Naturopath* appears an article regarding the Schroth Cure. One of the features of this cure is eating dry goods—stale bread, toast, cereal foods, etc. Eating dry vegetable foods without drinking is a natural procedure, and if persisted in will greatly aid in curing all chronic diseases. But while eating is important, it is but one part of nature's system. My object in writing this is to point out the reason why eating dry foods is beneficial. The reason given in the article referred to is not correct, and unless we understand the underlying principles of Naturopathy, we will not be successful in applying them.

The first step in digestion is in the mouth. Thorough chewing is essential to thorough insalivation. No solid particle of food, no matter how small, should go into the stomach. Nature gave us teeth to use in grinding food to a creamy pulp. When ground to a paste, and mixed with saliva, the food is ready for the stomach. Swallowing should be an involuntary act. Each mouthful of food should be masticated from 50 to 150 times; any fibrous or woody tissue remaining after prolonged chewing should not be swallowed.

Perfect digestion and assimilation is impossible without prolonged mastication. Thorough chewing is the keystone of health. Pure blood depends upon prolonged mastication. Sloppy foods, pastries, stews, mushes, soups, etc., cannot be masticated. Hence, they are unnatural foods for adults. So we find the basic reason for the dry food treatment. Dry food must be chewed thoroughly before it can be swallowed; the prolonged chewing insures a proper portion of the saliva which completes the mouth digestion. Now, it will be much better to explain the reason why dry food is necessary, and then the patient can act understandingly, and he will take more interest in the process of mastication. Every movement of the jaws is giving him added strength and vigor. The longer he chews, the sooner he will get strong.

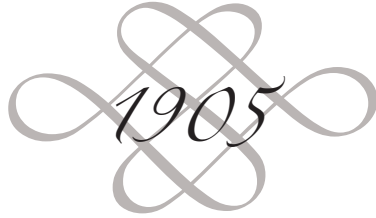
But chewing and talking are not compatible; hence meals should be eaten in silence. When eating, the mind should be on the work of chewing. Talking, joking, laughing, etc., all distract from the more important work. When animals are eating, they will not do anything else. Only man tries to do things at one time.

I append a few rules which have to a greater or less extent been accepted by Naturopaths. I have compiled these rules with some care, and if any one has any improvements to offer I would be pleased to hear

them. I am free to say that if I were required to mention in one word the most important thing in connection with health I would unhesitatingly say, "Mastication."

The rules of the New Hygiene or Naturopathy are as follows:

1. Eat nothing that you cannot chew; chew every mouthful from 25 to 75 times; swallow no food that has not been reduced to a creamy consistency. Use no liquid at meals. The less meat eaten, the better.
2. Drink between meals ten glasses of distilled water; two upon arising, three in the forenoon, three in the afternoon, and two upon retiring.
3. Never eat white flour products; live as much as possible on uncooked food; nuts and fruits are ideal foods; pure California olive oil is especially recommended.
4. Eat two moderate meals per day, seven or eight hours apart, omitting breakfast; eat only when there is a desire for food; when indisposed, fast. The average man eats twice as much as is necessary.
5. Sleep next to an open window; sleep seven or eight hours; insist on pure air at all times; never remain in a close apartment; breathe deeply; cultivate abdominal breathing.
6. Keep the body supple by bathing and exercise; court the sunshine; live naturally; abandon flannel underwear.
7. Forget how old you are; forget all unpleasantness.
8. Busy yourself eight hours daily with congenial employment; adopt for a motto: "Do it now"; do some kind act every day if it is only to speak kindly to a cur dog.
9. In cold weather, don't coddle yourself; learn to discard heavy wraps even in the coldest weather. Cultivate the resistant powers of the body.
10. Get a hobby; don't ride it to death, but have it handy for an occasional canter.
11. Practice daily auto-suggestions for health, happiness and success; don't fear anything—God or man or devil; cultivate will power, optimism and mental poise, and believe in yourself.
12. Know that there is only one disease—but it has a thousand symptoms; that drugs or men never cure; Nature cures.



THE IMPORTANCE OF PERSPIRATION FOR HEALTH

H. KLENKE

THE HEALING POWER OF NATURE

THOMAS RICHARD ALLISON

NUTRITION IN RELATION TO HEALTH AND DISEASE

OTTO CARQUÉ

THE CHIEF PRINCIPLES OF NATUROPATHY

C. TH. FUHRMANN, N.D.

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Nature was central to the Naturopaths' ideas of relaxation and health.

THE IMPORTANCE OF PERSPIRATION FOR THE HEALTH

by H. Klenke

The Naturopath and Herald of Health, VI (3), 65-68. (1905)

The outer skin is the regulator of the organism, a discharging, breathing and electric organ.

—H. Klenke

A normal undisturbed perspiration through the skin is absolutely necessary for the continuation of life in general as well as for the preservation of a healthy organism in particular. A complete suppression of these functions of the skin is surely followed by death, as any more or less continuous interruption of the same necessarily causes cold, coughs and affects the weak organs. This shows the great importance of the skin and its care for the well being of the human organism, as it is just the skin which makes or mars our good health.

The entire surface of the skin of a grown person covers a space of about 1 ½ square meters, which space contains more than 2 ¼ million of the so-called sweat-glands. Although these glands do not cover all parts of the skin in even number and size, some parts showing more, others less of them, there is not a single space which does not contain any of them. There are especially large numbers under the arm pit, under the sole of the foot and in the palm of the hand. A more minute examination of these important, very delicate organs shows us how they reach from the surface of the skin deep into the subcutaneous cellular tissue where they appear as knotted, wound up tubes interlaced with thin blood vessels. From there they at first rise straight upward, then winding themselves like a corkscrew through the cutis vera (true skin) and the cuticle, arriving on the surface in the pores.

These sweat glands have to attend to the above mentioned important function of perspiration, i.e. to move the gases from the interior of the body through the fine gland-channels to the surface and there to discharge them. These gases, if increasing so much that they cannot evaporate fast enough, condense to a liquid which we call “sweat”; while this formation of perspiration only occasionally takes place in a manner observable to the naked eye, the so-called “breathing of the skin” occurs continually through the same glands, whereby certain gases of the blood particularly carbonic acid, are discharged and oxygen absorbed from the air.

The functions of the organism in perspiration through the skin, in general, are threefold:

- 1) Perspiration of regular and accidental elements brought into the blood by foods;

- 2) Discharge of watery substances which, by their evaporation at the surface of the skin, regulate the warmth of the blood of the body;
- 3) Perspiration of worthless substances, which as so-called debris of excretion and disintegration are absolutely to be removed without delay from the blood, in order to preserve health and life.

Let us now look more particularly into these points, and become acquainted with the proper means to take care of the skin.

PERSPIRATION OF REGULAR AND ACCIDENTAL ELEMENTS THROUGH THE SWEAT GLANDS

A chemical examination of the skin perspiration has disclosed that it consists of the same substances as the visible sweat drop, namely of water in which, among other things, are dissolved ammonia, salt, carbonic acid and acetic acid. Outside of these regular elements, the perspiration can also contain accidental elements brought into the blood by food as, for instance, onions, garlic, saffron, iodine, sulphur, etc. Other foods, such as asparagus, radishes, mustard and other spices, are not discharged through perspiration, but through the breath and the urine. The importance of the continuous perspiration of the skin is best illustrated by the quantities of substances that are discharged through the skin. According to careful investigation of prominent specialists a healthy person loses in a minute about 60 centigrams, or in 24 hours, approximately, 900 grams; in case of strong perspiration, this amount is increased to 1500 grams in an hour, in which case the discharge of urine is naturally correspondingly smaller.

A continuous, too strong perspiration must naturally weaken the body and disturb the functions of the organism in general as much as suppression would overload the blood and other organs with unnecessary substances and consequently hinder the normal functions. Both have to be overcome by a natural way of living and by a proper treatment of Naturopathy in cases of sickness.

DISCHARGE OF WATERY SUBSTANCE BY THE SWEAT GLANDS

The evaporation of the watery parts, by perspiration of the skin, has as a consequence the cooling off of the body, thus regulating the temperature of the blood and keeping the warmth produced by the normal breathing process. This process explains the remarkable fact that the temperature of the body of the inhabitants of tropical countries is the same as that of people living in the polar regions. The exceedingly high temperature of the air in the tropics, which exceeds the temperature of the blood considerably, naturally causes a much higher perspiration and a greater cooling off of the body. The greater perspiration thus regulates the warmth of the body in an excellent manner and is altogether so very important for

the preservation of health to people living in warm countries that it has become a custom there not to ask a person, as we do: "How do you do?" but they say "How do you perspire?"

A complete, or even a partial suppression of the perspiration through the skin has, as one will easily understand, as a consequence an increased temperature of the body which in the first instance reaches the height of fever heat and causes death within a short time. This will be easily understood if we bear in mind that the production of warmth in the interior of the body is an enormous one. Very exact investigation has disclosed that the body of a grown man as a daily average produces so much warmth in itself as is required to heat 2,500 kilo (2 ½ million grams), or 2500 liters of water by 1 degree Celsius, or 25 liters by 100 degrees Celsius. At 100 degrees Celsius the water boils. If we thus could use the warmth produced in our body during a day, for cooking purposes we could bring a large vessel containing 25 liters of water to a boil. This will explain clearly what is apt to happen if this warmth in our body is kept back and a regulation of same by perspiration through the skin and the lungs, as well as a cooling off on the entire surface of our body, is made impossible.

In cases of abnormal heat increasing in our body, as this is the case in fevers, we naturally try to reduce it by proper hydrotherapeutic means, namely by water application in the form of gushes, half-baths, wrappings, etc. We all know that, as soon as perspiration appears at the moment of the crisis, the danger of the acute illness is passed and the patient is on the road to recovery.

PERSPIRATION OF WORTHLESS SUBSTANCES BY THE SWEAT GLANDS

The discharge of worthless substances from the blood, as this is affected by the perspiration through the skin, is not less important for the preservation of life and health than the other functions of the skin mentioned before. It is even more important than these, as we have to bear in mind that the body in this way discharges within twenty four hours not less than about 10 grams of free acids, fat, salts, salt-ammoniac and similar substances, and nearly three grams of iron oxide, chlorine and potassium, etc. But that is not all. Although science has not fully discovered the chemical compositions, it is probably, or rather a fact that many other, particularly volatile and odorous substances are removed from the body by the perspiration of the skin.

These substances no doubt are those that cause the many changes in the smell, the color, the taste, etc., of the perspiration of the sick person. We particularly refer to the strange smell of the perspiration of a scarlet fever patient which reminds us of the smell in cages of wild beasts or birds during the time of moulting, and also the smell of smallpox, which is similar to moult. The sweat of people suffering from gout is also known

for its exceedingly strong smell and its turning silver black, as well as the considerable sour perspiration of patients having articular rheumatism.*

The retaining of these and other substances in the blood will naturally be the source of serious illnesses, in a similar way as is the case with urine retained in the blood by suppression of the functions of the kidneys, which seriously affects the brain. But nature itself has fortunately taken all precautions to remove all useless substances by the various discharging organs, such as the lungs, kidneys, bowels, and particularly the skin.

Naturopathy endeavors to support this work of the organs, by applying proper washings, gushes, packings, water, dry hot air, sun, and steam baths, in cases of sickness and recommending the healthy daily attention to the skin, thus hardening, strengthening and saving from sickness in the simplest, most natural and most beneficial way.

The above explanations will clearly show the great importance of the perspiration through the skin and how absolutely necessary it is to take good care of the skin. Without this attention it is impossible to keep good health for any length of time, and besides people neglecting it are looked upon in the same way as people with dirty, bad smelling clothing.

It is impossible, in the short space allowed for this article, to go into full particulars how to take care of the skin in a sensible and natural manner; that is, what directions to follow when healthy, with regard to clothing, living, water applications, etc., and what course to take in cases of sickness in order to regain health. But this subject will be touched upon in another article.

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* Naturopathy experiences this same thing with the hydrotherapeutic treatments known as "packings" or "wrappings". The perspiration through the skin always increases under the influence of the damp warmth of a packing. The diseased substance is forced out thereby, into the wrapping. If the latter is taken off an unpleasant odor comes from it, and if the cloths are washed the water becomes dirty and dirty. This clearly shows that packings assist toward the removal of unhealthy substances from the human body.

THE HEALING POWER OF NATURE

by Thomas Richard Allinson

The Naturopath and Herald of Health, VI (5), 121-123. (1905)

I am constantly asking my readers and patients to stop drugs; some few then want to know how they will get well if they take no medications. So far, I have asked them to take my advice; now I give them reasons why they should take no physic*. First, then, I must tell them that all curative and healing power is inherent or natural to the system; and, secondly, that disease is most often a curative process of itself, and when an upset occurs the system is clearing itself and setting all to rights. To those who are living wrongly, disease is thus a most salutary process. It clears their systems for the time being of all waste material, for they tell you, "I was better after that illness, and was in better spirits than I have been for years"; and if they have sense enough, it warns them that they have been living wrongly. If everyone would take disease as a good warning it would be well for them, as they would then find out what they have done or are doing wrong, alter it, and so keep in good health. Our systems are furnished with alarms, which warn us when we do wrong. The alarms, instead of ringing bells, give us pain or uncomfortable feelings.

ARTICLE I

The healing power of Nature is stored-up vitality, by means of which we recover from illness and accidents. Let us suppose a man cuts his finger, and suppose he does nothing to it—not even wrap it in a piece of rag—will that finger get better of itself? Certainly, and quicker if left alone than if meddled with. This healing power first stops the bleeding by shutting or blocking up the mouths of the divided vessel; this occurs in small vessels, because the blood coagulates when it comes in contact with the air. Next, from the cut parts, serum, or the colorless fluid of the blood, is poured out; this forms a seal over the injured part, new blood-vessels and nerves shoot into the part, and in a time, varying from one to two weeks, this part is whole and entire, with a little scar to show where the cut was. If the cut is a large one, then more time is required, or if the system is in bad condition, then it may require months to heal. From this we see how Nature heals, and it leads me to ask, what is the result if we treat wounds with various ointments, etc.? In many cases the results are bad. Do we use carbolic acid lotion? We may destroy some of the growing cells, and retard healing besides; and the carbolic acid may be taken up and absorbed by the system, and give rise to symptoms of poisoning. Such cases have occurred again and again. Let us now say that

* Physic refers to a medicine that purges; a cathartic. *Ed.*

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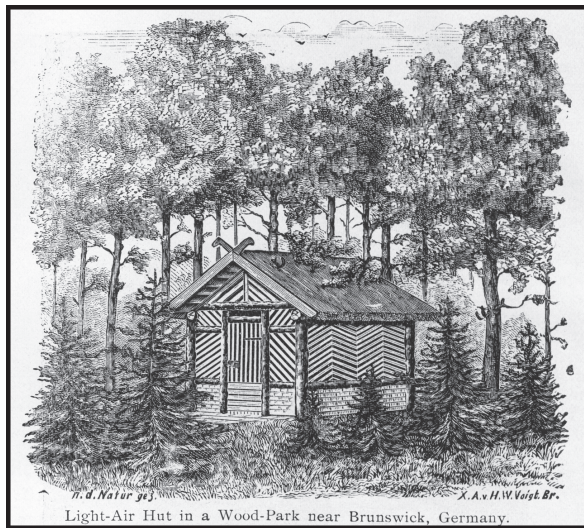
The call of Nature to all Nature Lovers.

such a wound has become a sore, as, for example, knocking the skin off the shin may cause an ulcer of the leg. Will Nature cure this? Undoubtedly, if you will only give her a chance, and live correctly. Wrong living weakens the vitality, weakens the lives of the body cells, and so they cannot grow to their full maturity. Correct living, on the contrary, increases their strength, and they can fill up a wound quickly, and then the skin cells grow over it. There are two ways of treating these cases—first, the ordinary method, by means of lotions and ointments; second, putting the system into good condition. When you use the lotions and ointments you may stimulate the cells to increased activity, and it may possibly heal; but as you have not cured the bad condition of the system, the result is often that, having cured the sore, the patient is ill from some other complaint, and may die, because the sore was daily discharging waste matter, which is then pent up in the system, and upsets it. When you cure a chronic ulcer by correct living, you first clear the system of waste matter; this improves the condition of the blood and of the cells of the body; their vitality is increased, they grow better, fill up your wound, the skin grows over it, and, what is better, the system is left in a good condition, and no illness follows after. This is the process by which Nature cures abrasions of the skin, and on the state of our systems will depend the length of cure. Are we in good condition? Then our wounds heal quickly. Are we in a

bad state of health? Our wounds heal slowly. Too much meat, too little exercise, bad air, dirty [skins], and the use of tobacco with the drinking of beer, wines, and spirits, produce a low form of vitality, and the result is lingering illness and slow recovery from wounds and accidents.

ARTICLE II

In the former article I showed how Nature cures wounds and sores. In this I propose to show how she cures our diseases. Let us take, for example, a simple fever. Here the pulse is 120, the tongue furrowed, the bowels costive, the urine scanty, great headaches, feverishness, thirst, loss of appetite, sleeplessness, etc. Now, if we left this person alone to himself, would Nature cure him? If the proper conditions were observed, yes. How would she do it? In the first place, by taking away his strength for her own purposes, she would make the person lie down; she then banishes appetite or desire for food, and the person would take none. This results in no more wrong material going into the system. There is thirst, the person would drink freely, the water would be absorbed, dilute the thick blood, and allow the system to set up violent perspiration. By this means, and also by free excretion from the kidneys, the waste material is got rid of. Then, as the body gets rid of its waste, the organs naturally resume their former health, and all goes on right again. Man being animal, if he were under proper conditions he would be out in the open air whilst this was occurring. This is Natural cure. Now how is this process interfered



The purpose of the air houses and light houses was to encourage maximum exposure to the natural elements of air and light.

with by ordinary doctors? Very often instead of giving the stomach rest, they order vile concoctions of grease and waste from some animal, which they call broth, and which would make a well person heave almost. They then wrap the burning hot patient in heavy bed clothes, order the window to be kept shut, give no water, but send some poisonous medicine instead. The result is that your patient throws up the greasy broth when given. He tosses and turns in bed, first on one side then on the other; he jumps and starts, and wakes up from horrible dreams with an anxious look on his face; his body burns, his tongue is parched, he feels on fire, and the drugs given may increase these symptoms. This may go on for a week or two until Nature cures the patient in spite of doctor and drugs, or else he dies, not so much from the disease as from drugs and improper hygienic conditions. On the contrary, the hygienist would act thus: he would order the windows to be opened a little and a fire kept burning, so thorough ventilation would be secured in the room; next he would order two tepid baths a day, to cool and cleanse the surface of the body and assist skin excretion. Cold water would be allowed in plenty, and acid drinks, if the patient craved for them. The food would be of the lightest, as gruels, simple non-greasy soups, fruit drinks, and fruit itself. As for drugs, the hygienist never uses any, except as poisons for parasites. The result of this mode of treatment is a comparatively mild attack, quick recovery, and few or no complications afterwards. I treat all my cases of fever thus, and get most quick and remarkable cures, be they cases of smallpox, scarlet fever, measles, or typhoid fever.

Inflammation of the lungs, acute pleurisy, and bronchitis are to be treated much on the same lines. Nature cures all these complaints if you will only give her proper conditions. Chest complaints always require plenty of as pure air as possible.

Stomach complaints, in addition to these conditions, must be treated very carefully with regard to diet.

Chronic diseases require time; in these, proper hygienic rules and the avoidance of tobacco and stimulants are necessary. Some patients are so worn out that a non-flesh diet is the only one they can find any relief on. Gout, rheumatism, liver and kidney disease, require careful living, with plenty of fruits and green stuff. Syphilis, which is a really low fever spread over six months, must also be treated on the same lines. Mercury in this disease is the most disastrous remedy that man ever invented, and is the cause of bad after results. Those desirous of reading more of the treatment of disease, by rational means, will do well to read my *Hygienic Medicine*, which I will send post free for thirteen stamps to anyone who wants it.

—T.R. Allinson, L.R.C.P., author of *A System of Hygienic Medicine*

NUTRITION IN RELATION TO HEALTH AND DISEASE

by Otto Carqué

The Naturopath and Herald of Health, VI (6), 151-157. (1905)

We eat to live

We do not live to eat.

THE German proverb "man is what he eats" is a true one, it contains a great deal of truth. We cannot build a healthy body with poor material, neither can we develop our mental faculties to the highest possible degree, as long as it is a matter of indifference to us what we eat. Mankind is slowly awakening to the great importance of diet in relation to health and disease as well as to mind and morals. The majority of people still live in complete darkness in regard to the mechanism of their bodies; they eat and drink themselves sick and then lay the blame of their sickness and failures on some imaginary cause. How often we see a person who according to his own opinion and that of his physician lives well and upon "strengthening foods" yet who at the slightest occasion is taken ill with a cold, headache, or rheumatic pains. Americans who eat meat three times a day and wash their meals down with coffee, tea, and ice water are a nation of dyspeptics, employing a vast army of physicians and dentists and spending millions of dollars for poisonous drugs and patent medicines nearly all of which contain more or less alcohol, besides other harmful ingredients.

There seems to prevail, even among otherwise well informed men, an opinion that meat is essential to bodily and mental vigor and the Anglo-Saxon and Teutonic races owe their prestige to their carnivorous habits. But scientific researches, as well as many practical examples have proved that the food-value of meat is very much overestimated and that remarkable feats of both mental and physical endurance are done by those who abstain from flesh foods altogether, or at least use them very sparingly.

A great controversy between meat-eaters and vegetarians has just begun in the western world and newspapers and magazines are full of articles defending either standpoint, but the subject is generally treated in a superficial manner. The rise of so many false criticisms of vegetarianism must be attributed to the fact that people who have discarded meat from their bill of fare without finding any improvement in their condition, have but little knowledge of chemistry and physiology. The abstinence from animal foods alone will not insure us the enjoyments of perfect health as long as other important factors regarding hygienic living are neglected. All those who wish to make the best of their life are impressed with the importance of obedience to the laws of hygiene, with the simplicity in diet

and living, with the perception of the prostrating and dangerous effects of poisonous drugs, stimulants, narcotics, vaccinations, operations, still largely employed by the majority of the "professional healers". All healing must come from within, and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general; these are in their natural order as follows: *sunshine, fresh air, water as drink, fruits as food, exercise and rest*. The preservation of health, therefore, is only a matter of living in perfect harmony with nature. The Supreme Intelligence which develops an invisible cell into an organism of the most wonderful perfection, certainly knows how to restore health if she is not hampered in her wise but often misconceived ways. The laws of nature can never be changed voluntarily, but man must study these laws and act accordingly. Nature can never be superseded by man, she will still go on to build her wonderful works in unabating grandeur when the feeble creations of human hand will have crumbled into dust or sunk into oblivious sea.

Life is electricity; in regard to the bodies of animals and especially the human body it mainly depends on the electrically acting brain with its nervous system, and on the action of the heart with its arteries, veins, and capillaries. Our vital force is produced by an uninterrupted burning of nerve-fat (lecithin) which has been brought to a state of electrical tension. As common oil burns in the wick of a lamp, so does nerve-oil burn in the numerous fine ramifications of the wick-like nerve fibres, by means of the oxygen which the arteries supply. The function of the heart which is set in motion by the electric force of its nerves, is similar to that of the water-chamber of a steam fire-engine the contents of which are forced forward through tubes. In this way the lung or arterial blood reaches the remotest parts of the body and there oxidizes the nerve substance by means of the oxygen carried from the lungs. This process of combustion furnishes the principal source of mental and muscular energy in the air breathing animals. Ability to work and pleasure in activity are in the main due to the abundant breathing of pure air rich in oxygen. On the other hand, inadequate respiration is the cause of many ills, both mental and physical which man is heir to.

Equally important for the preservation of health and vitality is sunlight. "Where the sun does not enter, the physician enters." The sun is the great and ultimate source of all power from which plants directly and animals indirectly derive their growth and propagation. By means of solar light and electricity the elements of air, water, and soil are combined into the organic substances of the vegetable kingdom, which is the storehouse of all nutrition. Plants really are accumulated sunshine; they practically store up the electrical and chemical forces transmitted by the rays of the sun and if we consume these plants or their fruits, this energy is trans-

ferred to our system, where the complicated organic substances, having served their purpose of sustaining vitality are again broken down into the waste products of animal life (carbonic acid , urea, etc.).

More than other products of the soil, fruits enjoy a free and uninterrupted exchange of the influences of light, heat, and atmosphere. Vitality is thus stored up in fruits in a higher degree and while we cannot grasp or determine this subtle power by chemical analysis, we can feel its enlivening effects through our whole system. Flesh-foods can never impart this beneficial influence to our system, because they are devoid of the imponderable vitalizing properties which have been lost by the oxidizing processes going constantly on in the organism. How different is the effect of a dinner consisting mostly of highly seasoned viands and a simple one of luscious fruits and nuts. The one makes us dull and drowsy overtaxing our digestive organs, while the other one is really refreshing, enabling us to perform severe mental and physical work with but little rest. To be sure, many indulge in flesh-foods with apparent immunity, but the consequences of such an irrational diet will make themselves noticeable in time either on themselves or their offspring. The influence of diet upon health and morals can be clearly traced in the rise and down fall of nations and there is no doubt that the highest type of man physically, as well as mentally is produced by a simple and natural diet, consisting mainly of fruits, nuts, tender vegetables and cereals.

The advantages of a well selected vegetarian diet become still more evident when we consider the chemical composition of the different food materials and the relation of the various elements to the physiological functions of our organism. The building of our body proceeds in accordance with the general law of growth and life which is founded on impulse to formation (productive), and to renovation of material already used or old. If the material which is consumed is not adequately replaced, our mental and physical powers will gradually diminish. Physiological text-books tell us that man requires each day so much protein (albumen), so many carbonhydrates * (starch, sugar), so much fat, and so much water while very little attention is paid to the mineral elements, as sodium, potassium, iron, calcium, sulphur, phosphorus, magnesium, silicon, chlorine, fluorine and manganese.

The different anatomical parts of the animal body require different elements for their growth and development. To enjoy perfect health our food must contain all these elements in the right proportion. In my pamphlet: *The Folly of Meat-eating*, I have presented a carefully compiled table giving complete analysis of the different mineral-elements in numerous foods. From this table it appears that fruits and vegetables contain

* Carbonhydrates refers to carbohydrates. *Ed.*

these elements in far better proportions and natural in a much purer form than meat in which only phosphate of potash is predominant, while it is deficient in calcium, iron, sulphur, and sodium.

The daily amount of protein (albumen) necessary for the average man is still given as high as four or five ounces, because it is falsely regarded as the principal source of muscular energy. Scientific investigations, carried on during a large period of time, have shown, however, that man can get fairly well along with about one ounce of protein daily, as even at the most strenuous work, the body consumes not anymore protein than when at rest. Heat and energy are chiefly created by the combustion of fats and carbonhydrates; the latter exist in different forms, principally as starch and sugar. In fruits we find the heat giving portion as glucose or grape-sugar already prepared for immediate assimilation. Here the rays of the sun have practically taken the place of the cook by bringing the carbonhydrates into the most perfect and soluble form.

A judicious combination of plant-foods, for instance, fruits and nuts, supplies not only a more than sufficient amount of protein which is free from the waste products of animal life, but also the needful organic salts. The latter are of far greater importance for the growth and perpetuation of life in the various physiological functions of the organism than it has been hitherto supposed. The mineral elements make up a relatively small part of our food, but they are its most essential constituents, indispensable for a healthy and adequate nutrition, and we may truly call them "the building stones of the body". The process of assimilation which is affected by means of the exchange of fluids through the cell walls is based on electrolysis going on in the millions of invisible batteries by the play of electrically charged molecules whose negative and positive effects depend on the presence of certain organic salts. Experiments proved that animals fed by compulsion on food freed from mineral matter died sooner than those not fed at all.

Another point remains to be mentioned here which can never be too strongly emphasized. The mineral elements can only be assimilated by our system in an organized form, such as are contained in all natural foods in which they are chemically associated with other nourishing ingredients during the time of the growth of the plants. Mineral water and artificial preparations, like extracts, proprietary medicines, etc., which contain these elements as proximate principles are of no value for our nutrition.

Carnivorous animals which devour their prey with skin, bones, tendons, and blood are able to extract those elements from their nourishment as their gastric juice is about six times as strong as in man, but even carnivorous animals cannot thrive very well on butchered meats; in captivity they soon lose their teeth and are afflicted with various diseases.

The most important point in our nutrition is the chemical combina-

tion of the respired oxygen with the venous blood; this is effected by the iron and sulphur contained in the red blood corpuscles which cannot be replaced unless our food contains these elements in adequate quantity. The sodium of the blood plasma, on the other hand, combines with the carbonic-acid which is constantly created by the oxidizing processes in the tissues and discharges it through the lungs. A deficiency of these elements in our food causes an abnormal and impure state of the blood and the numerous pathological conditions arising from it. Sodium further serves for making the calcium and magnesium phosphates soluble in the serum of the blood; the latter elements are indispensable for the formation of bones and teeth. Blood vessels enter every bone; they nourish it and effect its change of substance. In this way they supply it with the necessary phosphate of calcium, a blood vessel likewise runs into every tooth, to supply it with nutriment, while a vein returns from it. If now the blood has not enough corpuscles containing calcium, the artery is unable to supply this element to the teeth; on the contrary, the vein constantly carries some of the phosphate of calcium away with it, and in proportion as this loss of lime goes on, the gelatine (cement) loses its chemical support, falling prey to decomposition and decay. In this way the teeth are first of all attacked from the inside by the vein, thus becoming hollow while the saliva attacks them from without, dissolving the softer basis of the teeth, so that robbed of their support in both directions, they ultimately break off.

The physiological importance of silicon contained in our food in the form of silicic acid is the following; it makes the muscles firm, for it protects them against chemical decomposition and has consequently an anti-septic action; it warms the blood by its relating and keeping together the electricity imparted by its salty constituents (an electric current is in its effects equivalent to the production of heat); as nerve substance contains approximately the same amount of silicon as the albumen in the blood it forms as it were a connecting link between blood and nerves, lastingly preserving the proper relation between them. [Chlorine] gives likewise firmity to the tissues and makes the fibres of the nerves running through the walls of the blood-vessels good conductors for the electric current which is constantly generated by the circulating, magnetic blood.

From the facts now mentioned we manifestly deduce the law that the earthy constituents calcium, sodium, iron, sulphur etc., together with their salts increase the electric tension in certain forms of life, preventing disease and decay and so lengthen life, provided cool air, rich in oxygen is not lacking. There are a large number of pathological conditions which have been regarded as independent diseases but merely are the various symptoms of one common cause: an insufficient number of red blood corpuscles due to an inadequate supply of the above named elements. The practitioners of the old medical school are still indifferent towards

these great and far reaching discoveries of modern physiological chemistry; they are still groping in the dark feeding their patients to death with albuminous foods or actually poisoning them with vaccine, tuberculin, antitoxin, drugs, or making them cripples for lifetime, because of the senseless craving of the surgeons to operate under the slightest excuse!

Rational nutrition will cure nearly all the diseases from which mankind is suffering to-day; it will equally benefit the workingman and the millionaire; it will greatly help to solve the great social and economical problems which disturb the world to-day. Those who have paid to this subject so far very little attention will perhaps say my assumptions are superficial and exaggerated, but a deeper study of this important problem will convince them of the truth. It is of course impossible to give a full line of the diet-question in this limited space and I shall refer only to the most important points. Those who wish more detailed information I refer to my book *The Foundation of All Reform* which can be had by the editor of *The Naturopath*.

As it has been stated, the chemical analyses of the different food products show that plant foods contain the necessary organic salts in far better proportions and naturally in a much purer form than flesh foods. Meat is at the very best a one sided and at the same time expensive food-material, insufficient for the formation of healthy blood. Even if taken under the most favorable conditions, from perfectly healthy animals, it is contaminated by the effete and poisonous matter which is constantly created in the tissues of the body. Fruits and vegetables are especially rich in those elements which are necessary for the oxidation and purification of the blood and the formation of a sound bodily structure. Flesh foods, on account of their comparatively high amount of albumen, are claimed to be good muscle-formers; yet those who subjected themselves to an almost exclusive diet of meat as, for instance, in the so-called "Banting cure" rapidly lost weight. An excess of albuminous foods is always detrimental to health; because they overload the system with uric acid, causing headache, gout, rheumatism, kidney diseases, etc., ailments which are common among meat-eating nations.

Fruits, nuts, vegetables, and cereals furnish us all that is necessary for the healthful nutrition of our body. In selecting and preparing our food we should, however, bear in mind that we can not improve on nature, and that everything that we can relish in its natural and raw state is best adapted for the nourishment of our body. Fruits should take the highest rank in our dietary, because, more than other products of the soil, they enjoy the free and uninterrupted exchange of the influences of light, heat and air by which the electrical forces of the sun are transmitted.

Special care should be taken in the preparation of vegetables. Their most valuable ingredients, the organic salts which readily dissolve in

water, are in most instances, lost, as they are thrown away with the latter after the cooking is done. The majority of vegetables can, however, be relished raw if they are sliced or grated and prepared with lemon juice and olive-oil. Grave mistakes are made in the artificial preparation of cereals by our "modern" milling processes which cause a loss of organic salts of from 50 to 75 percent making these useful products of the soil quite insufficient for nutrition.

Cooking also destroys part of the organic salts in foods converting them in inorganic compounds which are useless for our nutrition. From this standpoint the excessive use of table-salt must be likewise condemned. Our digestive organs are unable to derive any nourishment whatsoever direct from the mineral kingdom and the miraculous effects attributed to the different mineral preparations cannot stand a thorough physiological investigation.

Natural or uncooked food has another advantage; it necessitates through chewing, involving a copious flow of saliva which in turn aids digestion and assimilation. All advocates of a natural diet should emphasize this point particularly, as it is beyond question that a large part of the improvement manifested in the condition of men who desert the ordinary cooked dietary for more natural foods is due to the perfect mastication that these foods require.

An alimentary canal about thirty feet long is the mechanism of our nutrition. Of that thirty feet nature takes care of all except the first three inches. We are responsible for those three inches. The stomach is built to take care of itself. We have only to watch the mouth—from the lips back to the throat. It is in this small space that we enjoy our food. When you take food into your mouth, remember that certain things must be done with it before it is fit to pass into the stomach. Your part is to chew it—chew it thoroughly. A good rule is to chew it five times as often as men usually do. It should be liquid before it is swallowed. Thorough chewing insures a perfect mixture of food with saliva. This is the first and most important step in digestion. Neglecting this, we throw upon the stomach not only its own work, but the work of the mouth as well.

Recent tests have proved that two-thirds of the energy of the human body is spent in getting rid of food which has been imperfectly chewed. Thus only one-third of our energy, in many cases is left to do our work. If you give proper time to your meals, eating slowly and chewing your food thoroughly, it follows that your energy and efficiency will be increased enormously. On the other hand the artificial preparation of food, the excessive use of salt, condiments leads to overeating, which in turn creates a desire for stimulants and narcotics, and it has been truly said that cooks make more drunkards than saloonkeepers. The relation of diet to intemperance is likewise worth a most careful and earnest consideration.

The superiority of a well-selected natural diet is evident; it furnishes us the necessary elements for our nutrition—the organic salts in a highly organized form, especially if the nourishing vegetables and fruits are cultivated not in an orchard or garden fertilized with stable manures, but on natural mountain soil, or at least on fields which are preserved in their original fertility by carefully selected mineral fertilizers.

Vegetarians who neglect these important facts remain, like most meat-eaters, subject to the injuries caused by the changes of weather and by emotions which affect the nervous system, causing stagnation of the blood and the pathological consequences arising from it. On the other hand, even those having hereditary tendencies towards disease may be restored to the normal state of health by improving the constitution of the blood by means of a well-selected meatless diet.

Principally we should adopt a natural mode of living for ethical reasons, for I firmly believe that all lasting reform in the different walks and avenues of life must begin with the purification of the physical system which will naturally lead to the improvement of the intellectual and moral faculties of man. Only by subduing our animal passions and sensations can we attain better, happier and more harmonious conditions of life. Reforms can never be brought into effect by parliaments, prohibitive laws and peace commissions. First of all, we must learn to govern ourselves. Legislative measures may accomplish much in bettering our conditions, but the only true and lasting reform is that which is wrought within our own selves.

It is the sacred duty of all parents to study the laws of nature and live according to them, thus securing not only their own health and happiness, but also that of their offspring. It is the sins of the parents that are inevitably transmitted to their children. All those who intend to beget new life should, first of all, make an earnest attempt of self-reform and thus save themselves and their children unnecessary sorrow, suffering, disease, and an early grave. Rather bequeath your children less money but full physical and mental vigor. The education of such children will be an easy task, because they will know how to govern themselves. Then brutality, immorality, crime, and all the animal passions of man will give way to a reign of common sense and justice, without the enactment of special legislative measures. Then the dissensions and iniquities of our much-praised civilization and the still ruling doctrines transmitted to us from a dark and barbarous age will disappear before the enlightening, enlivening teachings of nature, like the shadows of a dark and dreary night vanish before the radiance of the heavenly light.

From the pure fountain of nature flows the stream of energy and health which renews and invigorates our race. In every period of the world's progress men and women have received the greatest strength and

inspirations direct from nature. To live in the open, in the sunshine, in the fields and woods, drinking pure air into the lungs, living on the simple products of garden and orchard, keeping a high attitude of mind, constantly directed towards the welfare of his fellow men, is indeed man's ideal life which will inaugurate in the evolution of mankind, characterized by the reign of human intellect, supreme harmony, and universal peace.

In ignorance and want, man left his early paradise, as the biblical myth relates; through knowledge and industry he will regain it, but with all the achievements of art and science he will make it "far happier than that of Eden", and with a conscientious life according to the laws of nature there will be no danger of a return to the misery and savagery of previous ages.

"Return to Nature" is the great watchword of the present time sounding throughout the civilized world; it does by no means imply the return to the conditions of primeval man, as it is often interpreted; on the contrary, it is the keynote of a higher civilization, emancipating man and woman alike from the slavery and injustices of the material life, developing their spiritual faculties, and opening the doors of a regained paradise!

Americans who eat meat three times a day and wash their meals down with coffee, tea, and ice water are a nation of dyspeptics, employing a vast army of physicians and dentists and spending millions of dollars for poisonous drugs and patent medicines nearly all of which contain more or less alcohol, besides other harmful ingredients.

The process of assimilation which is affected by means of the exchange of fluids through the cell walls is based on electrolysis going on in the millions of invisible batteries by the play of electrically charged molecules whose negative and positive effects depend on the presence of certain organic salts.

In selecting and preparing our food we should, however, bear in mind that we can not improve on nature, and that everything that we can relish in its natural and raw state is best adapted for the nourishment of our body.

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THE CHIEF PRINCIPLES OF NATUROPATHY*

by C. Th. Fuhrmann

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This is the first time that I have had the honor to speak before you on "The Principles of Naturopathy". It is a fact that during recent years a violent war has been in progress on the field of medical science. Ages have been swallowed up in the abyss of time, countless grand inventions and discoveries have been made. In all branches of science and industry, desire and effort for progress have revealed themselves with the exception of one branch of science, which ought to be dearest and nearest to the public heart, that of hygienics. But this still remains almost totally neglected. People look upon health as a blessing, and upon sickness as a visitation sent by Providence. The care of the human body was left to men of science who in their studies pondered over the curative powers contained in drugs by which they imagined to restore the lost health in drug-stores and regain it by spoonfuls taken most conscientiously every hour.

At last the people have begun to get roused out of their long sleep of indifference and ignorance, and more and more they are coming to realize that their only enemy is their own personal ignorance of body and mind. This ignorance is caused by the tyranny of the physicians exerted over the public who still believes in drugs. At last a revelation has come over the people; many have learned to understand by what means health can be restored, if lost or impaired by circumstances, often enough created by the struggle for existence. In order to keep always in good health, we must study and cultivate the rules taught by hygienics, and consequently prevent disease. In both branches—that of keeping in good health and that of treating disease—great progress has been made. As stated before, since the remotest time the medical science and hygienics were, so to say, the monopoly of professional scholars and learned physicians. The object of the reform movement in these branches is not only to make medical science and hygienics the property of the general public, but to thoroughly renovate its principles—to divert medical treatment from all danger.

MEDICAL SCIENCE AND NATUROPATHY!

Medical Science and Naturopathy are the battle cries of these contending parties. The physicians have challenged us. We have to stand our ground, if we would not demolish the foundation of the magnificent structure, the erection of which we have made, our life work—if we would not forfeit popular hygienics and the methods of natural healing and bury ourselves under its ruins. We pioneers go out into the world, not claiming any material profit, purely and solely inspired by the desire to instruct the

*A lecture delivered before the Philadelphia Naturopathic Society.

people how to preserve and restore health by the means Nature herself provides. Our path is strewn with thorns and beset with obstacles, but our enthusiasm for the great cause we represent, our conviction, based on the knowledge that the forces of nature cure and not remedies, give us the courage to pursue unswervingly our course towards our great and noble object in spite of the constant attacks of our opponents. On our standard is the motto inscribed: "Through night to light".

The greatest physicians of all times have believed that in the human body resides an invisible force anxious to preserve life and health. Many injuries and ailments are cured by this power; and people will sometimes say: "The person's constitution cured itself". This invisible power we call "Nature's healing power". And this method which, first of all, believes in the secret power, is known by the name "Nature's Healing Power." This method teaches that diseases are cured by natural power, innate in each individual from his very birth. The words of the famous Greek physician, Hippocrates, convey an eternal truth: "*Natura sanat, medicus curat*, nature cures, the physician only assists".

How many physicians are there who adopt this position?

If the physician is to have any share at all in the process of cure, he has only to watch, and to support the curative power of Nature; and this must be done in the spirit of Nature. Remedies stronger than the disease should not be applied. Every physician ought to take for this motto the Latin saying: "*Medica mente, non medica mentis*", that is, "cure by common sense and not with drugs."

How many physicians act on this principle? Scarcely one in a thousand. Their prescriptions form their chief method, and people believe that one spoonful of medicine every two hours is all that medical science and art are able to do. If it were so, we partisans of Naturopathy would have nothing to do. We reject, however, any remedy bought at a drug-store; we agree with the famous Dr. Paul Niemeyer: "Not curative drugs, but the curative power of Nature." We do not want all these drugs, pills and powders which are grated, mashed, stirred and boiled in the chemicals laboratory of the pharmacist. We do not believe in any drugs at all—but we believe in the curative powers of Nature and in the harmless, but curative herbs produced by Nature.

What are the reasons which impel us to reject the use of all drugs? A healthy man does not need them to keep in health and the sick man cannot recover by taking them. The healthy man, if wise, objects to drugs, being afraid lest he be made sick by them; then, how can they benefit a sick man? Most drugs are poisons, the taking of which, under ordinary circumstances, is followed by fatal consequences. They injure the blood, destroy the tissues, (palate, stomach, teeth) remain in the body as foreign matter and cause all kinds of disagreeable phenomena, as, saliva-

tion, inflammation of the kidneys, morphia cravings and many other evils. No physician can foresee the ultimate effect of any medicine upon a patient; because the constitution and disposition of each one differ from those of other people. That is the reason why so many prescriptions are continually being changed. If the first prescription does not produce the desired effect, a second and third must be tried, until often the sick-room is like a pharmacy. The poor patient loses his appetite, and rejects even the lightest digestible food. He may be able only to swallow these poisonous drinks, though he may lose strength and consciousness. He has to obey: the doctor has ordered them, and the nurse is inexorable. How can he regain his health? What a fatal delusion it is, which not only ensnares the great masses of the people, but also enlightened and educated people! Is it any cause for wonder, if not only the druggist but also the nurse, makes mistakes—the first in preparing the potion, the other in doling it out—that the patient pays for such error with his life? The newspapers often report such blunders. With those who are treated by the Natural method of healing such incidents cannot happen. On the table of the sick person stand only dishes with palatable food and beverages, pleasant alike for the sick and for healthy persons.

It frequently happens that the physician makes a mistake in his diagnosis before the disease is fully developed; his prescription will then only contain distilled water, colored with some fruit juice; it cannot do any harm. This is done for the comfort of the relatives who are not able to read Latin. For this expedient the Latin expression is: *ut aliquid fiat*, that is, “as something must be done”. But how can any remedy arrest an acute disease? Only too often people decline themselves for a time; then the fire suddenly breaks out into a real blaze and all help comes too late. It is a fact that, now and then, the use of drugs produces good results, and that the symptoms of the disease disappear. Venereal diseases, for example, can be suppressed by mercury; but the physician knows only too well that the evil is not thoroughly cured. After some time it will break out again, and a new salve will have to be applied, these are, in fact, only make-believe cures.

If anybody should be cured by drugs, he should understand not cured by the use of drugs, but in spite of it. His physical system resisted with all its strength the poison of the drugs as well as that of the disease. Imagination, too, has a real power in many cases. Many patients recover by time, rest and patience. The curative power of drugs is doubtful in each single case. And that is the reason why we cling to that treatment of diseases which has produced amazing results where regular physicians were at their wits' end. Many thousands of persons afflicted with chronic diseases, who on principle have rejected all drugs, have been restored to life and work by the Natural method of healing.

Acute and chronic disease cases are cured by the natural factors: air, light, water, diet, rest, and proper exercise in its manifold applications. But no Naturopathist must represent a one-sided system. That is, he must not believe in cold water alone, and condemn hot water or steam, or reject massage. Such extreme sticklers for what they regard as principle cannot really promote the welfare of suffering humanity. The ideal Naturopathist will apply any curative method, the harmlessness of which has been demonstrated. Under the motto: "Drugless Cure", the victory will be gained.

It is essential that the Naturopathist should not cling to any special name for the disease; if he intends to cure his patient. He has not to treat a disease but a sick person; and in each individual the symptoms of a disease will differ. In the Natural method the name of the disease is of no consequence at all, as no diagnosis is made in order to prescribe drugs. As long as the physician is fishing in troubled waters, he must prescribe useless and pensive things and blind the people. If he makes a mistake (which can easily happen), he will be excused by his colleagues, as only guilty of a scientific error. The Naturopathist can cure many a disease without knowing the precise cause or starting-point of the case on hand. He only looks at the general condition of the patient and if he has the highest innate gift which should distinguish every true physician, that is, the faculty of being able to adapt various curative methods to the patient's individual case, success will crown his work. In the Natural method of healing it will often happen that patients, afflicted with different diseases are treated alike, and patients, afflicted with the same disease, are treated differently. Though this may appear to some people strange, contradictory, and even unscientific, it is only in accordance with the workings of Nature, and will be justified by the success of treatment.

The greatest curative factor is diet, which is sorely neglected by most people. Many diseases, in fact are cured simply by the adoption of proper diet and a regular way of living.

If an animal is sick, it abstains from food. People ought to bear this in mind. If there is no appetite, the stomach does not work, because the body needs its forces to conquer the disease. It must be foolish, therefore, to force the patient to eat. As soon as the mountain has been climbed, Nature vindicates herself, and the convalescent takes pleasure in eating. So-called strengthening foods and drinks, as broth, meat, ham, sausages, wine and beer should not, however, be touched. Such fuel only heightens the fires of the fever that always accompanies acute diseases; besides, these tonics are never digested by patients suffering from chronic diseases. Man does not live by what he eats, but by what he digests. The best drinks for sick and healthy people alike are spring water, milk and fruit-juices. In fever, only water and that only in small quantities, ought to be drunk. This water treatment is the great achievement of Vincent Priessnitz. Before

his time fever patients had to pine away in close, unventilated rooms, and the mere drinking of water was considered dangerous.

The Natural method of healing does not treat symptoms, as, headaches, vomiting, diarrhoea, cold hands and feet; but tries to discover the causes, the very seat of the disease. This is the essential point in this system of practice. In fact, the treatment of the symptoms stands on the second plane; it is not necessary to treat them very carefully, or even to take account of them at all. This process leads us to the laws of revulsion and excitation. Medical science does not take notice of these laws.

Mustard plaster and Spanish fly are poor means of revulsion, compared with those applied by the Naturopathists. By cold and often repeated water compresses the blood should be drawn from the sick organs to other parts of the body. Wherever cold is originated, humors collect and heat will be developed. In this way the affected organ will be relieved. If morbid matter has to be secreted, the water compresses must remain longer on the affected parts, in order to create heat, that is, a local fever.

Naturopathy does not look upon fever as an evil, but as a friendly effort of Nature to drive out the enemy disease. For this reason the fever ought never to be fully suppressed; it should only be mitigated—deprived of its deadly power. The higher the fever, the more leniently it should be treated. High-grade fevers ought never to be treated with ice-cold baths, as is often done in hospitals.

If so-called crises appear—that is, a worse condition of the patient, boils, eruptions, and so forth—the treatment should be continued in the same way, though a little more leniently, and ought not to be confined to one part of the body. That would be of no value at all. Man is a whole, an organism, and not a machine made up of various parts. What is gained, if, for instance, a physician cures a scrofulous inflammation of the eyes with an infusion of atropine? That evil has its cause, its seat, in a disturbed digestion, in corrupted humors which have settled in the eyes. Therefore, I repeat, in any case prescribe a general treatment. The Natural method of healing not only cures diseases, but prevents them. “Prevention is better than cure.” That is the motto we Naturopathists have taken as our device. The least symptoms of diseases have not only to be outrooted in their very germs, but we also advise every man to live strictly up to the laws of Nature; in doing so, he will resist all disease and, by-and-bye, a healthier, a stronger, a better and a longer-lived generation will be produced. Nature teaches most impressively that diseases do not come from outside, nor from beyond; but that every man reaps what he sows. Every man digs his own grave. For this reason mysterious remedies, signs and formulas are of little avail; the patient has to cure himself.

As to what men and women should learn to do, how they should live, and by what means they can attain to ever continuing health, the advocates of Nature’s healing method have made it their sacred duty to

enlighten people. That the professional physicians are our most vigorous opponents is, of course, only to be expected, their profession is injured by our teaching, and their revenues diminished. We have the satisfaction, however, of seeing people begin to take care of themselves; they are beginning to lose faith in scientific authorities; many of them strive to become their own physicians. These things are a great gain. But we have still to fight many a battle before we win perfect victory; it is hard, so to say, imbibed with our mother's milk.

People are very slow to understand that the prescriptions of physicians can not adjust the disturbances of the physical system. Do not let us forget that the belief in the omnipotence of drugs really amounts to a superstition. All drugs are foreign to the human organism, poisons ought never to enter it, and no physician is able to foresee the effect in the human body of the drugs he may prescribe. Only too frequently does it happen that the effect of the drugs is altogether different to what was expected. I am far from attacking medical science in itself; at sick-beds I have watched for the success of prescriptions. But I must say, that I have fully realized their inadequacy—indeed their absolute uselessness. Drugs are never remedies; because they are not able to contribute to the formation of better humors; they rather aggravate or prevent their development. To prove this statement I will quote men who have studied at medical Colleges and in whose knowledge and observation we have all reason to trust.

In a lecture at the New York College, Professor Stevens, M.D., said: "The more experienced physicians are, the less confidence they have in medicines and drugs, and the more they rely upon the forces of nature."

Professor Smith, M.D., at the same College, said: "All medicines which enter the circulation of the blood, poison it in the same way as any other poison that causes a disturbance in the body. Drugs do not cure diseases; patients are restored to health by the healing powers of Nature."

Professor Green, M.D., of the New York Medical College says to his audience: "The confidence you put in medical science will be staggered when you stand at a sick-bed." Finally, I will quote Dr. Richter about the uselessness of drugs:

"The average prescription writer often enough by his drugs creates a second artificial sickness which makes the condition of the patient more complicated or disturbs the critical phenomena, the importance of which he does not understand and which only delay convalescence. If then the healing power of Nature, and not knowledge of the physician, restores the patient to health, the disciple of Aesculapius imagines that he has accomplished the cure by his recipes; and so to the very end of his life he is the victim of illusions and deceptions. There is no branch of knowledge so replete with sophisms, errors, dreams and lies as medical science."

I might go on much longer in this train and quote men of name and

fame who have fathomed the depths of medical science and who (though often enough late in life) have come to the conclusion that drugs ought to be discarded as remedies for disease.

We might say the same thing of homeopathy, though here drugs are administered in such small quantities that the organism of the patient is but little injured. Though she has undermined faith in drugs, and introduced a strict diet, she has not yet really fathomed the subject of healing disease. Naturopathy or the method of natural healing, however, has accomplished this. Of course, humanity will not endorse this fact, but that makes no difference, truth must and will conquer.

Now the question will arise: "What is Naturopathy? What is the method of natural healing? If drugs be discarded what remedies are left?"

In answering these questions I come to the very point of my lecture. In giving you the short, historical quintessence of this method, I may at once refute the statement that Naturopathy is something new—that has never existed before. Many teachings of this method and many of our applications were well known in ancient times. From the *Rig Veda*, that classical epic poem of Indian literature (2000 or 1500 B.C.) I beg to cite the following passage: "Healing is the water's power; the water cools the fever's glow; it cures all sores and diseases; blessings bring unto you the water's power."

These teachings are only in so far new, that we have adapted them to our times and our wants. Part of this natural method of healing—the application of water in its varied forms—was the means used by the ancient people to preserve health, to prepare themselves for important enterprises; it also formed part of their religious cults. Herodotus mentions vapor and hot-air baths, and the *thermae*—hot baths—played a great part in the lives of the Romans. The very ruins of these gigantic structures of the aqueducts in old Rome still call forth our wonder and our amazement.

Another part of natural healing, massage, was much practiced by the ancient peoples. Exclusive treatment by water could not become universal as it caused too much trouble and work. For this reason it could never appeal to the great mass of the people. Besides, exclusive treatment of water was often enough delusive, because other factors of healing had been neglected. It would take me too much time to illustrate these facts. I will only mention that the peasant Vincent Priessnitz in Gräfenberg, Silesia, was the first who, besides the cold water treatment, applied damp-warm applications and packs (compresses).

His rival, the peasant Schroth in Lindenwiese, near Gräfenberg, not only differed from Priessnitz in the water applications, but also introduced the abstemious, or rather hunger diet which has also been accepted as an essential factor in the natural method of healing.

A third layman, the Swede Ling, contributed a thoroughly mechanical, but most important factor to the natural method of healing: massage and hygienic gymnastics. With these three factors the Natural method of healing has worked for a long time. I only mention this in order to give you a rough sketch of its development. I come now to the really scientific foundation of this method of healing.

We take man, purely and simply, as an organic being in healthy as well as in sick days; and from this point of view we develop our principles for treating patients. Each organic being, man included, is during the period of his existence dependent on, and subjected to, the reciprocal action between himself and the external world. This causes a continual change in the matter of which the human constitution is composed. Man is, so to say, undergoing a chronic process of moulting, throwing out bad matter and taking in new substances. This change is called metabolic assimilation, and this kind of assimilation extends itself to the smallest particle of the human body.

All the tissues, the most delicate sinews, the epidermis, the bones—in a word, the whole body, takes part in this assimilation. The conditions which rule this metabolic assimilation are those having to do with the elements from which the human body is built up, such as: air, light, warmth, food and drink, rest, exercise, and electricity. Without these elements no plant, animal or human being can be produced, exist, or preserve its life.

By virtue of the elasticity and flexibility of his organism, man is able to adapt himself to these conditions of life. But there are exceptions caused by man's own perverted life or by external influences created by the struggle for mere existence which man was unable to conquer, that have brought on abnormal metabolic assimilation. No matter what the causes may be the human organism will always try to equalize disturbances of the metabolic assimilation without any interference from outside; that is the reason why the Natural method of healing, or Naturopathy, appeals to this innate healing force, existing in every organism. Naturopathy sees in every disease, in every derangement of the organism, natural unavoidable consequence, a physiological necessity, an organic process. Each disease, each disturbance in the organism, is understood by the Naturopathists to be a resistance to decay, and an endeavor to return to a normal, healthy condition. The organism reveals the fact that the natural healthy equilibrium has been interrupted.

These truths, these bare statements explain and set forth the fundamental rules of the Natural method of healing. In view of these facts, we are compelled to regard all manifestations of the organism, if not in its natural condition—the natural condition of man or his organism as indications of health—as processes and efforts to return to normal conditions by its own innate power. The mission or purpose of the Natural method of healing, or Naturopathy is to support and facilitate these processes

and efforts and, if possible, to aid them to accomplish a permanent cure. This is not done by burdening the weakened and disordered organism by lotions and preparations from the drug store, but by adjusting the natural elements of the human body to their innate and natural proportions and functions. The poorest man can, under ordinary circumstances, attain this condition without even interfering with his work or profession.

Naturopathy has been able to stand her ground for sixty years in her struggle against innumerable opponents and adversaries; she has been victorious in acute and chronic diseases which, in many instances, had been aggravated by medical scientific treatment. Her successes will be still greater, when its principles have become the property of the great general public. Naturopathy ignores all quack medicines, ignores scientific unintelligible, mysterious names. Naturopathy is not the monopoly of an exclusive corporation of scholars, but it is, what all true medical science ought to be, a really popular method of healing.

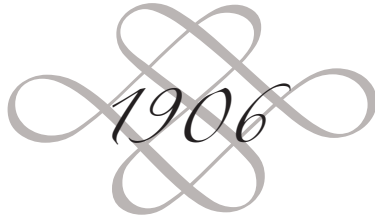
To my best knowledge I have here set forth the very essence of the Natural method of healing. I hope to increase the number of those who believe in these simple ways of keeping the human body in health, and of restoring the sick body to health when abnormal conditions have been set up. My sincerest wish is that this association of Naturopathists will increase every day in numbers and influence.

The words of the famous Greek physician, Hippocrates, convey an eternal truth: "Natura sanat, medicur curat, nature cures, the physician only assists".

Their prescriptions form their chief method, and people believe that one spoonful of medicine every two hours is all that medical science and art are able to do.

Do not let us forget that the belief in the omnipotence of drugs really amounts to a superstition. All drugs are foreign to the human organism, poisons ought never to enter it, and no physician is able to foresee the effect in the human body of the drugs he may prescribe.

Professor Stevens, M.D, said: "The more experienced physicians are, the less confidence they have in medicines and drugs, and the more they rely upon the forces of nature."



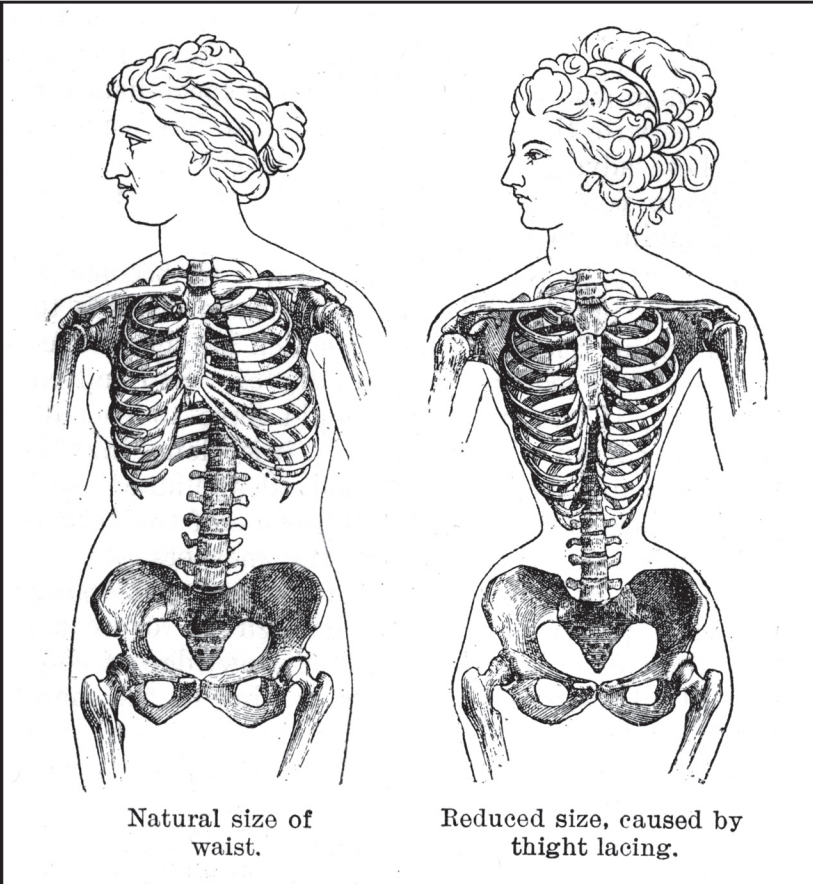
THE CORSET

BENEDICT LUST



MIND AND NATURE

H. SPENCER LEWIS



Corsets worn by women mutilated their bodies causing lifelong suffering.

THE CORSET

by Benedict Lust

The Naturopath and Herald of Health, VII (4), 143-144. (1906)

If women had common sense instead of fashion sense, the corset would not exist. This one garment more than any other is responsible for women being the victim of disease and doctors.

That part of the body around which we place the corset has no bony structure for its protection—is very pliable and can easily be deformed in a short time.

The American woman is deformed, as one can readily see. Our fashionable women are freaks when compared to a normal woman who has been allowed to grow up from childhood, unrestrained, as nature intended—without corsets or bands of any kind.

“Dress should be considered in relation to the comforts of the human body, not as a means solely toward beauty. Society women are merely trees or racks upon which to hang costly garments.” The principles of dress should be determined by the body, but instead the body is warped and deformed to fit the fashion. Common sense teaches us if we want health there should be no restriction of the body.

Notwithstanding better food and all the means to cure disease and prevent sickness offered by our growing wealth, a sad falling off is shown among women in health improvement. And especially those who follow the dictates of Dame Fashion. A few years ago it was the curved front corset—then the low bust straight front corset and now the high bust, long hip straight front—“Straight Jacket” we had better say. Each is an improvement on its predecessor, so Fashion says. Really, each is a model to “deform”, rather “reform” the plastic flesh of the woman, to what is considered the “stylish” figure.

Much has been said of the cruelty of the Chinese in binding the feet of their baby girls. But one thing in their favor can be said: they at least leave them their own shape, while our women use the corset to make a shape as desired by the styles each day. How easy to see the faults of others and overlook our own, however glaring they may be. There are as many of our women leading lives of invalidism from tight lacing as there are cripples in China from bound feet.

Many of our women are beginning to see the light. A change is coming about. We are throwing off the bands that wreck our womanhood and make weaklings of our children. *The Hygienic Reform Magazine*, the physician who puts humanity first, and the thinking writers who hope and work for the race improvement, all are daily doing all possible to emancipate women from her “steel stays”.

Let me say to you: “cast away the corset. Be free! Free to live and as Nature intended.”

J. UNTERMANN,
PRACTICAL
Bandage and Truss Maker,
 193 THIRD AVENUE, NEW YORK.



Importer and Manufacturer of all kinds of Appliances for Medical Use.

RUPTURE.
 Trusses made according to my own scientific system. No more tortures. I personally attend to every case and strive to satisfy every patient.

ABDOMINAL SUPPORTERS.
 Made to order according to the rules established by Knapp in respect to size, form and material.

HEALTH CORSETS. A real blessing for women. Perfect after years of study. Best quality, durability and efficiency guaranteed. Write for particulars and ordering directions.

Ad for natural undergarments for women.

ing aside the corset as harmful, I know of no better substitute than a little garment known as the Grecian Bust Girdle. Our mode of dress is nearly an impossibility, unless some garment is used to support the skirts. Many women would not hesitate to cast aside the corset if she knew of a way to dress without one. The only way is to suspend the clothing from the shoulder. This the Grecian Girdle does, and at the same time enables one to preserve a neat figure. It does not confine the chest, but permits full, deep breathing. It does not confine the waist. Does not compress the abdomen. Does not in any manner restrict the work of nature, yet supplies every needed requirement. It is of unmeasured value to every woman who wishes to be comfortable and healthful.

To have the full form, strength and vigor of superb womanhood is the right of every woman. It is yours with the proper food, exercise and dress.

You pity one confined in jail, and yet, no matter where you go you are not free, even to breathe. Your poor body is in a jail of bones and steels, and at times you have to gasp, even for breath.

And then you wonder why you are so quickly aging—why you are not as supple, as strong, as magnetic, or as beautiful as you were a few years ago. You are simply paying the penalty for your own sins. If you would escape further punishment, “stop sinning”.

But one says: How are we to dress? We must be neat, and some garment is needed to support the clothing. In cast-

Society women are merely trees or racks upon which to hang costly garments.

There are as many of our women leading lives of invalidism from tight lacing as there are cripples in China from bound feet.

MIND AND NATURE

by H. Spencer Lewis

The Naturopath and Herald of Health, VII (8), 291-292. (1906)

PSYCHOLOGICAL ASPECTS OF THE RETURN TO NATURE

So much has been said of late regarding the wonderful cures made through the system of nature-healing that scientists and physicians everywhere are forced to recognize the claims made for it.

Scientists are trying to analyze the system; medical men are trying to annihilate it—but still the good work continues, and is growing stronger in results every day.

From a psychological point of view, “mind” plays a very important part in all of the cures and benefits derived from the nature system and it is to briefly show in what manner this is so, that I have written this article.

In the first place those who seek treatment under this “new” system are commanded to “return to nature”. To return to nature means to live as God intended we should live; to give nature an opportunity of doing that work of which she has proven herself so capable: to give *mind* the unhampered privilege of functioning properly.

Mind controls the body and all its faculties and their functions. This we have been taught for hundreds of years. Mind, as well as nature, is opposed to disease, pain and suffering. Without interference, mind and nature would give us strong, healthy and magnetic bodies. Then why interfere?—why not let nature and mind perform their duties—their RIGHTS?

Truly, we have drifted from the right course in the narrow stream of torment, pain, suffering and ill-health—to progress. *But have we progressed?*

The simple *natural* life is one of health and happiness. We note this many times when we visit the farms, the outlying country towns, the quiet little “God’s places” among the hills and valleys. We have every evidence that the *natural* life is the *only* healthy one.

This command then, to “return to nature”, immediately suggests health and happiness, and herein lies the first fundamental psychological principle of the *nature-cure*.

A suggestion of this kind, picturing so clearly, so strongly, *health* and *strength*, is vital to any system of healing, for, the mind, the great control, readily grasps the ideals brought to recognition, and immediately prepares to act in accordance with them.

It is a well-known fact, absolutely proved, that, in the system of heal-

ing through suggestion, known as “Suggestive Therapeutics”, if the proper suggestions are given to the patient, absolute cures will follow.

The reason is most obvious. The mind is always ready to receive suggestions, and if these be in accordance with its *natural* duties and functioning, it will act upon them.

Suggestions as to health, are therefore, most readily accepted by the mind, and action in this direction is begun at once, for, as I have said—mind and nature are opposed to disease, pain, suffering, and all that is UNNATURAL.

Adolf Just in his book, *Return to Nature*, which has done more for suffering humanity than all the medicine the world ever knew, says:

The fact that in nature undefiled and pure everything is good and beautiful, that is, sound, and that in man, too, in the degree in which he again returns to nature and avails himself of her remedies all disturbances and deviations from his original ideal state of body, mind, and soul can be overcome and repaired faster or slower in proportion to his defects and his remaining vitality.

The author is positive in what he says. “In the degree in which he again returns to nature, all disturbances and deviations from his *original* ideal state of body, mind and soul, can be overcome and repaired.” Mr. Just clearly means that if we return to the original conditions in which we were born, and give nature and mind an opportunity, we can be as God and nature intended us to be.

To live the lives *unnatural* is forcing upon us constantly, suggestions of ill-health, unhappiness and suffering. Although the mind is ever willing and anxious to receive health-giving suggestions, it is constantly amenable to those which are disastrous to our health.

Mind has the power, and if given an opportunity, will discriminate between the proper and improper suggestions, but our present-day unnatural lives have placed us in such conditions that we receive *one thousand* of the improper suggestions to every *one* of the proper kind.

They may raise the question as to whether “suggestions” and mind alone can cause us to suffer, to have pain and disease. I believe that such is possible, and more—for, behold—do we not see evidence of this fact every day?

We feel a slight pain—we do not know what it is. We do not feel sick, but still we have a pain; very slight to be sure, there it is. We think little of it until we happen to read an advertisement of some patent-medicine. We read a long list of “symptoms” clearly indicating a “terrible trouble” or “disease” and at last find one “symptom” (there is *always* one in these kind of ads.), which explains our pain, and then—to be sure—we feel that we are sick and have the “terrible trouble” described by the symptoms.

THERE IS A CAUSE

Are you run down?
 Tired out?
 Nerves unsteady?
 Do you feel shaky all over?
 Are you weak?
 Do you lack ambition and energy?
 Do you have that "all gone" feeling
 when you get up in the morning?
 Do you get up depressed, low-spir-
 ited, out of sorts?
 Do you get exhausted and "played
 out" after very little effort?
 Are you troubled with headache,
 neuralgia, pains in the joints and
 muscles?
 Do you have dyspepsia, heartburn,
 belching, gas in the bowels, sour
 stomach?
 Do you suffer from Rheumatism,
 Catarrh, Kidney trouble, Bilious
 attacks?
 Are you subject to colds?
 Have you lost hope of regaining
 your old time strength and health?
*Do you know that all these ills
 come from one CAUSE?*
 Do you know that the only way to
permanently rid yourself of these
 troubles is to eliminate the *cause*?
 Don't take medicine. Medicines and
 drugs suppress symptoms, give
 relief, effect temporary "cures,"
 but *cannot remove the cause* of
 the complaint.
 Give Nature a chance, assist her in
 the right way, and Nature will
 surely cure you.
 Your case is no worse—cannot be
 worse—than hundreds of others
 that have come to us and regained
 Health and Strength by our Nat-
 ural Treatment without Drugs or
 Medicines. Do you wish to know
 THE CAUSE of your trouble and
 how to eliminate it?

Write today to

YUNGBORN HEALTH RESORT
 BUTLER, N. J. AND TANGERINE, FLA.

There was a solution for people who lived hectic lives: Return to Nature at one of the Yungborn Health Resorts owned by Benedict and Louisa Lust.

We brood—we think—we give ourselves suggestions, and, whereas we had no feeling of sickness before—we now feel that we are *deathly sick* (the ad says so), and we call in a medical doctor who examines us and does his best to have us believe that we are surely sick, and need his services, thereby strengthening our suggestion, and then—lo! WE ARE SICK.

Strange, isn't it?—but, how true.

In regard to this, Adolf Just makes the following statement in his book:

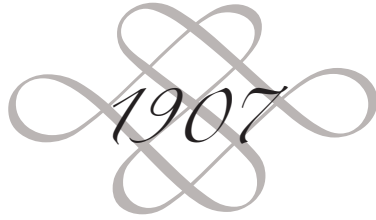
I know of a case where a physician, who is regarded as an authority, told a man after he had examined him that he was very ill and would surely die, within a few weeks. The man was stricken with fright, and immediately began to waste away until after a few weeks he died. Now, granting that he was severely ill, it is evident that the positively expressed opinion of the physician aroused such a firm conviction in the man that it aggravated the disease and hastened his death.

Many diseases that did not exist before have been caused by such examinations; light diseases have become serious and portentous.

How all powerful then are these suggestions, and how absolutely necessary is it for us to force ourselves from the bondage of unnatural conditions and surroundings and *return to nature* and give nature, mind and God the opportunity of exacting *their laws*.

From a psychological point of view, "mind" plays a very important part in all of the cures and benefits derived from the nature system.

Mr. Just clearly means that if we return to the original conditions in which we were born, and give nature and mind an opportunity, we can be as God and nature intended us to be.



ONLY ONE STOMACH

S. T. ERIEG



MIND AND NATURE

BENEDICT LUST

BECOME A NATUROPATH



BENEDICT LUST, PRES.

Naturopathy includes all Drugless methods of Healing: Water Cure (Hydrotherapy), Massage, Swedish movements, Chiropractic, Mechano Therapy, Osteopathy, Kneipp, Lahmann, Kuhne, Bilz and Schroth cures; Phylotherapy, Phototherapy, Sun, Light, Air, Diet, Fasting, Earthpower, Milk, Work and Rest cures; Physical Culture and Outdoor Life. Every student receives practical demonstrations, attends practical lectures and does practical work under competent instructors. Courses for laymen, doctors and graduates of all schools of healing. No entrance examination or special requirements. Post-graduate course of four weeks beginning the first of every month. Total cost, \$100.00, including board and room.

Send 10c. for prospectus and application blank

AMERICAN SCHOOL OF NATUROPATHY YUNGBORN HEALTH HOME, BUTLER, N. J.



A WONDERFUL REMEDIAL FOR OUTER APPLICATION

Unexcelled for the upbuilding and invigorating of the body. Highly indorsed by the Editor of THE NATUROPATH. Price \$1.00 per bottle, expressage 25 cents extra. Send for descriptive circular.

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Carries a large assortment of Health Foods—domestic and imported. The best that can be obtained. Only such food as can be safely used by adherents to the Natural Method of Living are kept in stock. Complete descriptive Catalog of all Foods and Beverages will be mailed on receipt of 4 cents in stamps.

We carry the best selection of Naturopathic Underwear: Kneipp's Linen Mesh; Kneipp's Tricot Linen; Dr. Walter's Ramie Rippenkrepp, Air-Cell and Net Garments; Light and Air Underwear; Shirts, Air Robes, Porous Outer Clothing, Linen and Cotton Ventilation Socks and Stockings; Linens and Yungborn Cloth by the yard; Linen and Raw Silk Pads and Bandages, Air Shoes, Sandals, Sprays, Brushes, Exercisers, Cabinets, Sponges, Thermometers, Kneipp's Herbs, Teas, Powders, Oils, Clay, Literature, Etc., Etc.

This is the only place in America where you can find these up-to-date Health Goods. Prices reasonable. Descriptive catalog and samples of porous cloth on receipt of 5 cents in stamps.

BENEDICT LUST, N. D. :: BUTLER, NEW JERSEY

When making purchases, please say "I saw your ad. in THE NATUROPATH"

Advertisements found in the February issue, 1913. Benedict Lust continued to endorse Kneipp's products while promoting Naturopathy in his school located now in Butler, New Jersey. Lust moved to New Jersey to avoid persecution by the New York County Medical Society.

ONLY ONE STOMACH

by S. T. Erieg

The Naturopath and Herald of Health, VIII (3), 73. (1907)

STOMACH A MAN'S BEST FRIEND—AN UNTIRING MACHINE BUT SENSITIVE TO ABUSE—STOMACH SHOULD RECEIVE GOOD CARE

The stomach is indeed a wonderfully made machine. And the work which it accomplishes under the most adverse circumstances which it is compelled to undergo is nothing short of being marvelous.

There are various grades of machines. The flour machine is made for grinding flour; the stone crusher is made for crushing rocks, but the human stomach is used for flour mill, stone crusher, etc. The stomach is turned into a cesspool, a garbage bag, a receptacle for fiery drinks and all the drugs that man has discovered. It is compelled to accomplish things for which it was never intended. Teeth are put in the mouth to chew food, but food is forced into the stomach half chewed and the stomach is worn out doing the work which the mouth and teeth should do, besides it is a waste of fuel to force half-chewed food into the stomach.

The alarming constitutional troubles that arise from a disordered stomach is due to the fact that we have only one stomach, and when that gives out the entire body is in a state of collapse.

A man may lose one arm or leg and still be of use in this world and enjoy life. One kidney may be removed and the process of filtration will still be carried on. One eye and ear can be lost and yet hearing and seeing can be enjoyed, but when the stomach fails the body fails. When an epidemic overtakes a community the water supply is first looked to in an endeavor to locate the trouble, and in most cases the search stops here. So it is with the human reservoir (the stomach), when it is sick the body is sick. All parts of the body are supplied from the stomach with nourishment, and are correspondingly affected according to the condition of the stomach. As impure water in the reservoir will sicken the people, so the bad condition of the stomach will fail to supply the parts of the body with the best material. A structure is no better than the material which it is made of, just so the body is no better than the substance it lives on, you are no stronger than your stomach.

The stomach, like everything, will fail by disuse. It is intended to receive food to be transformed into the human body; to nourish the body and repair the losses. It was never intended to be converted into a receptacle for garbage. Abuses of the stomach can be carried on for a long time in various instances, it is a patient old friend, but there will come a time when the transgressor will have to pay for his indiscretion with compound interest.

We are called a nation of dyspeptics. We are living in the most favored land the sun shines on, and why should not our digestion be as good as any nation? Study the American habits and you will have solved the question. Our pace of life is too fast, we are too busy and have not the time to masticate our food properly, our tension of life is too great.

The derangement of the stomach is a serious affair. Every part of the body is in close sympathy with the stomach, and when it is out of order the body is sick. The brain, like every other part of the body, receives its nourishment from the stomach and is in close sympathy with the stomach; when the stomach is deranged, sour and full of gas, the brain cannot be clear and active.

The stomach is a man's best friend, and he should take the best of care of it; with good digestion a man's possibilities are great, but a gloom of uncertainty and doubt hovers over the person with poor digestion.

The cry of the dyspeptic is one of heart-rending misery, his vision of the world is as of one looking through a glass darkly. A great many of the faults of the world exist in a poor stomach. It is very difficult to restore a sick stomach to normal order, so beware, be good to the stomach.

The stomach is turned into a cesspool, a garbage bag, a receptacle for fiery drinks and all the drugs that man has discovered.

When an epidemic overtakes a community the water supply is first looked to in an endeavor to locate the trouble, and in most cases the search stops here. So it is with the human reservoir (the stomach), when it is sick the body is sick.

Study the American habits and you will have solved the question. Our pace of life is too fast, we are too busy and have not the time to masticate our food properly, our tension of life is too great.

PRINCIPLES OF NATUROPATHY

by **Benedict Lust**

The Naturopath and Herald of Health, VIII (5), Ad. (1907)

It does a man good to bring forward occasionally whatever principles in life he may stand for and look them squarely in the face, even if only to remind himself that he has some code of conduct by which he has resolved to regulate his life. If he still believes in those principles, he will gain new inspiration by contemplating them. If he has outgrown them, why, then, it gives him good opportunity to look about for a nobler and better belief. Years ago the editor formulated a set of principles for the guidance of the Naturopath. We are bringing forward these principles to-day just to look them over and brush them up a bit if necessary. Here they are, and if you find occasion to criticize them, do so. Write to us and tell us just where we miss the mark. We are always open to criticism and suggestion.

- I. We believe that there are certain all-wise, immutable, elementary laws governing human existence; that if we learn to know these God-laws and come into rapport with them, we will be happy and live in a condition of perpetual health and youth; that if we try to circumvent, crawl under, or around, or in any way try to evade these laws we must suffer the consequences in unhappiness, misery, old age, disease and death.
- II. We believe that all suffering, sin, poverty, disease, old age and death are simply due to a misunderstanding and transgression of these natural laws and that to emancipate ourselves from these conditions we must first emancipate ourselves from the acts which cause them.
- III. We believe in the self-healing and self-regulating power of Nature; that Nature can be assisted in restoring a normal equilibrium by various natural remedies, such as air, water, sun, earth, heat, rest, exercise and food.
- IV. We believe that drugs as remedies are in every instance injurious to the human system; that except in cases where heroic measures of relief are demanded, they should not be administered to human beings.
- V. We believe that tea, coffee, alcoholic liquors, tobacco and spices are equally as injurious and should not be allowed to enter the human system.
- VI. We believe that surgery is unnecessary except in cases of accident and extreme emergencies.

The Naturopathic School of Regeneration, 111 East 59th Street, New York, WILL TEACH YOU THE TRUTH OF IT ALL.

IN THIS AGE of struggle and strain and strenuous achievement, it is of special interest to note how quickly men and women who had launched their craft full of good intentions, heading for ends worthy to be remembered in the history of Humanity's progress, are one after another stranding on the rockbed of the times, succumbing to their environment and turning into simple quacks and impostors with the rest. More especially is this so with regard to these great movements which have or pretend to have for their end the regeneration of the race. *Sharp lookout and merciless criticism* is in order if we would guard ourselves against the resurrection of these human vampires, the Medical Institute and Electric Belt Frauds who have so long disgraced the advertising pages of the newspapers and which this magazine is fighting. If we do not take care, they are sure to crop up again in another form. *Remember, the moment you put the getting of money ahead of your principles, you are to all intents and purposes one of them. Therefore beware!*

WITHOUT THE REDEMPTION of the physical body the Individual can never realize or manifest. This means nothing more or less than that you reader may continue to struggle and strive for a lifetime for a realization of yourself or the attainment of success. But if your physical health is not in harmony with your mind, you will NEVER GET THERE!

REGENERATION

IS BECOMING the watchword of the times. Earnest men and women are flocking in always greater numbers around the leaders, who demonstrate through their own lives the truth of their teachings. The age of quackery and imposition in every form is slowly passing. Let's us all help to give it the finishing push, down into the place where it belongs.

WE WISH TO KNOW YOU.

IF YOU ARE broken in health and spirits, and have perhaps been drugged and quacked by frauds and impostors until you lost faith in humanity. We will teach you how by simple natural means you can easily regain and keep your health for the remainder of your life. *We are especially the sworn enemies of quackery and imposition in every form*, and teach nothing which we do not ourselves live and know to be true. We invite you to send for our catalogues, prospectus of our Sanatorium, Yungborn, at Butler, N. J., sample copy of our magazine, The Naturopath, etc., sent free. If you wish, you can at the same time describe us your trouble in a short letter, and we will reply, giving our opinion and friendly advice and suggestion free. Enclose stamp for postage. Ad. Just's famous work, "Return to Nature," has just been translated by us into English from the German, and we especially invite your attention to this incomparable book. It learns you how to become your own doctor; solves the kitchen problem; solves the social question; gives the formulae for an ideal diet, and is altogether a book for the people, expounding and explaining the laws of regeneration and how to apply them to one's self. Price prepaid \$2.00. Father Kneipp's world-famous books, "My Water Cure," paper 50 cents, bound \$1.00. "Care of Children," paper 50 cents, bound 75 cents, are also works which no home can very well dispense with.

We invite your correspondence. Remember our motto: *"We Stand for Humanity,"* and that as we are ever ready to help suffering brothers or sisters to the best of our ability, so we especially invite all quacks, frauds, hyppocrites and impostors to give us a wide margin, as we will not stand for them, but will expose them point blank the moment we find them out.

Address : The Naturopathic School of Regeneration, Dept. N, 111 East 59th St., New York.

Benedict and Louisa Lust combined the first name of their school, ie. Regeneration with Naturopathy, hence, *The Naturopathic School of Regeneration.*

- VII. We believe that vaccination, antitoxin, and drug treatment in general are in the highest degree inimical to human health, and for this reason should be abolished.
- VIII. We believe that germs and microbes should be looked upon as beneficent workers instead of as enemies to human health; that germs serve the same sanitary purpose in the human body during disease that flies and other insects serve in the external world.
- IX. We believe in the gospel of physical holiness which teaches that the body is the sacred temple of the Holy Ghost and that therefore the body should be kept pure and sweet and clean, and made, to the best of our ability, suitable as a habitation for the Divine within us.
- X. We believe in the gospel of sex purity; that the subject of sex is holy; that prudery in regard to it should be eliminated; that the marital relations should be performed for the purposes of procreation only and that the higher love of man and woman is best conserved by study and understanding of the Divine laws that govern sex and the sex instinct.
- XI. We believe that the so-called Medical Science of to-day is nothing but a jargon of errors and blunders; that therefore its practice is dangerous to human life; that it has caused unnumbered patients to be sent to premature graves who would have been saved by the employment of natural methods of cure, and therefore its practice should be abolished.
- XII. We believe that the system of Naturopathy will ultimately be the system of healing adopted by all physicians, since it embraces all the good of all natural systems, giving each its place as a curative agent. Naturopathy embraces the best of dietetics, hydropathy, physical culture, deep breathing, exercise, massage, ascegeing ("It Cure"), osteopathy, chiropractic, electro-therapy, magnetism, sun-light-and-air baths, earth power, fasting, suggestion, auto-suggestion, hypnotism, hygienic dress, vibration, mental science, Christian Science, Divine healing, theosophy and new thought.

We believe that vaccination, antitoxin, and drug treatment in general are in the highest degree inimical to human health, and for this reason should be abolished.

MAY 1918—PAGE 406

HERALD OF HEALTH AND NATUROPATH

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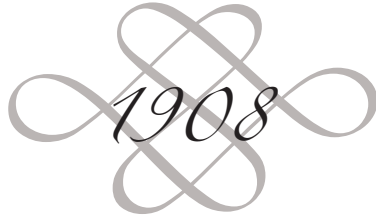
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THE NEW VITAL FORCES

J. J. RUEGG



THE TEN COMMANDMENTS OF HYGIENE

BENEDICT LUST

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THE NEW VITAL FORCES

by John J. Ruegg, President of the American Health Association
The Naturopath and Herald of Health, IX (2), 49-50. (1908)

There never was a time when the plague of disease was more prevalent among us or of a more serious character than at present. Never were our nutrients, our foodstuffs, more degenerated, adulterated and poisoned than in these days of ours. Never was the mortality among infants and children, and among humanity at large, greater than in these days of so-called progress. Our present strenuous mental life, our battle for the acquisition of material wealth can only be maintained at the sacrifice of normal, wholesome, physical life, with the result that disease has all civilized mankind in its grasp. Not only is the adulteration of drugs the cause of pitiful condition of chronic disease which is observable everywhere, but an equally destructive factor is to be found in the prevalent perversion and poisoning of public opinion. The professional patent medicine and food product swindlers have confused the minds of the people, robbed them of the power to clearly perceive the truth, and poisoned the natural healthy instinct of men.

The present Babylonian confusion of the natural and artificial curative methods has not only spread to a most alarming extent to the people in general, but it is no less evident among the people's guardians in health and disease, or, in other words, among the medical fraternity.

THE FOOD POISONERS

All diseases are caused by malnutrition. The human organism as well as the plant organism has to be nourished according to laws of nature. It is pitiful to observe how poorly and inadequately the plants' organism, from which we must derive the sound blood which is to cure disease, is nourished at the present time. Our farmers are using for the nutrition of their crops exactly these poisons which are one of the original causes of the hordes of diseases that are overwhelming humanity. It is, indeed, deplorable to see our farmers poisoning their vegetables, cereals, fruit trees, and medicinal plants with fertilizers, rich in nitrogen or ammonia, as well as in phosphates. Not only are millions of our best fruit trees allowed to die, but untold numbers of men are likewise made to suffer an untimely, painful death. Hundreds of thousands of tons of our various crops are diseased and poor in mineral salts, the only substance which will keep our blood pure and sound. Millions of useful domestic animals are in a diseased condition resulting from the use of adulterated, poisoned food, deficient in mineral ingredients.

Milk, which is undoubtedly a wholesome food, when rich in mineral

salts, has in many places actually become a poison, and the cause of many diseases of infants and of the consequent loss of millions of young lives.

The solution of the important problem of the rational nutrition of animals and men is dependent on the health of the plant world. As long as we are ignorant of the methods by which the health of the plant organism can be maintained, or by which diseased plant diseases abound, will show a corresponding abundance of human diseases.

THE FORCES OF THE SOIL

Divine Creation has placed at our disposal all the forces capable of maintaining the organism of plants, animals and men in perfect health. Although these forces are unequally distributed, the efficiency of Nature herself shows them to be at our command. The natural forces which maintain human life, while destroying the life of parasites, will be active until the end of time. Without developing a maximum of heat, resulting from physical action and chemical reaction in the plant organism, we cannot expect to produce the required maximum heat in the human body.

This is an interesting fact that we derive our heat from these great furnaces of the earth, the volcanoes. Lava contains the forces of the soil from disease and untimely death.

LAVA MILLS

Prof. Liebig and Dr. Hensel, the great renowned chemists, stated long ago that primeval rock contains the vital forces, or, in other words, the forces that enter into all the forms of life. Powdered rock or pulverized stone did prove to really be of great and vital importance in plant life. By going further, powdered lava did prove to be the real elixir of life.

Lava is the powerful enemy of all parasites and bacteria. Herbs, fruits and vegetables grown in lava fertilized soil insure sound cellular tissues through the human organism. The use of lava means the preservation of millions of fruit trees, which would otherwise fall victims to early decay.

Dr. B. Lust, of Sanatorium "Youngborn," did try lava on trees and on the vegetable garden with surprising results.

The sanatorium-cures can only be perfected with lava mills. The internal purification can only be effected with food grown in lava soil. In America the annual losses due to diseased decaying field crops and vegetables of all kinds amount to many hundreds of millions. The use of lava salts will produce permanently sound fruits, vegetables and crops in general, and will protect them from all plant diseases. The primeval rock of the lava mountain represents the human blood in solid form. Lava destroys all worms, lice, and bacteria in the soil, and in plants, while herbs grown on lava fertilized soil are the best natural remedial agents mother earth can supply.

ORGANIZATION

Unless we learn to fully and completely utilize all the forces of nature, we cannot save ourselves from serious future disasters. The voices of thousands of hygienists and statesmen are loudly proclaiming the dangers arising from the thoughtlessness and delusion of our present generation. Unless we change our course, the time will come when we shall have a large supply of material for externally covering the human body without having taken care to prepare any material with which to build up and protect the interior tissues and organs of the exhausted human organism. Such material cannot be supplied at once, for a health industry of such kind requires time for installation and development. Life or death are not off-springs of the fleeting moment, but their rays or shadows are before them, and as death is usually slow, enshrouding as gradually like the shadows of night, the new life due to the new application of nature's forces, must likewise be generated, born and developed step by step.

It is our duty to organize all friends of hygiene to a great hygienic enterprise. The race is sick, says Dr. Kellogg, the race is weak, the race is dying. Race degeneracy can only be checked by a great powerful society for the improvement and maintenance of the people's health. It is the duty of all friends of health to become members of such a people's health party. All friends of humanity as well as all those who desire to protect their own life and health will heartily welcome this great, great reformatory enterprise. In union is strength. A commercial hygienic association will be able to save the people from degeneration and early death.

The professional patent medicine and food product swindlers have confused the minds of the people, robbed them of the power to clearly perceive the truth, and poisoned the natural healthy instinct of men.

Our farmers are using for the nutrition of their crops exactly these poisons which are one of the original causes of the hordes of diseases that are overwhelming humanity.

Lava destroys all worms, lice, and bacteria in the soil, and in plants, while herbs grown on lava fertilized soil are the best natural remedial agents mother earth can supply.

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Ads appearing in the September issue in 1909 featuring books written by Otto Carque and H. E. Lane and the Kosmos Hygiene Institute in Chicago.

THE TEN COMMANDMENTS OF HYGIENE

by **Benedict Lust**

The Naturopath and Herald of Health, IX (4)108-112. (1908)

1. THOU SHALT KEEP THY BODY CLEAN

All religious teachers have made the cleanliness of the human body one of their chief dogmas. With the Greeks it played the first part in their hospitality. With the old Egyptians it was the symbol of regeneration, or what we call, nowadays, baptism. On a very ancient mummy case the writer saw a representation of the mother of God standing near a well, sprinkling a man with water, the symbol of cleanliness. Aristotle called cleanliness a virtue. A clean skin is highly appreciated by everybody. Not only should the face and hands be washed but the whole body also.

2. THOU SHALT INHALE PURE AIR

The air to be inhaled shall be rich in ozone and filled with vitality. Oxygen must always be absorbed by the lungs in fresh form. The golden rule is: Always have fresh air in your rooms. Where fresh air is lacking, as, for instance, in the factories of France and England, the people look like wandering corpses. First of all, have fresh air in your rooms.

3. THOU SHALT DRINK WHENEVER THOU ART THIRSTY

Nature provides water everywhere, even where only weeds grow. During meals one should not drink much (if possible, no water at all), because the process of digestion will be disturbed thereby. No animal drinks more than enough to quench its thirst; though in one of Hebel's poems he makes the beetle, when scolded by its mate, reply: "Well, I have to quench my thirst." the Romans say: *Gutta plures quam gladius peremit*; that is, "More people die by drinking than by the sword."

4. THOU SHALT EAT WHEN THOU ART HUNGRY

One should not eat between meals or eat too quickly. "Well masticated is well digested." That rapid eater, Napoleon I., died of cancer of the stomach; many other people of his kind have suffered the same fate. In the temperate zones the mixed diet is the most wholesome. Regular meals satisfy the hunger best. To eat too much is bad for the health, the golden rule is: "Eat enough." People who take too much or too rich food suffer sooner or later from dyspepsia. The careful and proper preparation of food and its quality are the most important features of a normal table, which should be supplied with what is called "plain" food.

5. THOU SHALT SLEEP ACCORDING TO THY NEED

It cannot be stated as a general rule that seven hours' sleep or eight are sufficient. There is no absolute standard for this case. As a medium rule, from seven to eight hours' sleep may be taken. According to Hufeland (one of the most famous Berlin physicians of the last century) man spends his best time in bed. The bedroom ought to be dry and well ventilated. The most natural position is to lie on the right side; this allows all the organs the greatest freedom of motion. It is not good to fold the arms over the head. Attention must be paid to the position of the bed and the character of the bedding. The feather bed made of animal material is the cause of many diseases; it exhales dead matter which is, of course, injurious to health.

6. THOU SHALT PROTECT THYSELF AGAINST EXTERNAL INFLUENCES

First of all, you have to protect yourself by right clothing. The rational costumes answer best the demands of health. The purpose of clothing is to maintain warmth in winter and coolness in summer, in order to keep in good health. Clothes that are too tight injure the health, because they create pressure on the ribs; the quantity of air that enters the lungs is not large enough in volume, and carbonic acid is not exhaled in sufficient quantity. Linen that is too fine takes the warmth out of the body, while coarse, porous linen, as worn by our ancestors, hardens the body and is recommended by all authorities. Cotton is a poor conductor of heat, though warmer than linen. Silk absorbs less humidity, but is too expensive for the average man and woman. Wool is a good non-conductor of heat; it makes dry and useful material, though not very comfortable. Camel-hair has become very popular and has great merits; the beard-hair is a preventive against cold and throat diseases; while the hair of the mustache (of the camel) is a prevention against dust which, so easily, finds its way into the lungs.

7. THOU SHALT DEVELOP BODY AND SOUL IN HARMONY

Nowadays we noticed an intellectual precocity in children. The parents are proud of it. If the bodily development, however, does not keep pace with that of the intellect, the consequences will be fatal. Juvenal has said long ago: "*Mens sana in corpore sano*"; that is, "A healthy mind must live in a healthy body". It should be the object of the school to develop, promote and maintain the harmonious activity of the whole body. In order that this may be promoted, the lessons must not be too many for the youthful students. The standard of the task should not be set for a few highly gifted children, but should be within the powers of accomplishment of all children alike. The period of the development of intel-

lectual faculties in children must not be forestalled. The mental capacities must not be excited at the expense of the body by a forced activity of the brain. To make boys of twelve or fourteen years to study two modern and two dead languages besides the exact and historical sciences is asking too much of them. Such tasks go beyond the mental sphere of the youthful students. The strain on the cerebral nerves will be too great; and these are connected with the central organs of perception and sensation. The brain is connected with the stomach, and that is the reason why disturbances of the brain and of the stomach appear always simultaneously. Such evils must be abolished.

8. THOU SHALT BE CONTENTED

The English say: "A contented mind is a continual feast"; the French say: "*Qui' n'a suffisance n'a rien*" ("Who is not contented is poor"). The Romans called that person happy who, like Cincinnatus, lived a plain life retired from the world. Ovid says: "*Bene qui latuit, bene vixit*" ("Whoever feels happy in retirement, lives a good life"). Such rules are best for the plain citizens who are not tormented by any ambition at all, and are satisfied with the conditions in which they find themselves. If people would not always look beyond, but rather around their spheres, they would soon see many who are worse off than they; they are the skeptics who criticize the present conditions. Envy and greed for money alone contribute to the discontent of humanity.

9. THOU SHALT NOT TAKE DRUGS IF IT IS NOT NECESSARY

This commandment is against the abuse of drugs; a treatment without remedies does not exist. This men may learn from animals; at the same time demonstrated long ago by Aristotle and Democritus. Many mineral waters have been discovered by animals for the benefit of men; the healing power of the medicinal herbs was known to man in primeval times. Even the great water apostle Kneipp, who advocated the drugless treatment of diseases, recommends medicinal herbs, used by people for ages. The writer has met with people in England who reject all remedies, even water, and who consequently are always at war with the boards of health. These people are below our quadrupeds which, as everybody knows, search for healing herbs whenever they are sick. The cattle kept all winter in stables, greedily feed on the fresh grass in the spring to break the gall-stones which have accumulated in their bowels, and get rid of them. Why people who practice the drugless treatment are called 'naturopathists' is strange because every physician is by right "*naturae minister et interpret*"; that is, "Nature's servant and interpreter"; and medical science is called "*Ars imitatio naturae*"; that is, "the science or the art which supports nature."

10. THOU SHALT MAINTAIN THE SERENITY AND PEACE OF THY TEMPER

That means: "Endure and suffer." Ovid says: *Prefer et obdura*. In the calamities of life this is the very best medicine; fits of anger make conditions only worse. Horace calls wrath a temporary madness. That does not mean that forbearance is to be pushed to the extremes, as the French say: "If you act and behave like a sheep, you will be eaten by the wolves." Not at all—discretion and calmness are two genii which accompany us through life in moments of emergency they protect and guard us.

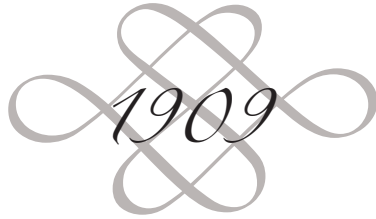
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CONGESTION OF THE LIVER

DR. CARL STRUEH

HEALTH THROUGH PHYSIOLOGICAL CHEMISTRY

E. ROSA HOUGH

KEEP YOUR MOUTH SHUT!

BENEDICT LUST

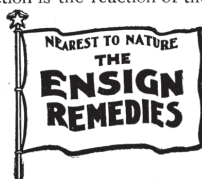
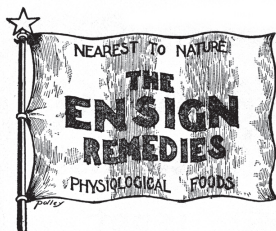
THE SUPPRESSION OF SKIN ERUPTIONS

W. S. ENSIGN



REPAIRING THE BODY.

Nature does that if you give her the material to do it with, in form so she can use it. All material must be prepared for use. If you were repairing a brick house lime and sand would be of no use unless it was properly mixed with water; and a tree would be of no use until it was sawed into lumber. The food that you eat is not ready for immediate assimilation. It must be chewed and mixed with saliva, then churned and mixed in the stomach and digested with acids, then mixed with the alkaline secretions in the duodenum, and then as it passes the little mouths along the intestines, each set takes some particular part out of the mass and appropriates it for the repair of organs and to replace worn-out tissues everywhere. If for some reason, like overwork, the little absorbents fail to take up the special elements they are designed to handle, then there is a shortage of that particular element. That is malassimilation and means ill-health. If at this time a specially prepared supply of elements is given the system, ready for immediate assimilation, so as to supply the unusual demand caused by the overwork, then the little absorbents can resume work as before, and the ill-health is gone. This is the sensible way to get rid of it. The usual way is to pour into the intestinal tract a lot of foreign substances, thus arousing the system to a desperate effort to prevent the absolute destruction of the body. This is called "stimulating" the body or certain functions, and the foreign substances are called "stimulants," "alteratives," "tonics," etc. Their so-called action is the reaction of the system against them. They are poisons, differing only in degree. Some kill at once, others more slowly, and others maim, cripple, and incapacitate. All injure, for it is a repetition of the overwork which brought on the original trouble. When you stimulate you cause the organ stimulated to do more work than it is prepared to do properly, so it is followed by depression, as the system is not able to keep up the pace. Alcohol is not the only stimulant, nor the use of intoxicating liquors the only intemperance. Any element which stimulates, whether used as a food or a medicine, is intemperate, unreasonable and destructive. When your system needs help use the elements which it uses in health, and the result will be health. Such elements are found in the Ensign Remedies in form for immediate use for repairing the body. Find out about them by reading our literature. We have booklets on General Diseases, Women's Diseases, Varicose Veins and Varicocele, the Heart, and numerous leaflets. All or any free for the asking. They will interest you. Address **ENSIGN REMEDIES CO., Department K., BATTLE CREEK, MICHIGAN.** Canadian Office: **WINDSOR, ONT.**



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ENSIGN REMEDIES CO., Battle Creek, Mich.

The Ensign remedies contained no alcohol and no stimulants.

CONGESTION OF THE LIVER

by Dr. Carl Strueh

The Naturopath and Herald of Health, XIV (1), 23. (1909)

An excessive accumulation of blood in the liver may be caused by too powerful a flow of blood to the liver or by too slow a deflux from the liver.

The first will happen as a natural process of digestion, by receiving part of the food by means of the delicate ramification of the portal vena end, consequently, entering the liver. If by too hearty eating and too little assimilation, caused by lack of exercise, this process surpasses the natural limit, sickness will be the first consequence. This will, certainly happen to gourmands.



Dr. Carl Strueh.

The congestion of the liver may also be caused by sharp spices and by alcohol. In tropical countries this condition will appear without any apparent cause. Infectious diseases, as typhoid fever, dysentery, especially ague often enough accompany these congestions of the liver; it also appears at any injury suffered by the liver. Congestions are also caused by parasites, abscesses or any central disease.

Besides, any troubles of the uterus and the ovaries may effect a congestion of the liver; or it may be brought on by excitement, annoyances and so forth. Women are also subject to it in the period of change of life; some women have even instead of their menstruation a congestion of the liver. By an impeded deflux of blood the liver is exposed to congestions in consequence of a diseased circulation and the breathing organs, of the diseased thoracic and peritoneal cavity, which presses upon the lower vena cava and affects also the hepatic veins.

Congestion of the liver also happens in consequence of any weakness, or of any abnormality or cardiac disease; also at any curvature of the vertebral column, by tumors and so forth. The liver is also congested in all new-born babies which come to life in a condition of suffocation.

Apart from these cases congestions of the liver happen only with adults.

A liver, too rich in blood, is naturally enlarged, strained and harder than in a healthy condition; if too rich in blood, serum sanguinis will ooze out.

If the liver is cut (?) one easily notices at the cut the plethora.

The liver-substance is similar to a nut-meg; therefore one often speaks of a nut-meg liver. In any congestion the liver tissue and the liver cells will suffer more or less, and, in part, vanish.

In the active liver-hyperemia the liver tissue is of a similar red color.

Slight degrees of congestion of the liver are not easily to be traced in living individuals, though they may have smarting pains in the liver. Has the congestion attained to a certain degree, one may by percussion find the enlargement of the edge of the liver; besides if the epigastric (abdomen) coats are not too thick one can easily find the rounded edge of the liver. The examination will be facilitated if the patient takes a knee-elbow position. A sure symptom of a liver too rich in blood is the yellow color of the epidermis and of the sclerotic (white of the eye).

It is a matter of course that the digestive organs will be affected, and this will be manifested by lack of appetite, vomiting, belching, diarrhea, hemorrhoids and so forth. In severe cases it will culminate in peritonitis.

According to the causes other symptoms will be noticed. In acute liver congestions the largeness of the liver varies. A thorough cure depends altogether on the causes of this congestion of the liver. If caused by organic changes we cannot do more than alleviate the pains.

The gluttons are surely cured, if they submit themselves to a thorough regenerative cure and treatment.

An excessive accumulation of blood in the liver may be caused by too powerful a flow of blood to the liver or by too slow a deflux from the liver.

If by too hearty eating and too little assimilation, caused by lack of exercise, this process surpasses the natural limit, sickness will be the first consequence.

The congestion of the liver may also be caused by sharp spices and by alcohol.

It is a matter of course that the digestive organs will be affected, and this will be manifested by lack of appetite, vomiting, belching, diarrhea, hemorrhoids and so forth.

HEALTH THROUGH PHYSIOLOGICAL CHEMISTRY

by E. Rosa Hough

The Naturopath and Herald of Health, XIV (2), 95-97. (1909)

When one is burdened with the worries and cares of daily life, he turns, with a satisfaction of relief and rest, to the pleasurable contemplation of simple—but eternal—truths. It is with a keen sense of pleasure, only sharpened by the former chaotic state of mind, that the intelligent, thoughtful, progressive, seeker of the virtues of the healing art, surrounded by false isms, lost in a wilderness of poisons, pills, plasters, bacilli, germs and germ theorists; filled with unrest, doubt, mystery, and superstition, looks across the frenzied field of foolish theories and dogmas and finds, with ecstasy at last, a simple truth upon which to pin his faith and which will give him life, strength, and health.

Normal health, the most desirable condition of life, is the human body-organism in normal physical and chemical condition. To preserve this condition is the high aim of the medical profession and the intelligent co-workers of all schools of healing. To relieve suffering, and to preserve the perfect man, is the purpose of the conscientious physician in his work of aiding nature for the restoration of normal conditions when they are disturbed or out of adjustment or when abnormalities arise or occur which are called disease of one name or another.

The human body is composed, physiologically, of certain simple chemical substances which are endowed with life and thus made useful while in that body, through the influence of the *life principle*—mental or nervous stress or energy—and which go to form, through chemical affinity and combination every portion or organ of the anatomy; every fluid and every tissue; every nerve and every *cell*. It has been said that the most important of the elements are: Silica, Fluorine, Iron, Magnesium, Sodium, Chlorine, Sulphur, Potassium, Phosphorous, Lime, Nitrogen, Hydrogen, Carbon, Oxygen, Albumen. Every good medical chemistry teaches that a deficiency or lack of any of these will cause disease or weakness; ill-functioning; or ill health.

To retain the normality of the systemic conditions in health, certain foods are daily eaten to supply these simple elements. The true value of all food depends upon them as ingredients and upon the proportions and a proper preparation of them making them available for nutritive purposes and reconstruction. No poisonous plant drug enters into the composition. No alcohol. No narcotic or stimulant in the quantities of substances partaken of as foods.

Now, it has been proven again and again that where disease is some deficiency in the body elements must have first occurred and that the defi-

ciency or lack of them or some of them, *per se*, is the *first physiological cause* of every disease which afflicts the race and without which no disease could become seated or serious. Many men have attributed all of the effects of these deficiencies to the presence of *germs*, which always come along with disease, decay and putrefaction whether it is of a human system or of an ash heap, but the germ killers usually employed as medicines; the anti-toxins and anti-serums; usually kill much more than the germs and fail to cure the disorders for which they are given, while the powerful and dangerous drugs and poisons stimulate but weaken the cells and tissues and destroy metabolism, while few of them supply any deficiencies except as they happen to when having grown from the same dark loam from which all good, valuable food elements originally grow.

The great scientist Virchow clearly demonstrates that all disease is due to an "altered state of the cell" and "a lack of some constituent of the blood at the part affected." If this be true, and not one fact of either the mental or physical sciences disproves it, how foolish is it to say that disease is *caused* by germs—how can the work of Nature—which does the real curing wherever a cure is manifest—be improved upon to restore permanent natural and normal conditions by the use and application of drugs, stimulants, toxic medicines, virus, etc.?

Clearly, if disease is due to a deficiency of certain constituent elements of the human blood and system, nothing will take the place of those elements supplied as agents of cure. The restoration rests with the patient as to whether the elements shall be obtained haphazardly through a long course of unscientific and un-natural drugging or through a direct physio-chemic procedure of *feeding* the weakened cells, tissues, nerves and organs with the chemical "materials," which they require. If disease is due to a lack of some constituent of the blood at the part affected, what good work should such "blood purifiers" as alcoholic bitters and improperly prepared pills of iron do in accomplishing a permanent cure? Things which contain none of the *needed supplies*, none of the original blood elements as ready for work and use?

If a person suffers from a catarrh with a non-functional albuminous discharge, what snuff would take the place of the chemical substance which combines with albumen through "affinity" to make it of use in and keep it in the system? Or if the albumen came forth in Bright's disease, what drug could possibly check it? Or if that catarrhal discharge was fibrinous, what drug would contract the fibrin so that it issued forth no longer? Or, if the fibrine formed a membrane, as in croup and diphtheria, or caused so simple an abnormality as a wart or corn, what plant remedy would prove efficacious in hindering the growth or stopping it instantly and aid Nature to cure the case as quickly as it might be cured?

Nature and natural processes will cure many cases of disease unaided

by the treatments of mankind. This is well known to all who know of diseases and medicines. Then may Nature not often cure diseases when drugs are administered but *in spite of the drugs*? And may poisons and drugs not often thus obtain unearned and undeserving reputations?

Ask any physician who has but an ordinary knowledge of physiological chemistry *why* aconite cures fever and he cannot tell. He probably cannot even give the true pathology of fever. Ask the indefatigable physiological chemist—the tireless investigator of Nature and Nature’s works—and he answers that aconite doesn’t cure the fever or aid Nature, as supposed, but that another entirely different substance aids Nature to cure it, and that this substance may be found; on careful analysis, in from one to three percent in the aconite. Then of what use is the drug—the plant?

It seems that the most rational, the most scientific treatment for disease is to supply the natural body elements, properly prepared, for assimilation without digestion, which Virchow, the greatest authority on germ and cancer cells and cellular pathology, says are deficient or lacking. To do this by a direct scientific procedure when diseases, symptoms, pains and germs will vanish like darkness and other negatives before a search-light’s gleam, as practice has proven. Nor is all of the system new, some parts or remedies of it having been in use for hundreds of years. To find the elements, properly prepare them: label them for use; *know their uses and the symptoms of disease or flags of distress from the cells demanding them*; and to distribute them; is the work of the physiological chemist.

Great truths exist long before discovery and the earth was round a great many years before men knew it. Everyone makes mistakes, sometimes, college professors, scientists, medical professions and physicians included. The medical chemistries of the day, as written by the professors, are vastly incomplete as to information regarding natural remedies and their uses in the body. They say of several of the important ones, which *are* mentioned, in substance, “Inasmuch as they are found so widely distributed throughout the system they must have some well-defined function, but we are *ignorant* of what that function is.” To the *good* chemist, the functions of the elements should be and *are* very clear. And he finds that by administering a physiological remedy as required by the cells, properly prepared, the most hasty restoration to healthy function takes place in every case of curable disease. That the right and necessary natural remedy will relieve the severest pains and symptoms quicker than the most powerful drugs and opiates. That there is a *science* related to the *art* of medicine which is as exact, when known, as that of mathematics. A true, natural *law* of cure, be stripped of superstition. But few physicians, comparatively, know these great scientific truths. Why? Because they are not taught in colleges, and the doctors, being dogmatic, will not investigate for themselves often times.

Different investigators, scientists, students, physicians, and nature workers have, from time to time, however, perfected the knowledge and application of certain single remedies so that to-day, from collecting and combining them, we have a scientific and dependable system of medicine founded from the great truths herein dwelt upon. Great have been the works of the few and quietly conducted. No one seeks to tear down whatever may be good of any "school" or "system". But the fittest must survive, as always, and as time rolls along it will be found that Physiological Chemistry will be the survivor of all systems of medicine. The people who accept it now and pin to it what little faith in material remedies they may have left after the discouragements, foolish treatments, and despair they may have met with will be repaid amply well.

So-called incurable diseases, through it, become curable. Chronic sufferers are relieved and restored. The ailing system is restored to normality instead of having its symptoms *suppressed* by drugs, and diseases are truly curable at last while constitutional states or taints are eradicated.

Yet, with all of this, and with time, we all must perish. At least so far as God and science have yet decreed. If not by an acute destroyer, by old age which weakens the resistance of the body and hardens arteries and blood tube walls. But even that is preventable to a great extent as it is in the nature of a disease itself.

When natural remedies, sunshine, fresh air, exercise and proper thinking are substituted among the individuals of the race for drugs, poisons, stimulants, mechanical appliances, fakes, frauds, fancies, vaccination, and germ killer agents of cure and prevention then shall we have a more healthy, hardy race.

To relieve suffering, and to preserve the perfect man, is the purpose of the conscientious physician in his work of aiding nature for the restoration of normal conditions when they are disturbed or out of adjustment or when abnormalities arise or occur which are called disease of one name or another.

Now, it has been proven again and again that where disease is some deficiency in the body elements must have first occurred and that the deficiency or lack of them or some of them, per se, is the first physiological cause of every disease which afflicts the race and without which no disease could become seated or serious.

KEEP YOUR MOUTH SHUT!*

by Benedict Lust

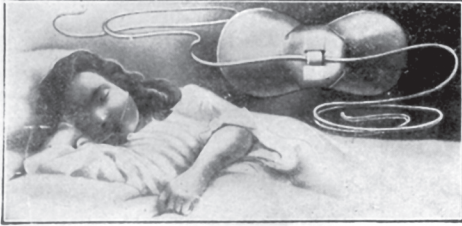
The Naturopath and Herald of Health, XIV (5), 317-318. (1909)

Once celebrated pamphlet with the above title set forth to our grandfathers the advantages of breathing through the nose and the injuries that might result from mouth-breathing. The latter, however, was treated merely as a pernicious habit that might be overcome, whereas it is now generally recognized as the result of abnormal conditions, generally nasal obstruction. In *Good Health*, Dr. J.T. Case states the conditions and results very clearly as follows:

Normally one should breathe, not through the mouth, but through the nose. . . . The nostrils, while apparently small at the external opening, soon widen into a large, double air-chamber—a great deal larger than one would suppose without having studied into the matter. The air current, after traversing this nasal-chamber, then makes a sharp bend into the naso-pharynx (the expanded upper part of the throat). The air then passes through the pharynx, past the tonsils, and into the larynx and windpipe, and is then distributed to the lungs. Into the nasal cavity project three scroll-like bones, called “turbinates,” lined by a sort of erectile tissue, which is richly supplied with blood vessels. These turbinates are like the flues of a boiler, affording a large moist and warm surface by which the air is exposed to heat, so that in traveling a distance of scarcely more than two inches it is both warmed and moistened. Two-thirds of a pint of water is daily taken up from the nasal mucous membrane by the air passing into the lungs. The stiff hairs in the nasal openings strain out the coarser dust particles, while the finer dust- and germ-laden specks adhere to the moist walls of the nasal or pharyngeal cavities, as one can easily demonstrate by blowing the nose after an hour’s work in the dust. The warming and moistening of the air thus prevents the entrance into the bronchi of cold, dry, dusty air, which would be irritating to the delicate lining of the lungs. In the case of the mouth-breather, the protective influence of this warming, moistening and purifying process is lost. There is also a nasal secretion, which helps to destroy the bacteria which enter with the air. The sense of smell, located in the nostrils, should

* George Catlin (1796 - 1872), an American ethnographer of the 19th century, wrote in 1860, *Shut Your Mouth and Save Your Life* after traveling throughout North and South America visiting over two million First Nations people. He observed that child mortality amongst the indigenous children was almost zero while infants of Caucasians living in civilized areas such as the US or Europe had a high mortality. Fifty percent of Caucasian children died before five years old and 50 percent died before reaching 25. In the mid 18th century, one’s chances of living to old age or past 25 years old were 25 percent.

Shut Your Mouth When You Sleep — God Made the Nose to Breathe Through



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DISEASE GERMS CANNOT PASS
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Early Naturopaths advocated for nasal breathing, linking mouth breathing with facial deformities, crooked teeth, enlarged tonsils and chronic nasal congestion.

also warn against the presence of poison-laden air just as the sense of taste warns us against undesirable food.

Mouth-breathing, we are told, is generally the result of obstruction of the nasal cavities, either by foreign bodies, by enlarged tonsils, by growths, such as adenoids or nasal polyps, or by deformity of the nasal bones.

Says Dr. Case: "Mouth-breathers waken in the morning with open, dry mouth, foul-smelling breath, persistent hoarseness, sometimes headaches and a loss of appetite." The physical expression is characteristic and indicates mental listlessness. The nose becomes pinched and the root of the nose (between the eyes) flattened; the lips are thickened and upper lip is shortened so that the upper front teeth show; the inner corners of the eyes being drawn down, the eyelids droop and give a long-drawn appearance to the face. The upper jaw becomes deformed; the palate being high and arched, and the two sides of the jaw being too close together, the upper front teeth are pushed forward. There is a pathetic, vacant expression to the face; the eyes are dull; the mouth is usually held more or less widely open; rounded shoulders are usually present and there is a generally sluggish appearance in the child's attitude. On account of the nasal obstruction the lungs are insufficiently expanded and the chest assumes the characteristic deformity called "pigeon breast". The lower part of the chest and the sides being depressed and the breast bone becoming unusually prominent. The lack of oxygen causes a fall in the number of red blood-cells from the normal (100 percent) to 70 or 60 percent often less; and a diminution of the coloring matter of the blood by one-third, or even one-half. When normal breathing is restored and the lungs are properly ventilated by removal of the nasal obstruction, there is brought about a gradual improvement in the quality of the blood. The voice has a wooden, muffled, or dead sound with a nasal twang due to the loss of the nose as a resonating chamber. . . . The removal of adenoids has frequently cured stuttering or stammering. When such a result has occurred

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it is probable that the stammering was due to a reflex irritation causing spasmodic contraction of the muscles of the throat.

Spasmodic croup is another result of reflex irritation associated with adenoid growths. A spasmodic cough may be so severe that it may closely resemble whooping cough. . . . Many coughs attributed to the stomach, to teething, to nervousness, and other causes are due to the presence of adenoids.

Earache is a frequent accompaniment of adenoids, and deafness is often a result. A Boston physician in examining 47 cases of adenoids found an impairment of hearing in 39; the deafness was cured in 35 by removing the growths. Severe complications, often resulting in incurable conditions, are almost sure to intervene when scarlet fever or diphtheria attacks a child inflicted with adenoids.

As mouth breathing is almost always due to obstruction of the nose, the way to stop it is by removal of the cause.* While the obstruction persists, there is little value in instructions and commands to close the mouth and breathe through the nostrils. Dr. Case recommends giving the lungs plenty of fresh air, keeping the digestion in good order, the taking of cold baths daily, and the careful cleaning of mouth and teeth. The cleaning of the nasal passages, so that they can and will be used in normal breathing is vitally important. Oxygen-deprivation means deficient vitality and lowered bodily resistance. Every parent should realize how vitally important it is that children should use their lungs to their full capacity. When, by a remediable physical defect, the child's lungs are crippled, the wise father or mother will at once take notice and act.

*Dr. Konstantin Buteyko (1923-2003), a Russian medical scientist discovered that dysfunctional breathing patterns such as chronic mouth breathing caused an increase production of nasal mucus and congestion. With simple nasal breathing exercises, these nasal symptoms were alleviated. This fact was known several decades before Dr. Buteyko's discoveries. *Ed.*

Normally one should breathe, not through the mouth, but through the nose.

Two-thirds of a pint of water is daily taken up from the nasal mucous membrane by the air passing into the lungs.

Says Dr. Case: "Mouth-breathers waken in the morning with open, dry mouth, foul-smelling breath, persistent hoarseness, sometimes headaches and a loss of appetite."

[Mouth breathers]: The upper jaw becomes deformed; the palate being high and arched, and the two sides of the jaw being too close together, the upper front teeth are pushed forward.

THE SUPPRESSION OF SKIN ERUPTIONS

by W. S. Ensign

The Naturopath and Herald of Health, XIV (9), 580-581. (1909)

Skin diseases, or rather those constitutional miasms which manifest themselves in eruptions through the skin, have been the cause of much suffering in the human family; not so much from the eruptions themselves as from the effects of suppression of these vent points of internal disease. There are no diseases having their rise in the skin, except those coming from injuries, such as bruises, punctures, burns, contact with acid poisons, etc. The eruptions which appear upon the skin are only symptoms of internal disease. The skin is an organ of elimination, and throws off a vast amount of effete matter. Naturally, therefore, if there is anything blocking the free action of any natural organ and interfering with its functions, the tendency is to throw it to the surface, hence the appearance of eruptions, fungus formations and discolorations of the skin. If this process of elimination is interfered with, as it generally is, the effete matter—this poisonous product of an internal disease—is thrown back into the system and must seek another route. Be it remembered that Nature strives to preserve life and to keep the body in as good repair as possible, and every eliminative process is carried on by the best method and through the best route for the general body welfare. If one route and process is interfered with, the next best is chosen. But you will note that each change must be for the worse.

The human family is possessed of a great pride in appearance, and this has occasioned many a downfall. An eruption on the face, or where it will be seen by all, is something which must be taken care of at once on account of its unsightliness. So, lotions, washes, and cosmetics are used with the effect that the natural vent of some internal disorder is stopped up. The effect must be disastrous. If the sewer outlet of a great city was dammed up, the physical effect would be about the same. The system is called upon to find another outlet, and this may be also objectionable and subject to suppressive measures. The final wind-up is a funeral, or the appearance of a cancer or suppurative process which defies all drugs and operations.

If a person sick with measles, scarlatina, smallpox, general erysipelas or any disease where the entire skin is involved, should object to the unsightly eruptions, and request the use of lotions, washes, or other methods of suppression, the physician and all acquainted with these diseases, would veto the proposition most positively. Why? Because they know that the suppression of the eruption in such cases is fatal, and at once. But where the eruption is not so extensive, and the eruption is not immedi-

ately fatal, all connection between cause and effect is lost, and the logical deduction of such action is not made. The result in all cases of suppression must be evil in some degree, dependent upon the extent and character of the eruption, and its product. If there is a discharge from the eruption, like from ulcers, then the suppression will be followed more promptly by evil effects. The effect of the suppression of skin eruptions are varied. We will mention: Amaurosis [vision loss or weakness], amblyopia [lazy eye], cataract, and other diseases of the eyes, catarrhs, cerebral diseases from headache to inflammation of the brain and paralysis, chorea and other spasmodic nervous affections to convulsions and erysipelas, gastralgia and other stomach troubles, hydrocephalus, hypochondriasis, asthma, chronic laryngitis, bronchitis, inflammation of the lungs, chronic scrofulous diseases, cold abscesses, vertigo, systemic weakness and debility. We knew a gentleman badly afflicted with asthma who redeveloped a wonderful case of salt rheum* under proper treatment and the asthma ceased. A "skin" doctor suppressed the eruption again and the patient died quickly, apparently from paralysis of the lungs. We know a lady who was apparently reaching death through chlorosis and pernicious anaemia who, under proper treatment, redeveloped leucorrhoea which had been suppressed through douches. The chlorotic [anemic] state at once disappeared and the leucorrhoea yielded to proper treatment so that she had the best health of her life.

What we have said about the skin is just as applicable to the mucous membrane, which is a continuation of the skin. Its offices, however, are very different. The membrane is frequently called upon to do the skin's work when the latter is overburdened, and this accounts for the appearance of catarrhs (including leucorrhoea) through douches and applications is simply suicidal, as it means a metastasis of the disease to the stomach, the duodenum, the gall bladder, the kidneys, the intestines, or a change of form and location. In leucorrhoea the trouble goes to the ovaries, oviducts, and causes the conditions which now call for useless operations, for the latter only remove the symptom and do not affect the cause, and the disease will reappear in some other form and location, and each change is for the worse naturally.

Eruptions of the skin come from within outward. The seat of the disease is within, and it must be treated accordingly. Remove the cause and effect cannot exist. Biochemic treatment of the right kind cures all these troubles permanently. Relief is quick of all irritating conditions, as itching, smarting, burning, and the cause is removed as quickly as it can be naturally. Such conditions are born with the person, and a considerable change must take place before a permanent condition can be reached.

* Salt rheum is an archaic word for eczema. *Ed.*

If you suppress diseases and have children you are handing down the cause of much suffering to posterity.

It is plain, from the above, that the use of external application is, as a rule, dangerous; especially those intended to suppress discharges or eruptions of any kind. Even bathing of affected parts with water is irritating in some diseases, like eczema, ivy poisoning, erysipelas, etc., and some persons with constitutional psoric taints do not bear bathing well. This is because the sebaceous and sudoriferous glands do not secrete properly, and the skin is left without its natural oily coating, and is therefore dry, harsh and often scaly.

The mucous membrane should also be let alone. Douches for catarrh, for leucorrhoea, gonorrhoea, and ulcers of all sorts, are grave mistakes. Many seem to consider the suppression of discharges the only thing necessary to affect a cure. The discharge is only a symptom—the vent of a serious condition, and it should not be interfered with.

Proper Biochemic treatment will cure any form of skin disease by removing the cause. All irritating symptoms, like burning, itching, or neuralgic accompaniments, are relieved at once, and the cure gradually progresses and is permanent in its character. It is rational, reasonable, sensible, natural, and furnishes the only real cure of anything.

There are no diseases having their rise in the skin, except those coming from injuries, such as bruises, punctures, burns, contact with acid poisons, etc. The eruptions which appear upon the skin are only symptoms of internal disease.

Be it remembered that Nature strives to preserve life and to keep the body in as good repair as possible, and every eliminative process is carried on by the best method and through the best route for the general body welfare.

The [mucous] membrane is frequently called upon to do the skin's work when the latter is overburdened, and this accounts for the appearance of catarrhs (including leucorrhoea) through douches and applications is simply suicidal, as it means a metastasis of the disease to the stomach, the duodenum, the gall bladder, the kidneys, the intestines, or a change of form and location.

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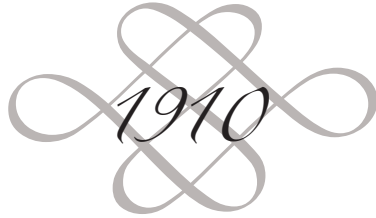
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WONDERS OF THE HUMAN BODY

by Dr. George W. Carey, Teacher of Biochemistry

The Naturopath and Herald of Health, XV (2), 69-70. (1910)

*Out of the Endless Universe there came a greater Mystery;
A Shape, Something sad, inscrutable, august,
One to confront the worlds and question them.*

—Edwin Markham.

*This day I tell you things in confidence;
I might not tell everybody, but I tell you.*

—Walt Whitman.

Solomon's Temple is an allegory of man's temple—the human organism. This house is built (always being built) “without sound of saw or hammer.”

The real Ego manifests in a house, beth*, church or temple, i.e., Soul-of-Man's temple.

The solar (soular) plexus is the Central Sun or dynamo on which the Subconscious Mind (another name for God) operates and causes the concept of individual Consciousness. The brain of Man is the Son of God, the mediator (medium) between the central dynamo and the Cosmic Ocean of Space.

Thus digestion or combustion of food, circulation of blood, inbreathing the breath of life (aerial elements) is carried on by the co-operations of the Holy Trinity. God, the solar plexus, the Son, the brain, the holy (whole) spirit, or air.

No wonder that the seers and alchemists of old declared that “Your bodies are the temple of the living God” and “The kingdom of heaven is within you.”

But man, blinded by selfishness, searches here and there; scours the heavens with his telescope, digs deep into earth and dives into ocean's depths in a vain search for the Elixir of life that may be found between the soles of his feet and the crown of his head.

At maturity the human skeleton contains about 165 bones, so delicately and perfectly adjusted that science has despaired of ever imitating it. The muscles are about 500 in number; length of alimentary canal, 32 feet; amount of blood in average sized adult, 30 pounds, or one-fifth the weight of the body; the heart is six inches in length and four inches in diameter, and beats seventy times per minute, 4,200 times per hour,

*Beth is the Hebrew letter meaning house. *Ed.*

100,800 per day, 36,720,000 per year. At each beat two and one-half ounces of blood are thrown out of it, 175 ounces per minute, 656 pounds every hour or about eight tons per day.

All the blood in the body passes through the heart every three minutes; and during 70 years it lifts 270,000,000 tons of blood.

The lungs contain about one gallon of air at their usual degree of inflation.

We breathe, on an average, 1,200 breaths per hour; inhale 600 gallons of air, or 24,000 gallons daily.

The aggregate surface of air cells of lungs exceeds 20,000 square inches, an area nearly equal to that of a room 12 feet square. The average weight of the brain of an adult males is three pounds eight ounces; the average female brain, two pounds four ounces. The convolutions of a woman's brain cells and tissue are finer and more delicate in fiber and mechanism, which evidently accounts for the intuition of women. It would appear that the difference in the convolutions and fineness in tissue in brain matter is responsible for the degrees of Consciousness called reason and intuition.

The nerves are all connected with the brain directly or by the spinal marrow, but nerves receive their sustenance from the blood and their motive power from the Solar plexus dynamo. The nerves, together with their branches and minute ramifications, probably exceed ten million in numbers, forming a body-guard outnumbering the mightiest army ever marshaled.

The skin is composed of three layers, and varies from one-eighth to one-fourth of an inch in thickness.

The average area of skin is estimated to be about 2,000 square inches. The atmospheric pressure, being 14 pounds to the square inch, a person of medium size is subject to a pressure of 40,000 pounds.

Each square inch of skin contains 3,500 sweat tubes or perspiratory pores (each of which may be likened to a little grain tile) one-fourth of an inch in length, making an aggregate length of the entire surface of the body 201,166 feet, or a tile for draining the body nearly forty miles in length.

There is not known in all the realms of architecture or mechanics one little device which is not found in the human organism.

The pulley, the lever, the inclined plane, the hinge, the "universal joint" tubes and trap-doors; the scissors, grindstone, whip, arch, girders, filters, valves, bellows, pump, camera and Eolian harp; an irrigation plant, telegraph and telephone stations and systems—all these and a hundred other devices which man thinks he has invented, but which have only been telegraphed to the brain from the Solar Plexus (cosmic center) and crudely copied or manifested on the objective canvas.

No arch ever made by man is as perfect as the arch formed by the upper ends of the two legs and the pelvis to support the weight of the trunk. No palace or cathedral ever built has been provided with such a perfect system of arches and girders.

No waterway on earth is so complex, so commodious or so populous as that wonderful river of life, the "Stream of Blood". The violin, the trumpet, the harp, grand organ and all other musical instruments are mere counterfeits of the human voice.

Man has tried in vain to duplicate the hinges of knee, elbow, fingers and toes, although they are part of his own body.

It was said of old that "All roads led to Rome". Modern science has discovered that all roads of real knowledge lead to the human body.

The human body is an epitome of the universe; and when man turns the mighty search-light of reason and investigation within, that he has so long used without—the New Heaven and Earth will appear.

While it is true that flesh is made by a precipitation of blood, it is not true that blood is made from food. The inorganic or cell-salts contained in food are set free by the process of combustion or digestion and carried into the circulation through the delicate absorbent tubes of the mucous membrane of stomach and intestines.

Age, or Spirit, breathed into the lungs enters the arteries (air carriers) and chemically unites with the mineral base, and by a wonderful transformation creates flesh, bone, hair, nails and all the fluids of the body.

On the rock (Peter or Petra, meaning Stone) of the universal salts is the human structure built, and the grave (hell) shall not prevail against it. The minerals in the body do not disintegrate or rot in the grave.

The fats, albumen, fibrin, etc., that compose the organic part of foods are burned up in the process of digestion and transposed into energy or force to run the human battery. Blood is made from air; thus all nations that dwell on earth are of one blood, for all breathe one air. The best food is the food that burns up quickest and easiest, that is, with the least friction in the human furnace, hell.

Aviation, liquefied air, deep breathing for physical development and the cure of disease rule the day. In every brain there are dormant cells waiting for the "coming" of the bridegroom, the vibration of the air age (the Christ) that will resurrect them and set them to work in the New Kingdom. Everywhere we have evidence of the awakening of dormant brain cells. Much, if not all, of spiritual phenomena, multiple personality, mental telepathy and kindred manifestations are explainable upon the hypothesis of the possibility of awakening and bringing into use dormant brain cells.

Loose Teeth — Sore Gums



The Dread of Dentistry is PYORRHEA (Sometimes called Riggs Disease)

It is characterized (among other symptoms) by bleeding, discolored gums, receding gums, sensitive teeth, bad breath and finally loosening and dropping out of the teeth.

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DO YOU KNOW what causes it or what a terrible menace it is to your health—You should know how to recognize Pyorrhea when you see it and how to prevent and overcome it.

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Dental health caught the attention of the early Naturopath. Dentistry and dietetics went hand in hand.

DENTISTRY AND THE GENERAL LAWS OF HEALTH

by Dr. Manuel Rivero

The Naturopath and Herald of Health, XV (5), 280-286. (1910)

It is not the purpose at this time to weary you with historical or technical figures, but rather to deal with that branch of dentistry which has a direct bearing upon the practical care and preservation of the teeth, as well as upon the natural laws of health of the oral cavity and its adjacent parts, and their sympathetic relation to and influence upon the general system.

While we are aware you are severely taxed with many other branches of knowledge, yet the study of the anatomy, physiology and hygiene of the oral cavity, and its relation to the constitution, has been unnoticed and for the most part sadly neglected.

We are grateful that the attention of the educators in general has already been directed to this need. This is verified by the following lines quoted from one of the daily paper, in the latter part of June 1909.

"Examination in school discloses bad condition of children's teeth. The Bureau of Municipal Research has made public the results of recent investigations regarding the teeth of school children. The pupils examined were between the ages of 14 and 16, and were about 500 in number. Of all those examined only fourteen were found with sound teeth, and among the remainder there were 2,808 teeth affected by decay.

"To correct this state of affairs, the Children's Aid Society has offered to equip a dental clinic in fifteen industrial schools. The bureau claims that a campaign of education in the care of teeth is greatly needed, and not for the children in school alone. Many parents need to be taught more than do the younger ones. There is to be a dental exhibit in the Fall to further this end."

An unhealthy mouth is constantly throwing out noxious, infectious gaseous and fetid odors, which are gradually infecting and devitalizing the general system of its possessor, and those in their immediate environment, extending its fatal influences to the general aggregate mass of society.

We need to realize the necessity of becoming personally acquainted with the laws of health, and to feel keenly the individual responsibility of their practical application.

The careless and unhygienic living of some of the members of society affect the entire community. We should expect and look for in our fellow-men, in our families, and in our immediate surroundings, every hygienic precaution that will make possible a healthy body, and a sweet, wholesome, well-kept mouth.

Know ye not, that health is contagious as well as disease. There is

no way of measuring the power for GOOD, of a wholesome, healthy system.

First of all, the mouth is the doorway to the great inner furnace and laboratory of digestion, where all the food stuffs are wisely transformed, fluidified, and made ready and acceptable for absorption, which are to restore, nourish, sustain, supply, vitalize, and store up with living energies, all the different parts of the system.

Through the process of mastication and salivation, the food is made ready for deglutition or swallowing. It then passes on through the pharynx to the esophagus, thence to the stomach to undergo the second or further stage of gastric digestion; from whence it proceeds to the intestines, where digestion is completed and made ready for distribution by the absorbing system, through the lymph and blood capillaries, and their larger vessels, to be distributed to every part of the organism.

The frame-work or bone structure of the human organism, represents the concrete or creative principle, which is to bear up, and support the weight of the entire organization.

The teeth under the head of the enamel and dentine, proudly claim to be the finest and most powerful substance of the skeleton. The perfect enamel is like steel in its hardness; what is more, the teeth stand out like so many single individuals, filling out their respective places with their specific work to do in the oral cavity. They have their direct bearing upon and corresponding relation to all functions of life, including character.

They not only serve to beautify the face, assist in speech, and singing but have their more specific function of prehension and mastication; and they also represent a certain psychological power. They have a purpose in life, and should never be extracted, only when necessary to on account of incurable disease, or in rare cases in order to overcome a deformity, through the regulation of the teeth.

Every tooth we lose has a weakening effect upon the entire constitution, and should be replaced by artificial ones as soon as practical, by some of the various and most suitable means at our command.

A perfect set of teeth is among the first necessities for the attainment and the preservation of normal general health. If the teeth then are not intact in their respective places, having the right acclusion and power of grinding, there will be a deficiency in mastication and the proper incorporation of the saliva to the food which is the first fluid that plays an important part in the process of digestion.

It is easy to understand that if the first part of this function is impaired, and not properly performed, it will overtask the other organs of digestion, often causing general derangement of the entire alimentary canal. Hence we have a great number of people who partake of super-abundant quantities of food, and still remain un-nourished.

With the foregone general principles of physiology and pathology, it will be easy for us to appreciate what is to follow, and the further development of the pathological side of the subject; namely, any disease of the gums, decayed teeth, or ulcerated roots, all of which form the basis for bacterial formations, or growths, the acid secretions of which have a constant disintegrating effect upon the oral cavity, the rest of the teeth, and the adjoining parts, but have still a more serious effect upon the general health.

How is the question? Answer: all of these infectious excretions and secretions, pus and fungus, are constantly incorporated with the food we partake of, forming part of the bolus and going down the alimentary canal, taxing every organ of digestion, impairing assimilation and health in general.

By reason of these foreign and dangerous intruders, the system is kept fighting, struggling, over-taxed, undermined, devitalized, weakened, and drained of the normal and reserved vitality which is intended by Nature for digestion, assimilation, and general up-building; leaving the victim to drag out a dull, tired life of general debility; the result of mal-nutrition; and finally, if the cause is not removed, ultimately surrender to general weakness and stagnation, to meet the unnatural, and therefore the unwelcome, early change called Death.

In order to bring this important fact vividly to our minds, I will relate to you one case out of many in my own practice. I once received a call to attend a patient, a lady, whom I found in a helpless state confined to the bed and the invalid chair, supposedly in the third state of consumption.

On entering the apartment, I found the entire family in a state of fear which I endeavored to dissipate. They were afraid of the disease, consequently afraid of the patient. Some sort of superstitious duty, however, caused them to tolerate the unfortunate one (so much for superstition). It sometimes makes people do kind things when otherwise they would be cruel to their fellowmen.

Now, on examining the patient's mouth, I found a partial artificial denture, that had not been properly cleansed for months, with general pus discharges out of four ulcerated roots, with enough infectious matter in her mouth to kill a fair sized drove of horses if injected into their blood. In a word, her mouth was in the worst hygienic state possible.

The denture was removed, and carefully cleansed, and instructions given for the like treatment daily, after every meal. The roots were extracted and a prescription given for antiseptic, and disinfectant solution to be used as a mouth wash every hour while awake.

To the surprise of everybody, this patient recovered very rapidly. The fact about this case is, that she was not suffering from consumption, but, on the contrary, she was the victim of gradual, self-poisoning and

mal-nutrition. If the truth is to be told, one half of the human race is suffering more or less with this malady of mal-assimilation and general debility.

Thus, you see, that the lack of knowledge of the natural laws of health, and the general hygienic care of self, is the principle cause of most of our troubles.

How often do we meet a fine specimen of humanity, with the scar on the outside of the face, most generally the result of negligence, showing the lack of knowledge and care of the teeth? Allowing them to go so far as to ulcerate. The pus formation of which works its way through the muscles of the cheek, running the great risk of infecting the adjoining glands, bones, and chambers of the oral cavity, which is often the case.

We need reverence for all manifestations of life, and for every organ, and function of our being, and no less for our teeth.

On the other hand, one might have a perfect set of teeth, and vigorous constitutional health in general, and yet, in one meal of improper deleterious food, throw out of balance, impair or even infect the entire system to the extreme extent of making recovery impossible.

Hence, in times when food is very scarce, and people eat most anything to appease their hunger; the much dreaded malady of typhoid fever, dysentery, and all sort of complicated troubles of the alimentary canal, producing fever and general blood poisoning, this is the natural outcome of the violation of these laws.

There are certain definite, all-wise, well-defined outlines in the different states and manifestations of life, each with their specific needs of nutrition upon which they depend for their existence, their growth and sustaining power. At the same time, each department and kingdom interblends and is dependent upon the other, serves as a compliment to the other, each forming a part of the great unit of life.

The vegetable and plant kingdom, for instance, thrives, expands, and grows upon those noxious gases and excretions thrown off by the animal. In turn, the animal lives mostly upon the green grass, tender sprouts, the luscious fruits, the sweet nuts, wholesome grains, the fresh greens and vegetables, etc.

Again, many of the insects and micro-organic life depend for their existence upon decomposition, fermentation, and death of other bodies, both vegetable and animal. Each group of these has a domain of their own, depend and thrive upon death, decay, secretion and excretion of the others for their life and sustenance. At the same time they serve as a protection, and check to other forms of life. And yet the infringement upon each other's domain means the supremacy of one at the death penalty of the other.

While we have this grand general division, yet each unit of life contains,

and manifests all of these different functions. Each unit is undergoing a constant change of living and dying at the same time, constantly going the rounds under the general process of: absorption or feeding; assimilation or digestion; expansion or growth; motion or vibration; activity or work; reproduction, change or death. One part of any living organism might be generating vitality, expanding and growing, while another portion might be undergoing a change, or fighting an unwelcome dangerous intruder. We have dwelt upon these few general principles of the different expressions of life, not merely as a useful branch of knowledge, but in order that we might be able to appreciate and grasp more clearly, the full meaning and importance of what is to follow.

We need the light and knowledge that will give us an all-around conception of life, and that will enable us to select the kind of nutritive food products, most conducive to health and strength, of both body and mind; and wisdom to avoid all of those which, on the contrary, tend to stagnate, devitalize and impair our entire unfoldment.

As for instance, one of the most wonderful provisions of nature to avoid pestilence, in general infections from the animals who fall dead on the desert plains, with no one to bury them, is the creation of what marvelous matchless, beneficent bird, the vulture, with his powerful beak and his shiny, black plumes, which descends into the depths of life, thrives, and lives upon that which instantly would kill man.

We might be grateful for every expression and function of life, and especially for the digestive power of the vulture and all that it represents.

But the human has not been endowed by nature with that kind of digestive power. Although some people seem to think so, that is, judging from the stuff they serve and consume daily. Herein lies the difference showing the law of opposites.

We humans, on the contrary, need to go the other extreme of the vulture, and should have everything in its fresh state. Some of the food products which are sold and served daily are unfit to be used. And the reason that people are not poisoned more than they are, is because of the cooking, wherein the state of decomposition is changed into a semi harmless state, into a dead, unnourishing, lifeless matter, which taxes the entire system to its utmost to rid itself of it.

We should never partake of anything in the state of decay or decomposition. On the contrary, make it a rule to have and demand everything fresh in the line of eatables. Fresh fruits, greens and vegetables, fresh cheese, butter and milk, fresh nuts, cereals and grains, with special care about the freshness of all sea foods, and the aliveness of shellfish, which should never be used only in the life state. Have and demand fresh fowl, turkey, and game, fresh veal, lamb and mutton, beef and the rest. Ask, demand and have everything fresh. Exact fresh food everywhere.

Better to go without food for days than to satisfy one's hunger with unfit, decayed food products. We cannot be emphatic enough in this direction. I was decided on the care of the teeth, but I am more so in the care of the selection of the right kind of food.

There is more disease and suffering, the result of poor and decayed food, than any other cause I know of. You cannot go anywhere in this great city to purchase anything in the line of eatables, that you are not confronted on every hand with all sorts of decayed, unfit to be used provisions, all the way from decayed fruit, up to frozen diseased meats.

Although we are dependent upon the proper food for our physical life, we are also dependent upon the atmospheric air, which facilitates the constant chemical exchange necessary for the continuity of life. We might have a well nourished body, so as to be able to do without food for several weeks, but not without air.

This rule holds good in other departments of life, as for instance, an ocean liner, might be ready for sea, with its bunkers full of coal and the furnaces all made ready for firing, and if there is no oxygen, no air, no draft, the fire will not burn, consequently there would be no steam to set the vessel in motion.

So, too, we might have a superabundance of health and physical vitality, but without oxygen in the air, it would be impossible to convert the physical substance into steam or nervous energy, which facilitates thought and action.

The atmospheric air is a mixture of 20.93 parts of oxygen, by volume to 79.07 of nitrogen, with a small quantity of other substances, such as watery vapor, carbon dioxide, ozone, ammonia, nitric and nitrous acids, hydro carbons, solid particles of dust, sodium chloride, vegetable germs, or spores, bacteria, etc., etc. From the air we are constantly taking in oxygen and giving out carbonic acid.

For instance, an animal enclosed in an absolutely air-tight room, would gradually inhale and use up all the oxygen contained within the enclosure, which would be replaced by the exhaled carbonic dioxide gas and other minor excretions, followed by asphyxia and final death.

Those people who are afraid of fresh air as a rule are always sickly, languid and in a semi-asphyxiated state. Nature has her ways of constantly purifying the morbid, stagnate state of the atmosphere, by the storms, cyclones, and gentle breezes constantly in motion from all points of the compass, through the entire earth. Thereby carrying away from closely populated regions and crowded cities, all of the excreted gases which are poisonous to the animal, into the deserts, valleys, and country regions, where they are reabsorbed again by Mother Nature to nourish vegetable growth in general, thus equalizing and purifying the atmosphere so as to make life possible.

I repeat, those of us who are afraid of the air, afraid of the draft, afraid of the cold, keeping the windows of our apartments closed most of the time thereby interfering with the needful constant exchange of the air, make ourselves as well as our dwellings unhealthy and infectious.

We all need a constant supply of fresh air, old and young, winter and summer, day and night, always and forever, demand and have fresh air. Fresh air to us is life, happiness, health and strength. Foul air, disintegrates, gives misery, sickness and pain.

After we have partaken of a sufficient amount of fresh wholesome food with abundance of light, sunshine and fresh air, we are then ready to function in any capacity the wide field of action possible to the constitution of man.

There should be time and place for the normal activity and consequent unfoldment of all the different faculties, within our being. Without it, we cannot reach that state of harmony which is intended for us by nature.

We have already shown how all our activity is carried on at the expense of the atmosphere, and the different chemical bodily compounds, constantly burned up, and the ashes thereof cast off by the different internal glands, the lungs as well as through the pores all over the surface of the body, under the name of waste, and dead tissue, etc.

Rubbing and bathing then, outside of being necessary as cleanliness, greatly assist the system in the disposing of the accumulated waste that often interferes with the proper ventilation of the body, and tends to clog up the system in general.

An occasional Turkish bath is also of general benefit, and greatly assists the system in the expulsion of the above mentioned waste, and they are of special benefit to those in constant sedentary occupations.

In concluding the general principles of health, we might say that the clothing should be worn free and made easily adapted to occupation, individual temperament, and the climate we live in. Change with the weather to suit the seasons of the year. Many of the abdominal and kidney complaints are well known to be the result of tight fitting.

From a hygienic standpoint the Greek style of dressing modified to suit our times, is the most conducive to comfort, health, strength and beauty, and I believe that it will finally be adopted as the ideal costume the world over.

THE DECIDUOUS OR TEMPORARY TEETH

Now a word for the little ones, who cannot speak for themselves, and are often the victims of intense suffering for the negligence and lack of enlightenment on the part of the parent who innocently ignore the care of the temporary teeth.

ALBANY DENTAL ASSOCIATION,	
291 THIRD AVENUE, near 23rd Street,	NEW YORK.
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<p>Our prices are one-third to one-half less than any other dentist's charges for the same quality of work. We manufacture most of our stock, and do nothing but first-class work, and as we do ten times the work of an ordinary dentist, we can afford to give the people the benefit of our thirty years' experience.</p>	<p>The Largest Dental Office In the World. NO BRANCHES.</p>

The baby milk teeth make their appearance in the oral cavity of the infant, at the early age ranging all the way from five to eight months for the first central incisors, up to twenty and twenty-six months for the last molars of the first set. These early pearly baby ornaments called teeth, should be zealously and carefully guarded as well as the general state of health of the mouth.

Nature has so mysteriously, economically, and wonderfully arranged dental development, as to utilize and reabsorb the substance that goes to make up the roots and part of the body of the temporary teeth, at the transition period of secondary dentition to build up, expand and perfect the permanent ones.

Thus, we see, that if they are extracted before time, we not only remove a very necessary and valuable material from the system but furthermore, vitally interfere with and prevent the natural expansion of the maxilla and the normal metabolistic change of the alveolar process, and all the adjoining parts, making more difficult the expansion of the maxilla and the permanent teeth, often giving rise thereby to a variety of imperfections, such as mal-formation, irregularities and deformity for life.

Having thus realized the significance and proper value of the deciduous teeth, let us proceed to describe the best possible means at hand, accessible to all and save them from the outside destructive invaders.

First of all, if there be any tendency to acidity, the mouth of the infant should be carefully rinsed morning and evening with a weak solution of bicarbonate of soda (known in the household as baking soda) and water to the proportion of a small teaspoonful to a tumbler of water.

If the child is too young to intelligently assist and co-operate in that kind of treatment, then roll a pellet of cotton round a tooth pick, and dip the same in the above mentioned solution. Then tip the head of the child forward so as to avoid swallowing, and go around every tooth morning and evening, and thoroughly remove every particle of food from the oral cavity. At the same time allow the solution to flow over and between the approximate surface of the entire denture, so as to neutralize all the acid present.

If there be no acid present, then a weak solution of plain table salt and

water of the like proportion used daily as above described, will prevent acidity, arrest decay and assist health in general. If the teeth are soft and show a deficiency of the inorganic salts, the like treatment with a solution of lime-water (*Aqua Calcis*) instead of the bicarbonate will be found of great benefit to the infant, and it can also be administered internally as a general bone builder with milk and other food preparations greatly to their benefit.

Furthermore, if there still be any tendency to decay and development of cavities, they should be carefully filled before they go too far, and every effort made to keep in perfect repair the first set of teeth, until they loosen up of their own accord, as they generally do when it is time for the permanent ones to take their places. Thereby save the innocent ones from all the unnecessary suffering and deformity. A good rule to follow is to have the children's mouth examined by a dentist, once every six months at least.

Thousands of children whose teeth are neglected until they go too far, suffering for days, if not weeks, keeping everybody awake, and as a last resort, they are taken to the nearest dentist where they are often removed by force, and the shock upon the nervous system is so great, as to make recovery almost impossible.

Thereafter, the mere mention of a dentist, throws the sensitive blossom into hysterics. These are the souls that afterwards grow up, and go all through life toothless, more dead than alive; all of this the outcome of innocence and neglect.

The object here, is to put forth the effective conscious light, about the natural preventative laws of health that will protect you and your dear ones from all the unnecessary suffering, and make life a greater blessing to both.

SECONDARY DENTITION

Secondary dentition, first makes its appearance in the oral cavity of the child, all the way from five or six years of age, up to twelve or fourteen and upwards. There is one feature of great importance, about the first teeth of the permanent set, namely, the six year molars that specially command our careful attention and vigilance for three different reasons.

First of all, for the important change that takes place in the entire system, at the time of their eruption. Secondly, for the fact that there is evidently nothing known about it, outside of profession. Thirdly, because of the misleading feature owing to their position of the mouth.

Most everybody is familiar with the fact, that at the age of seven or eight years, the front teeth, known as the central incisors of the baby set, loosen of their own accord, and are generally removed by the child itself, and the permanent ones take their place.

But no one seems to realize and know, outside of the profession, that before, and preceding the central incisors, the first permanent teeth make

their appearance on the maxilla of the young, right back of the last molar of the first set, at about the age of six years; for that reason these particular teeth are commonly known and called the six year molars, four in number one at either side of each maxilla, generally proceeded in their eruption by the two lowers.

We repeat then these molars, owing to their position, not only do they escape notice, but often are taken for temporary teeth, and permitted to decay beyond recovery. These are the teeth more than any other that forces the patient to take the child to the dentist for relief, but generally in most cases, too late. These teeth being of the permanent set have long and firm roots, hard to remove, and it is generally at these extractions, that the child receives the first great shock.

The question might be asked, why extract them at all; why not repair them at any rate? In the first place, it is exceedingly difficult to work for children, and it requires special quality and adaptation and what is worse still, the average family cannot afford to pay for one-half of what it is worth for the long and tedious operations, required to save such teeth, after the nerves are dead with tendency to ulcerate.

Those dentists, who have the conscience and heart to undertake such work, with the exception of those who can charge and work by the hour, cannot make a living. As a rule, parents in general want to pay less for the children's teeth, which are the hardest to save, than their own.

I mention this sad and gloomy side of the subject, to impress upon your minds, if possible, the necessity of taking advantage of every possible means at hand, as a preventive, by becoming acquainted with the subject, and carefully watch the transition period of secondary dentition, especially from five to seven years.

It seems almost incredible, and yet it is a fact, nevertheless, that very often, dentists have to spend half an hour of hard work in their office, explaining to those in charge of young patients, about the nature, the importance and necessity of saving the six year molar.

Furthermore, we greatly need a dental institution, where all those without means can have their teeth attended to at the needful time, with a special department adapted for children, and thus provide for this far-reaching need, which is so little understood, and known about. It would greatly improve the general state of health of the race.

WHY TEETH LOOSEN AND DECAY

The question is often asked, why teeth loosen, decay, and give so much trouble and suffering in general?

Answer—On general principles the other organs of the system, give greater and more serious trouble than the teeth proper, as, for instance, the heart, the lungs, the kidneys, the generative organs, etc. People accept gracefully and almost providently a long period of sickness, spend large sums of money, often to the last dollar, without asking the question once,

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YOUR Teeth**

**I am doing it for
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Ninety per cent of the people have
Pyorrhea or Rugs Disease—a terrible
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curable. I have perfected a simple
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by which you can make your mouth
healthy, save your teeth, and health
and avoid the expense and torture of the dental chair.

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Preventative dentistry was recog-
nized and practiced in the early 20th
century.

available channel, the teeth being individualistic members of our bodies,
located directly in conjunction with the great supply of blood to the head
and face.

This affords an inducement as a point of least resistance, for the
general systematic diseases to localize. These blood diseases, when once
located, keep giving off and discharging until the entire foreign substance
is excreted, and the system purified through the part attacked, this part
being generally the teeth, and gums; theses worthy members, then, often
serve as a safety valve, preventing the general destruction of the entire
organism by septicemia or pyemia.

The one that is most common among these diseases is pyorrhea alveo-
laris, varying in form and degrees of intensity. After the Spanish-Amer-
ican War in Cuba, with the great scarcity of food, when the great mass
of the inhabitants were obliged to eat anything to appease their hunger,
seventy-five percent of the remaining population of the poorer class were
the victims of pyorrhea and gum diseases in general, and it will take years
to eliminate this condition of disease for the Island.

In conclusion let us look forward with pleasant anticipation to the
near future, when dental science, with its curriculum of hygiene, and a
consciousness of the relation it bears to the general health, will be under-
stood by all, and its teaching become adapted and established as a part
of our preliminary education, eliminating suffering and making possible a
wholesome, health body, and a jovial, happy, well-balanced temperament,
manifesting the manifold gifts and powers latent in the constitution of
man.

why am I sick at all? In spite of the
fact, that nature intends we should
be always well.

The acceptance of disease, in
some form or another, has become
so common with the race in general,
that they wonder at anyone living in
a perfect state of health.

When in reality, the wonder is
that we succumb to sickness at all,
and the day is not far when we shall
have such a deep knowledge of life
proper, so that it will be a disgrace
to be sick or play sick.

Our artificial form of living
in many ways is so distant from
nature, that we often infect our
organism without being aware of it.
The system works hard to rid itself
of this foreign matter, through every

THE PHILOSOPHY OF ACID POISONING

by Henry Lindlahr, M.D.

The Naturopath and Herald of Health, XV (7), 419-422. (1910)

Excess of some food elements and a deficiency of other is usually the primary cause of systemic encumbrance with waste materials and of abnormal function. Diseases may be aggravated later on by drug poisoning, ill advised surgical operations, but primarily most cases can be traced back to food poisoning and food poisoning is usually synonymous with acid poisoning.

This fact has become more and more apparent in our development of "Natural Dietetics". It is advisable therefore to treat the subject of systemic acid poisoning, its varieties, its causes and its modes of action in a more systematic and comprehensive manner.

Since we have lost the animal instinct for proper food selection knowledge of the essentials of food; chemistry must necessarily take the place of nature's guiding instinct.

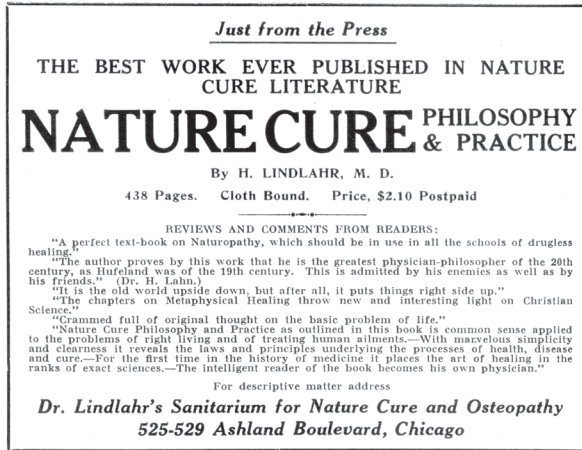
Now that the German school of Nature Cure has evolved an exact science of dietetics, it has become possible to teach this, the most important one of all domestic sciences in a simple, common sense manner, comprehensible to any ordinary intelligence. Anyone who follows these articles attentively and reads them over repeatedly cannot help but acquire a thorough understanding of the New Physiology and Chemistry of Dietetics. Kitchen reform is the foundation of all other reforms and therefore the study of Dietetics is worthwhile economically as well as for the attainment of the fullest measure of health, strength, success, and happiness.

After all, a thorough understanding of the diet question is not any harder to master than the difficulties of crocheting or the mysteries of cooking and baking. The same amount of attention and effort necessary to master these useful arts will also impart a working knowledge of the intricacies of scientific dietetics. The fundamental principles once mastered, their application becomes natural and spontaneous. When a conscientious housewife once knows the different elements which make up the human body it would seem as unreasonable to her to serve her family continuously with abnormal and unwholesome food combinations as to make a certain kind of cake with ingredients that do not belong to it.

Old school medicine for thousands of years has claimed a monopoly of the art of healing.

"Do not say too much—Preserve a dignified professional silence" has been the watch word of the schools.

Nature Cure during the last fifty years has worked a wonderful change in this respect. Every one of the great pioneers of Nature Cure



Dr. Henry Lindlahr's seminal book, *Nature Cure* is still essential reading.

was a teacher just as much as a doctor. They gave the impetus to modern health culture movement, and as a consequence rational body, mind and soul culture are constantly becoming more popular and the time is fast approaching when to be weak and ailing and to have sickly, idiotic and degenerate children will be looked upon as a mark of ignorance and as a disgrace.

After this slight diversion we shall return to our subject.

Systemic acid poisoning is so universal among meat eating nations that "regular" school physiologists have accepted it as the normal condition. This is evident from the fact that acid reaction of human urine is looked upon as normal and alkaline reaction of urine as abnormal.

In proof of this we quote from Kirke's *Physiology*, a standard work used in the best medical colleges (p. 703):

The reaction of normal urine is acid. Under certain circumstances the urine becomes less acid and even alkaline; the most important of these are as follows:

1. During digestion, there is a formation of free acid in the stomach, and a corresponding liberation of bases in the blood, which, passing into the urine, diminish its acidity, or even render it alkaline. This is called *the alkaline tide*; the opposite condition, *the acid tide*, occurs after a fast—for instance, before breakfast.

2. In herbivorous animals and vegetarians, the food contains excess of alkaline salts of acids like tartaric, citric, malic, etc. These acids are oxidized into carbonates, which passing into the urine give it an alkaline reaction.

According to these quotations human urine, like that of the carnivorous animals, is normally acid; vegetarian diet, according to this reasoning, is abnormal because it increases the alkalinity of blood and of urine.

Whenever these and similar statements referring to vegetarianism were made in the Medical College by our Professor of Physiology, all heads turned toward me with a snicker, for the writer was the only vegetarian in this class, and on that account was looked upon by his fellow students as a sort of dime museum freak.

Is it true that human urine is normally acid? The great majority of human beings are practically vegetarians, therefore, if mere numbers count, alkaline urine must be normal. But we have positive proof by chemistry and by everyday practical experience that excess of acids in blood and urine is an indication of abnormal conditions, for in direct ratio with the increase of acidity in the blood and urine become evident also a multitude of well defined disease symptoms and abnormal conditions.

Acids in the body are largely waste products of starchy and proteid [protein] digestion, and in moderate amounts they are normal and necessary, for many of the vital functions of the body are equalized and balanced between alkaline and acid reactions.

On the whole, acids exert a contracting, tensing influence on blood vessels and tissues, while alkalinity exerts a dissolving, relaxing influence. Between the two opposing well balanced forces normal functions result. For instance: uric, hippuric, and sulphuric acids tend to contract the minute arteries and capillaries and it is very probable that acids together with temperature strongly influence the centers in the brain which control the circulation. Unless acidity, therefore, is perfectly neutralized and balanced by alkalinity, the blood vessels, especially the minute capillaries, will be abnormally contracted and the circulation decidedly interfered with.

We have learned in former articles that six elements—C. O. H. N. P. S. [Carbon, Oxygen, Hydrogen, Nitrogen, Phosphorus, Sulfur] make up the most important proximate food elements, viz.:

GROUP I

Carbohydrates = starches and sugars C.

Hydrocarbons or Glycerites = fats and oils O. H.

GROUP II

Proteids = Gluten, albumen, globulin, etc. C. O. H. N. P. S.

We have learned that the first group of food elements acts in the system as fuel material, as producers of heat and energy, and that the second group, besides furnishing fuel material (C. O. H.), make up the cell and tissue building material of the body. The protoplasm of the billions of cells which make up the human organism is proteid material. Proteids

containing the C. O. H. molecule can take the place of carbohydrates as heat and energy producers, but carbohydrates cannot take the place of proteids as cell and tissue builders. Furthermore, we have learned that while these beneficial results are obtained from the above named food materials, the latter produce in the processes of digestion and disintegration large amounts of waste products and poisons, and that unless these noxious by-products are promptly neutralized and eliminated, disease conditions are the inevitable result.

We have on various occasions discussed some of these food poisons and found that most of them are acids and alkaloids.

We shall now take up singly the six elements which make up carbohydrate and proteid foods and see in how far and in what manner they are concerned in the formation of systemic acids.

HYDROGEN AND OXYGEN

Hydrogen, or oxygen enter into the composition of almost every acid.

CARBON

Carbon after it has served its functions in the body combines with oxygen to form carbon dioxide or carbonic acid. In moderate amounts this gas is congenial to the human organism. It becomes harmful and dangerous to life only when present in excessive quantities. The cooling, stimulating and prickling effect of carbonated drinks is due to this gas.

It acts as a poison to the system because it excludes the life giving oxygen. When blood and tissues are overloaded with carbonic acid, oxygen cannot penetrate and then results air starvation or asphyxiation.

Carbonic acid is therefore negatively poisonous, not positively. It lowers and extinguishes the process of combustion. Because it suffocates the fires of life and thereby weakens all vital activity, it is the only acid in the body which has a relaxing influence.

PHOSPHORUS

Phosphorus is another of the six negative elements entering into the composition of proteids. It is not only in name, but also in fact, the "light bearer". It promotes the rapid combustion of nerve and brain fats—it lights the fires of thought and emotion. In the form of free phosphorus and of phosphoric acid, it is therefore found largely in nerve and brain matter. In the form of phosphates it enters into the composition of bones, from which it is extracted in the factory and manufactured into free phosphorus again.

If phosphorus in the daily dietary is absorbed in excessive quantities,

brain and nerve matter are consumed too rapidly, thought life and emotions become over-stimulated, which results in nervousness, excitability, and irritability.

Such over-stimulation is surely followed sooner or later by nervous exhaustion, and if it continues, by final collapse.

Feed a horse on oats alone and soon it will become nervous, irritable, and unmanageable. This is due to the fact that the gluten of grains is very rich in phosphorus. (See Food tables in Dec. Issue) A liberal amount of hay or grass rich in the positive, alkaline mineral salts must be given with the oats in order to balance and neutralize the phosphorus, phosphoric acid and other poisonous by-products of the grain proteid.

If horses are left to their own choice they prefer grasses to grains, unless great demands are made on their strength. For similar reasons whole grain bread, nutritious and wholesome as it is when properly balanced by positive foods, will never do as an exclusive diet. High-strung, nervous irritability may also be observed in carnivorous animals and in people who consume large quantities of meat; all flesh foods (muscular parts) being rich in phosphorus and other acid producing materials. The nervous, active, carnivorous lion in his den and the slow-moving, patient grass-eating elephant strongly illustrate the widely differing characteristics of flesh-eater and vegetarian. The one is quick, nervous, dominating and savage, the other submissive and patient, but exceedingly strong and enduring.

The phosphorus of foods after it has served its purpose in the life functions become inorganic and combines with oxygen to form phosphoric acid. This in turn must be neutralized by sodium, the great eliminator, and as sodium is found in the greatest abundance in acid fruits and green vegetables, the importance of these foods in the daily dietary is emphasized more and more at every turn in our investigations.

... We have positive proof by chemistry and by everyday practical experience that excess of acids in blood and urine is an indication of abnormal conditions, for in direct ratio with the increase of acidity in the blood and urine become evident also a multitude of well defined disease symptoms and abnormal conditions.

Kitchen reform is the foundation of all other reforms and therefore the study of Dietetics is worthwhile economically as well as for the attainment of the fullest measure of health, strength, success, and happiness.

THE METAMORPHOSES OF URIC ACID

by Henry Lindlahr, M.D.

The Naturopath and Herald of Health, XV (8), 461-464. (1910)

In our study of the negative acid-producing elements we now come to nitrogen (N), which is the chief cause and promoter in the body of uric acid poisoning. We have stated before that like the other acid products of metabolism, uric acid in small quantities is normal to the human organism and that it assists in regulating the circulation by tensing the capillaries and raising the blood pressure. If present, however, in blood and tissues beyond a certain normal amount, then this acid becomes the most prominent cause of human diseases.



Dr. Harry Lindlahr, M.D.

We are indebted to Dr. Alexander Haig, of London, for some classic works and essays dealing with uric acid, its causes and its effects on the human organism, but like many other investigators, he has been so engrossed in his particular line of research that he has neglected to consider the other phases of systemic poisoning.

While he has done epoch-making work on the subject of uric acid, he entirely ignores in his writings the effects of other forms of food poisoning.

In our study of uric acid, however, we shall gladly follow his masterly deductions because in our own experience we have verified to our entire satisfaction the sum and substance of both his theories and practice.

More than any other systemic poison it has probably figured as the originator of primary acute diseases in the human family. These acute diseases, by constant suppression and the addition of virulent drug poisons, have in the course of ages, gradually been changed into the various forms of chronic destructive diseases.

Haig also intimates that those foods only which contain ready-made uric acid, xanthine, caffeine, or theine tend to create uric acid diseases, while it is certain, however, that all foods rich in proteids when taken in excess may create poisons of the uric acid group.

The natural end-product of the metabolism of proteid food material is urea, but under certain adverse circumstances especially when the alkalinity of the blood is below normal, the nitrogenous waste products form uric acid and kindred poisons in considerable quantities. It is obvious however, that such foods as meat, fish, fowl, eggs, coffee and tea, which contain uric acid and xanthine in the ready-made form, are greater accumulators of these poisons than are the pure proteids and albuminoids.

The consumer of foods which contain poisons in the ready made form must, in addition to his own systemic acids, dissolve, neutralize, and eliminate the poisonous acids, alkaloids and ptomaines contained in the flesh of animals and in coffee, tea, or nicotine.

Haig divides all uric acid diseases into two great groups:

- I. Collaemic Group
- II. The Gouty Group

The first, or Collaemic group of diseases, is due to excess of uric acid in blood and urine. Uric acid when circulating in the blood in large quantities forms a glue-like (colloid) substance, which clogs and obstructs the minute blood capillaries. And as the latter form the connecting links between the arterial and venous circulation the blood in the arteries dams back towards the heart, and if this great pumping station of the system is in good condition, then pressure from the heart and obstruction in the capillaries will greatly raise the internal blood pressure.

This results in the congestion of the blood in internal parts and organs, and in obstruction of the surface circulation. In such cases the surface of the skin and the extremities are cold and clammy while the inner temperature may be above the normal. High pressure in the inner organs means congestion, irritation, pain, catarrhal and inflammatory conditions, hemorrhages, apoplexy, etc.

One of the common symptoms of high blood pressure in the brain is migraine, or one-sided headache. Dr. Haig suffered from this type of headache for many years and it was the close observation and study of this ailment, its causes and its symptoms, which led him to the discovery and exploration of the great domain of uric acid diseases.

In order to chemically determine the excess of uric acid in the blood he preferred the ammonia chloride test. Following the discovery and suggestions of Renaud, he introduced into practice the reflux test, which simple experiment consists in pressing a fingertip into the skin. If the white patch thus produced fills up with blood and resumes its original color within 3 to 6 half-seconds, this is a certain indication that the amount of uric acid in the blood is normal and that the surface circulation unobstructed.

It, however, the capillary reflux after the pressure test is slow, occupying from 6 to 20 half-seconds of time, then the blood contains an excess of uric acid which occludes the minute capillaries and interferes with the surface circulation. We can, in this simple manner, quickly and without resorting to a chemical test, estimate approximately the amount of uric acid in the blood.

Alkalinity of the blood, which is chiefly produced by sodium, magnesium, and potassium, is a good solvent for uric acid in tissues and joints and assists in its elimination.

If alkalinity is too low, and acidity too high, then the second of Gouty

Group of uric acid symptoms begins to manifest, because high acidity completely overcomes the solvent power of the blood for acids and the latter become precipitated from the circulation into the tissues and joints of the body, and if this continues for some time, acid deposits form and accumulate in the joints and muscles, causing irritation in the form of rheumatism, gout, chronic inflammation of the heart, kidneys, stomach, intestines, ovaries, uterus, bladder, etc. These acids also assist in the formation of gravel or stone in kidneys, bladder and gall bladder.

The increase of uric acid in the blood is accompanied, up to a certain point, by an increase of the collaemic or congestive symptoms, such as lassitude, headache, palpitation of the heart, irritation in the muscular tissues, etc. Then as the amount of uric acid in the circulation still continues to increase, the congestive and irritating symptoms diminish and gradually disappear. This seems contradictory but it is explained by the fact that the blood, which is naturally a good solvent for acids, loses its power of holding acids in solution when charged with them beyond a certain limit. Thus it will be seen that low amounts of acids in the circulation are normal, that higher amounts create collaemic symptoms and that still higher percentages cause the precipitation of all the acids from the circulation into the tissues.

Experiences like the following will practically illustrate our theoretical statements and deductions.

A patient suffering for many years from the acute and chronic symptoms of uric acid poisoning had, thanks to Nature Cure, regained perfect health. His capillary reflux, which on the day of his first examination occupied about 14 half-seconds, was reduced to 4 half-seconds. His circulation had become excellent and his reactionary powers to heat and cold normal. The headaches and neuralgias, which formerly were the bane of his life, had entirely disappeared.

He then subjected himself under our supervision to a series of experiments in order to verify the correctness of Dr. Haig's theories as well as to test the acid-producing powers of various foods. The following data are gathered and arranged in orderly manner from the record taken at the time of the experiments.

After a period of total abstinence from meat, coffee, tea, tobacco and alcohol lasting eight months, Mr. B. partook liberally of a meat dinner consisting of mutton broth, roast beef, potatoes and white bread. The immediate effect of this meal was stimulating, the more so because his purified organism was now highly sensitive to food poisons. Mr. B. felt fully as elated as in former years after several drinks of whiskey. This primary stimulation was due to the tonic and tensing effect of the small quantities of uric acid. The latter contracted and partly occluded the arteries and capillaries and greatly increases the blood pressure in the

heart, the brain, the stomach, liver, spleen and other vital organs, thereby apparently increasing and stimulating all vital activities.

Gradually, however, in the course of an hour, as the uric acid and other poisonous waste products of the meat dinner became more fully absorbed by the circulation, the erstwhile stimulation of the vital functions and the accompanying elation of thought, life and emotions gave way to the opposite symptoms of sluggish mental depression and aversion to physical or mental exertions. The heart beat was rapid and irregular, brain dull and heavy. Capillary reflux had increased from four half-seconds to eight half-seconds, thus registering the accumulation of colloid material in the capillary circulation. The temperature of the skin had perceptibly fallen while the inner temperature taken in the mouth had raised one-half degree. The general depression and slight headache were evidently due, partly to the natural reaction from previous stimulation and to the congestion in inner parts and organs caused by the blocking of the capillary circulation.

The capillaries form the connecting link between the arterial and venous circulation. While the red arterial blood carries oxygen and food materials into the tissues, the venous blood had to convey the carbon dioxide, devitalized food products and tissue waste out of the body. If, however, the minute capillaries which form the passages between arteries and veins are obstructed, the blood cannot pass freely from the arterial system into the venous circulation. As a consequence there is too much blood and pressure in the arteries and not nearly enough *vis a tergo* or "force from behind" in the veins. This, of course, results in the symptoms of arterial congestion before described and in slow circulation must result in insufficient elimination and in retention of poisonous waste materials in the tissues.

Thus we perceive that the detrimental effects of acid poisoning are manifold. First, the injurious and irritating effects of acids on the tissues; second, obstruction of the capillary circulation with congestion and irritation of vital parts and organs; third, sluggish venous circulation; fourth, incomplete oxidation; fifth, formation of fats and waste products; sixth, accumulation of morbid matter and poisons due to defective elimination; seventh, mental depression and loss of physical energy.

All of these factors contributed to create Mr. B.'s group of depressive symptoms. He then sipped a cup of strong black coffee and partook of some Roquefort cheese and crackers and smoked a cigar. The collaemic symptoms began to clear up. Lassitude, headache and depression rapidly diminished, and gave way to another period of stimulation and elation which became more pronounced as in the course of a few hours, he consumed a pint of sour French claret. The question arises: If increase of acids after the meat dinner caused the collaemic group of symptoms, why

did not these become still more aggravated with the continual increase of acids and alcohol in the circulation, produced by coffee, wine and tobacco?

The following will explain these common phenomena in the daily experience of every consumer of uric acid and alcohol.

After the meat dinner Mr. B's blood was capable of holding in solution a certain amount of uric acid and as long as this lasted the collaemic or depressing group of symptoms prevailed. When, however, the amount of acids and other waste products in the circulation was increased beyond a certain limit the solvent power of the blood was overcome, or if we may say, paralyzed.

As a consequence the large amounts of acids, by this time circulating in the blood, were condensed and precipitated into the fibrous tissues, the joints, liver, stomach, intestines, brain and other parts and organs of the body. As this took place another group of symptoms began to develop. While the capillary reflux by this time had again decreased to about five or six half-seconds and while the mental and emotional activities seemed to be greatly stimulated there became noticeable a certain heaviness and stiffness in muscles and joints and aversion to physical exertion. In other words the collaemic group of symptoms had given place to the gouty group. The acid poisons which previously had been obstructing the capillary circulation were now deposited in the joints and muscular tissues, thus creating the initial stages of chronic rheumatism.

Next morning Mr. B. had to pay dearly for his dissipation in the interest of science. Once more, all the symptoms had changed to the opposite. The nocturnal elation had entirely vanished and given way to a good old-fashioned "Katzenjammer." Dull headache, aching eyes, palpitation of the heart, flushed face, slight fever, coldness of the extremities, all proclaimed that the blood during the night had regained its alkalinity and solvent power and that the uric acid poisons which in the evening had been temporarily precipitated by excessive acidity were now again in solution and causing in an aggravated form all the symptoms of the collaemic group.

Alcohol, nicotine and all other poisonous stimulants act on the circulation in a similar manner to large amounts of uric acid. They produce their stimulating and exhilarating effects by paralyzing the solvent power of the blood for uric acid and other fatigue products, and by benumbing the highest faculties and capacities of the brain. "Stimulation by means of paralysis"* may seem a paradoxical statement, but in our next article we shall explain just how this is done.

* See page 212-217 for the concluding article by Henry Lindlahr, "Stimulation by Paralysis". *Ed.*

We have stated before that like the other acid products of metabolism, uric acid in small quantities is normal to the human organism and that it assists in regulating the circulation by tensing the capillaries and raising the blood pressure. If present, however, in blood and tissues beyond a certain normal amount, then this acid becomes the most prominent cause of human diseases.

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Thus it will be seen that low amounts of acids in the circulation are normal, that higher amounts create collaemic symptoms and that still higher percentages cause the precipitation of all the acids from the circulation into the tissues.

PROF. METCHNIKOFF'S CONTRIBUTION TO SCIENCE*

by Hereward Carrington

The Naturopath and Herald of Health, XV (12), 743-748. (1910)

Some years ago, Prof. Metchnikoff published a volume entitled *The Nature of Man*, which created considerable excitement at that time,



Ilya Metchnikoff, 1908
Nobel Prize winner for his
pioneering research on the
immune system.

because of the novelty of many of the author's views. Very recently, he has published what may be considered a sequel to that volume—elaborating, defending and extending the original contentions, and advancing many new and extremely interesting speculations. This book, which he has entitled *The Prolongation of Life*, will doubtless arouse much general interest also. It is brilliant and original, and the author is to be complimented upon so fine a production. I propose, here, first, to give a brief and general resume of the book's contents; not to discuss certain controversial points, the settlement of which cannot fail to be of interest—no matter in which direction they are ultimately

decided. These points will at least serve as texts for discussion—and full discussion of difficulties and varied points of view will often serve the double purpose of showing up the weaknesses and imperfections of both sides, in the argument—and hence of ultimately benefiting science.

In the present review, I shall not attempt any discussion of certain parts of M. Metchnikoff's book. It is divided into nine parts—only the first four of which are of especial interest, from the medico-philosophical point of view. The last three parts—"Pessimism and Optimism", "Goethe and Faust", and "Science and Morality", are indeed, little more than expositions of the philosophical and ethical views of the author; while Part VI—"Some Points in the History of Social Animals"—while of great interest to the scientist generally, because of certain lights thrown upon the process of evolution, is debarred from present consideration, for the reasons above given. Part V—"Physical Rudiments in Man", attempts to vindicate the Simian origin of the human species—stated and defended in the author's earlier work, *The Nature of Man*. The three chapters composing this section of the book—"Rudimentary Organs in Man", "Human Traits

*Professor Ilya Ilich Metchnikoff [1845-1915] won the 1908 Nobel Prize for Medicine for his discoveries of the major types of phagocytes and their influence on the humoral defenses of the immune system. Metchnikoff is the first who suggested the possibility of colonizing the gut with beneficial flora. He is also noted for his saying, "The terrain is all." *Ed.*

of Character Inherited from Apes”, and “Somnambulism and Hysteria as Mental Relics”, are full of interesting material, even though some of the author’s views are open to criticism. But the general trend of the author’s conclusions cannot, it seems to me, be gainsaid. Leaving the ‘evolutionists’ to dispute over the points raised in this part, then I turn to consider Parts one to four the *crux* of the book, from the medico-scientific point of view.

As my readers probably know, Metchnikoff in his earlier volume, *The Nature of Man* advanced certain tentative explanations of the causation of the old age and death—his main conclusion being that both of these conditions are brought about by the presence and action of ‘Macrophags’ [sic]*—as whites corpuscles in the blood. These, while their action is salutary throughout life, become its enemies when the vitality is depleted with old age, and contends that “senile decay is mainly due to the destruction of the higher elements of the organism by macrophags.” (*Nature of Man*, p. 241) Natural death, the author considers to be extremely rare among civilized people—“a possibility rather than an actual occurrence—and contends that, when natural death takes place, there is always a desire for it—a craving, just as the normal man craves sleep at the end of a tiring day. In the dread and horror of death, everywhere apparent, M. Metchnikoff sees distinct evidence of premature death—due to disease, and premature breaking down of the organism. Were we to live our natural span, he thinks; this dread and horror would be turned into craving and desire; he thinks that each one of us would approach his grave “Like one who wraps the drapers of his couch about him, and lies down to pleasant dreams.”

In his newer book, *The Prolongation of Life*, the author has extended and amplified his views, and answered many of his critic’s objections. He summarizes the views expressed in his former work, and gives us an outline picture of the effects upon the organism of old age. Some examples are given of individuals who have attained a great age, and some further evidence that the ‘instinct for death’ would be universal, if natural death were such, in reality. He then gives his views, in two chapters “Theories and Causation of Senility”, which may be summarized in a few quotations: “In senile degeneration the nerve cells are surrounded by neuronophags which absorb their contents and bring about more or less complete atrophy.” (p. 22) “As the senile degeneration of muscular tissue appeared to be important in my study of the mechanism of senescence, M. Weinberg and I examined several cases of muscular atrophy in old human beings and lower animals. We are able to recognize the phenomena observed by our predecessors. In senile atrophy the muscular fibres contain many nuclei, and these increasing rapidly, bring about an almost complete disappearance of the contractile substance.” (p. 27) “... The mechanism of

* Macrophag refers to macrophage. *Ed.*

bone atrophy must be placed in a different category from the phagocytosis of other organs. It is brought about, however, by the agency of cells very like some of the macrophags. These cells contain many nuclei, and are known as osteoclasts. They form round about the bony lamellae and lead to their destruction, but are incapable of breaking off fragments of bone and dissolving them in their interiors. Although the intimate mechanism of this destructive action is not thoroughly understood, it is probable that the cells secrete some acid which softens bone by dissolving the lime salts. By the action of the osteoclasts, which themselves are macrophags, part of the lime in the skeleton is dissolved during old age and passes into the general circulation. This is probably a source of the lime which is deposited so readily in the different tissues of old people." (pp. 29-30) With practically the same argument that has been advanced as explanatory of the germ-diseases. It is contended that, in all such cases, the disease in question is due to, and caused by, the special germ that is invariably found within the organism—such germ being, in fact, the real *cause* of that disease. It will be seen that there is a close similarity between this view of disease and M. Metchnikoff's view of old age; both are caused by a specific bacillus or attacking micro-organism, which has attacked the tissues of the body and brought about the condition we see. In the one case, it is disease, in the other, old age; and since, as M. Metchnikoff himself says: "The similarity between senility and disease has long been recognized. In both cases... we have to deal with pathological conditions. ..." (*Nature of Man*, p. 244) it is evident that the similarities between these two conditions are very close, and that any objections that can be raised to the theory in the one case would apply, almost equally, to the other. Let us consider this question of the causation of germ-diseases, then, somewhat in detail, after which we shall be in a better position to understand the advantages of, or objections to his theory of old age. In this way we can, I think, form some clear idea of the problem under discussion.

Now, it is a well-known fact that germs will only thrive and flourish in a suitable medium or soil—one in which there exists, in quantity, their 'fabulum' or food supply. They cannot and do not exist in any other locality whatever; it would be impossible for them to do so, for the very reason that they would soon starve to death in any such place—as would any other living creatures. It must always be remembered, then, that this soil or medium must exist before germs of any sort can take up their lodgment within the system.

Now, upon what sort or character of food do these germs live and thrive? Is it upon healthy tissue? Most certainly it is and cannot be; for if it were, we should all be the victims of one or more germ-diseases, and there would be no possible health for us. Health would then be no guarantee of immunity, and hygiene would sink into meaningless chaos. No! Germs cannot thrive in a healthy soil; a certain predisposition must also

be present, in order to render possible any form of germ-disease whatever. (*Vitality, Fasting and Nutrition*, p. 48)

When we come to inquire into the nature of predisposition, we find it to consist essentially in the condition of the organism at the time—condition being such that a plentiful supply of food material for the germs in question is within the body. What this food-material is, and how it originates are questions that cannot be discussed here: my main contention, towards which I have been leading, in the above argument, being this: That the presence of the germ within the body is always determined by the condition of the organism at the time, that, in fact, *the primary factor is the condition of the body*, and not the presence of the germ. The germ follows upon, and is the consequence of, the bodily state: it is its *resultant*, and not its *cause*.

Now, when we come to apply these facts to Mr. Metchnikoff's theory of old age, we readily see their applicability. He has, it appears to me, precisely reversed the order of things, as regards priority. He has placed the cart before the horse, and has conceived the effect to be a cause, and the cause an effect. In other words, I contend that old age is not caused by the destruction of the higher tissues and centers by micro-organisms, but that it is a devitalizing and vitally degenerating process which, by lowering the tone and resistance of the higher tissues and centers, renders them susceptible and capable of being attacked by the macrophags. They are attacked because of their susceptibility; and, if "old age" had not rendered them susceptible, they would not have been attacked. Old age is not the consequence of such an attack, but the cause of it.

The fact is that a perfectly healthy body is immune from the attacks of all micro-organisms of the kind. M. Metchnikoff himself admits that "everything depends upon the resistance offered to the microbes by the invaded organism" (p. 164), and points out that we must turn rather the idea of a remedy which could strengthen the higher elements and make them a less ready prey to the macrophags." (p. 147) That is precisely the point. We should turn our attention to those factors which tend to cause degeneration of the tissues, and not upon a mere accompaniment of such degeneration. We must seek for the causes of health and of disease; and, these once found, we should be in a better position to prevent the latter condition. That prevented, we should at least be able to postpone old age and death for a considerable period, and without any of the serums or the lactic acid that M. Metchnikoff consider so essential!

The above argument would certainly seem to be borne out by the fact that, of all the measures for prolonging life, Metchnikoff found that rational hygiene was the most efficacious. Further, he stated that old age and disease were closely allied—both being, strictly speaking, pathological states. And yet M. Metchnikoff does not contend that the tissues are destroyed by macrophags, in disease. There must be a distinction,

therefore, between disease and old age: although there are many points of agreement, there are also many points of difference; and, in fact, old age is a state absolutely *per se*, as everyone may perceive by common observation. What is the cause of this state, then? Were we to find that, we should find the real cause of old age, and probably of death. Let us examine this a little more carefully.

We have seen that old age cannot be due to the activity of the macrophages solely, for they only act as they do (attack the cells) when those cells are in a peculiar state or condition. It would seem, therefore, that this state or condition is the thing to be sought for and, if found, it would probably make plain to us the real cause of old age and natural death. I shall return to this question again immediately, after summarizing M. Metchnikoff's views on death, since we will find that they throw considerable light on this question, and enable us to approach its solution far more surely and effectually than we otherwise could.

In Part III, M. Metchnikoff attacks the problem of Natural Death. He first considers the "vegetable kingdom," and discusses natural death among plants. The various theories that have been advanced are summarized and dismissed in turn. One would like to see the theory of vital exhaustion treated more fully, as that is by far the most rational of all the theories advanced. Prof. Hugo de Vries, in a letter to M. Metchnikoff, stated that very little is known as to the cause of death in plants, "but it is customary to attribute it to exhaustion." Commenting upon this, M. Metchnikoff says: "Nothing seems more probable than that a plant should die when all its organic forces have been exhausted. It would be interesting, however, to ascertain the mechanism of that exhaustion, and this especially because it is often very difficult to imagine a cause for it." (p. 103) Prof. De Vries had already noted that the duration of life in plants depended on their vital processes. That view implies that there are some qualities inherent in its organization which can prolong or shorten the life of a plant, and it is here that we ought to find the key to the problem of natural death in the vegetable world. However, to gain exact knowledge of such factors, it would be necessary to have information on many points in plant physiology which, unfortunately, are very imperfectly known." (pp. 104-5)

In the lack of this exact information, M. Metchnikoff argues as follows: "We may ask then if the natural death of higher plants, usually attributed to exhaustion, cannot be explained more simply as the result of poisons produced in their metabolism. Many plants produce poisons which are fatal to animal and man. May they not also produce substances fatal to themselves? There is nothing improbable in the supposition that some of the poisons may develop when the seeds are ripening. ..." (p. 107)

This hypothesis of auto-intoxication M. Metchnikoff seeks to confirm

by observations in the animal world. After advancing numerous facts and disposing of some theories, the author concludes that "The most probable explanation (of the death of certain animals) is that death comes from poisoning by the secretions of the tissues themselves. ... If, after a time, the secretions are insufficiently eliminated, the tissues must be poisoned. ..." (p. 114) "Natural death is due to an auto-intoxication which takes effect at different intervals of time in different circumstances." (p. 118) This principle Metchnikoff believes applies to the human organism likewise.

It is interesting to point out, in this connection, and before passing on to other more disputed points, points upon which I regret I cannot find myself in agreement with M. Metchnikoff, that I arrived at almost precisely the same view as to the causation of natural death, and in my *Vitality, Fasting and Nutrition* (pp. 330-331) stated my position as follows:

"Death is that condition of the organism which renders no longer possible the transmission or manifestation of vital force through it which condition is probably a poisoned state of the nervous system, due, in turn, to the whole system becoming poisoned by toxic material absorbed from the blood. When such a poisoned or obstructed condition is present, then it is no longer possible for the vital energy—the life force—to manifest through it; the severance of the vital principle and the material body takes place; i.e., death has resulted ..." The close similarity of thought will be apparent.

The question now arises: how does this auto-intoxication arise? In what way are the tissues poisoned? Generally speaking, they are poisoned as the result of intestinal putrefaction—this being my own view of the case also, agreeing in the main with M. Metchnikoff's conclusions. He thinks that such "putrefaction shortens life"—that it is the chief cause of old age and of natural death—both resulting from this cause more or less directly. But Metchnikoff thinks that the dangers to the organism are not in reality so great from this direct cause as to the presence within the intestine of certain bacteria. The poisons created by these bacteria are, in his estimation, the really dangerous factors, and he accordingly advocates the drinking of quantities lactic acid—as a means for disposing the germs—antiseptics, removing the colon, etc.—all of which measures are intended of rendering impossible the growth and activities of the microbes. In order to prevent, as far as possible, their entrance into the body, M. Metchnikoff advises us never to eat raw fruit or food of any kind (p. 162) and "to eat only cooked food and to drink only liquids that have been previously boiled." He also states that Fletcherism is injurious! Again "germs" are raised to a position of virtual omnipotence: they and only they are regarded as all-important, everything else of secondary importance.

But, as we have shown over and over again, when considering germ

diseases especially, these germs are of secondary importance to the condition of the organism at the time. We could not keep them out of any system since we eat, drink and breathe them all the time, in greater or lesser quantities. The danger is not in admitting them into the system—this ability corresponding to the condition of the body at the time. In the last analysis, that and that only is of prime importance. Everything depends on it. The ability of the germs to live—to thrive and propagate—depends wholly upon the soil, the medium into which it is introduced. If that be healthy and germs can bring about no appreciable harm. This being so, it will be seen that the most important factors to be sought, the essentials, are those which tend to keep the body in a high state of health. As Fletcherism, living upon fruit and raw food, etc., do this, it should be apparent that these practices are wholesome and to be followed. They may possibly introduce more germs into the organism, but they preserve it in a higher state of health than do cooked and sterilized food, and so enable it to withstand their inroad better, and in fact render them practically harmless. And this statement is borne out by the fact that fruitarians and those who follow Mr. Fletcher's teachings—within reason—are virtually exempt from all the germ diseases and germs so dreaded by M. Metchnikoff. They are enabled to live to a greater age, as a rule, and certainly enjoy far more vitality and abounding health while living. I have never known a fruitarian (and I have known a number of them) to have any serious sickness of any kind—and that is saying a great deal. Every one of them seemed to be in abounding physical health, and none of them showed any traces whatever of senility. Arguments on this side of the question are to be found in Dr. Emmet Densmore's *How Nature Cures* and Dr. De Lacy Evan's *How to Prolong Life*. The whole problem in a nutshell is simply this: seek to live so that the body is kept pure and clean, and not overloaded with an excess of not assimilated food-material (food for the germs), which clean and healthful conditions render it absolutely immune from the attacks of all germs whatever.

To one other subject I should like to draw attention before closing. That is to the theory of *sleep* held by M. Metchnikoff. He says: "It is more than fifty years since sleep was explained as the result of auto-intoxication. ... Although it is still impossible to specify exactly the nature of the substances which accumulate during the activity of organs and which produce fatigue and sleep, it is becoming more and more probable that such substances exist, and that sleep is really an auto-intoxication of the organism." (pp. 120-123) In spite of the fact that M. Metchnikoff does not think that any valid objections to this theory exist, I think that many of these objections are so overwhelming and forcible as to completely refute the theory just advanced.

I adduced some of these objections in my *Vitality, Fasting and Nutri-*

tion. (pp. 305-307) First, because mere boredom or monotony was found sufficient to induce sleep, without there having necessarily been any precious fatigue at all. Hypnotic suggestion will also induce sleep—and this immediately upon awakening, and before any toxic or “fatigue products” can be supposed to have formed at all. Further, it must be remembered that sleep is not merely a passive process, but an active recuperative one—a state in which many remarkable phenomena occur. “The worm-like caterpillar becomes within its cocoon the butterfly, with locomotive powers immeasurably greater.” It is a period of vital replacement and re-adjustment, and “we cannot merely state that sleep is a negative quality—present only when the organism is too poisoned to retain its waking faculties—but is a positive condition, and one in which the most vital organic and important changes take place. It is a period of great recuperation; and to assert that this state is merely the result of poisons formed within the body is simply nonsense.” The chemical theory of sleep also fails to take into account the instantaneous re-energizing that occasionally takes place during that state. As Mr. Myers expressed it:

It is a fully admitted, though an absolutely unexplained fact that the regenerative quality of healthy sleep is something *sui generis*, which no completeness of waking quiescence can rival or approach. A few moments of sleep—a mere blow across the field of consciousness—will sometimes bring a renovation which hours of lying down in darkness and silence would not yield. A mere bowing of the head on the breast, if consciousness ceases for a second or two, may change a man’s outlook on the world. At such moments—and many persons, like myself, can vouch for their reality—one feels, that what has occurred in one’s organism—alteration of blood pressure, or whatever it may be—has been in some sense discontinuous; that there has been a break in the inward regime, amounting to much more than a mere brief ignoring of stimuli from without. The break of consciousness is associated in some way with a potent physiological change. . . . (*Human Personality*, Vol. I, p. 123)

There are yet other facts which tell in favor of my theory of sleep, and against that of M. Metchnikoff. Sleepiness induced by exercising in the open air is one of these—also the sleepiness induced by merely walking or driving in a strong wind. The sleepiness induced by extreme heat and extreme cold are also very difficult to account for on any chemical theory. Endeavoring to find an analogy between normal sleep and the prolonged drowsiness and sleep of the “sleeping sickness” is also illogical since one is a normal and physiological process and the other a diseased and pathological one.

On p. 125, Metchnikoff says: “The analogy between sleep and natural death is in favor of the supposition that the latter, also, is due to an

intoxication much more profound and serious than that which results in sleep." Now, while it is quite conceivable that death may be due to such intoxication, is it conceivable that sleep can also be due to that cause? The analogy appears to me to be completely refuted by the following fact alone; viz., that, if this were the case, babies (who sleep the greater part of the time) would be dying constantly and must be in a continual state of auto-intoxication! At a time, too, when such intoxication should, theoretically, be at its minimum and the baby would possess greater potential energy and possible 'life' than at any other, subsequent period of its history. Yet, strange to say, the child continues to grow and thrive under such influences, and even to attain a healthy old age! Such facts should completely disprove the theory advanced by M. Metchnikoff and others—that sleep is a mere chemical process, or the result of any chemical process; and seem to prove conclusively that it is and can only be some state or condition in which the organism is recharged and replenished by some external energy, rendering possible a new fund of life and vitality each night.

In dwelling upon the differences of opinion that exist between M. Metchnikoff and myself, I must not be understood as criticizing M. Metchnikoff's work as a whole, or the soundness of his general position. Differences of opinion, as to detail, will always exist, probably, so long as the world lasts and have no bearing upon ultimate truth. It cannot be gainsaid that M. Metchnikoff has furnished us with a most remarkable, scholarly and interesting book, and his researches and conclusions will certainly have their influence and bearing upon scientific thought. In this book, and in his *Nature of Man*, M. Metchnikoff has furnished us with a fund of valuable information, and his books will doubtless be widely read, as they deserve to be.

The object sought—the prolongation of life—is certainly a worthy one—worthy of the highest science, the highest philosophy, the most spiritual and elevated thought.

Now, it is a well-known fact that germs will only thrive and flourish in a suitable medium or soil—one in which there exists, in quantity, their 'fabulum' or food supply. They cannot and do not exist in any other locality whatever; it would be impossible for them to do so, for the very reason that they would soon starve to death in any such place—as would any other living creatures.

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HOW TO AVOID PAIN AND SICKNESS

LOUISA LUST, N.D.

CATCHING A COLD AT THE TABLE

DR. J. WATERLOO DINSDALE

STIMULATION BY PARALYSIS

HENRY LINDLAHR, M.D.

NATURE-CURE OR DRUGS?

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THE NATURE CURE PUBLISHING CO., BUTLER, N. J. *Price, cloth, \$1.00. Stiff cover, 75 cents.*

By 1918, there was a name change of the publishing company that Benedict Lust began. Louisa Lust's cook book was published now by the Nature Cure Publishing Company located in Butler, N. J.

HOW TO AVOID PAIN AND SICKNESS

by Louisa Lust, N. D.

The Naturopath and Herald of Health, XVI (2), 99. (1911)

Nature cure teaches that pain may be avoided only by knowing and avoiding the causes. Pain warns us of the disorder that sets in with our organs.

Nature cure teaches and shows us that any method or remedy that paralyzes, poisons, overstimulates or depresses, produces sickness or pain with any healthy person and is very injurious to the sick person. Sunshine, pure air and right living are the elixirs of life and health that will stand the test of time and not be found wanting. Pure food furnishes all the minerals necessary to sustain our bodies.

If mothers would learn how to live, how to prepare simple healthy food and by example teach their children the all-important lessons of how and what to feed the body, sickness would be outgrown and forgotten in one generation. What a revolution and revelation this would be in every well-ordered house in one year's time. But in its stead the children are either overfed or underfed.

The necessities of good health are pure food, pure air, water, sun, heat, light and thinking in a right way. We all recognize the comfort and pleasure experienced from cleanliness even while we are healthy. A daily bath will do more to counteract disease than any remedy or method yet discovered; therefore, the daily cool natural bath should be as regularly taken as the meals. A hot bath, with a cold shower afterward, may be taken once or twice a week to advantage. If the circulation is sluggish and a chilly condition exists the body should be slapped and rubbed with the hand until a warm glow is produced. This can be well accomplished by brisk exercising as well.

Such a daily cool bath in the morning before dressing is very beneficial, and the children should be taught to take one every morning, thus saving them from pain and many a disease.

Never take a cold bath when you feel cold; first warm up with exercise, or walking, or a hot lemonade. The best time for a cold bath is in the morning when getting up, and never take a full bath soon after a meal, not before two hours have passed.

Air-baths can be taken freely. Cold air-baths of 5-10 minutes duration are very beneficial.

Water, air and sunshine are three curative agents; they are priceless if their proper application is understood. The sunrays increase vibration, strengthen and sweeten the temper and disposition.

Among the producing causes of rheumatism, neuralgia and nervous

affections are sunless, ill-ventilated sleeping and living-rooms. DO not, under any circumstances, shut out the air and sunshine from your home.

Do not mind if the furniture, curtains, draperies, etc., will fade. It is better to let them fade than you should.

Overwork is destructive to life and health, and it is wiser to dispense with trifling luxuries of dress and of the table than to be compelled to get these at the price of hard work.

Do not bustle, worry or get excited; keep your nerves and muscles perfectly under control of your good common sense.

Do nothing in a careless manner. Order is law, and to be happy we must obey all of nature's laws.

To be free, happy, harmonious and contented, one needs to understand what life signifies. To see that means more than selfish gratification of pleasure seeking and of money making. If we are living in harmony with nature, we will sleep well, and while we are sleeping, resting, every part of the physical organism is being built up, healed and invigorated.

Rest you can, rest you must, or rest you will when you are in your grave.

The Yungborn is open all the year round. The nature cure is highly beneficial in the winter. Few things are as invigorating and enjoyable as the cool air bath, especially when alternated with vapor baths and other beneficial and pleasant water treatments.

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Nature cure teaches and shows us that any method or remedy that paralyzes, poisons, overstimulates or depresses, produces sickness or pain with any healthy person and is very injurious to the sick person. Sunshine, pure air and right living are the elixirs of life and health that will stand the test of time and not be found wanting. Pure food furnishes all the minerals necessary to sustain our bodies.

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CATCHING A COLD AT THE TABLE

by J. Waterloo Dinsdale

The Naturopath and Herald of Health, XVI (2), 100-102. (1911)

Now is the time of the year when we hear people complaining of “catching cold”. They should rather say they have bred a fever. Many nations call a “cold” a fever, which is correct. It is a mild kind of fever caused by an effort of nature to cast out impurities from the blood, the impetus to this healing operation being usually supplied by an extreme amount of cold air. A cold is a thing to be welcomed, not suppressed. Keep on catching cold, until you can’t catch any more. Then, if you don’t continue to dump the food (your fellow creatures that feed fevers) into your stomach, you may safely go into the water with your clothes on, and then sit in draft for a half a day, you won’t be able to “catch a cold”.

Most people think that “catching a cold” is a bad business—a thing to be avoided; they do not know that it is a life-saving process. The fact is that if the condition of your system is such that you can catch a cold—the quicker you get one the better; for if you do not get the cold *you will surely have some thing worse*. A cold is simply a house cleaning operation on the part of nature. It shows that the structure has become so filthy that she cannot bear to live in it any longer. The excessive discharges which are thrown off during the process are waste matter, “surplus”, accumulated filth which must be eliminated to prevent it from poisoning you by decaying in your system.

When there is a discharge, in any case from any part, it proves there is matter on hand there that nature cannot use if she could use it, she would not throw it off. When there is no surplus matter in the system you cannot catch cold, no matter how hard you may try. And how does this surplus matter get into the body? There can be only one answer to this: it gets in by way of the mouth.

People who do not eat more than is required for the repair and growth of the body never have colds or catarrh—or, I might say, any other diseases. About nine-tenths of your sufferings are caused at the table. You don’t believe it, eh? Well, will you read a little scientific common sense put into plain English? You will agree (because you have to) that nothing can come out of your body which has not been put into it; and that if you do not put into it more than can be used, there will be nothing to come away.

Most people eat from twice to many times more than the system really needs or can use; and so from one-half to nine-tenths of the food they consume becomes waste, which nature must eliminate. Suppose that a pound

of food is required in the body to-day and you swallow two pounds; what is done with the surplus?

Well if our digestion is good, it is separated into its elementary molecules and taken into the blood; then if your constitutional tendency is that way, much of it will be piled up on the body in the form of fat. You may as well understand right here that there is only one cause for overweight, and that is overeating.

Oh, I know! You want to tell me how little you eat; you are the smallest eater in the family and the others don't get fat; by the simple, hard fact remains that there is nothing inside your epidermis which you have not put there, and that if you did put in more than was needed to make muscle, bone, nerve and connective tissue, you would not get fat. However, that is another story; in this article we are talking about catching cold.

"Part of that pound of surplus food stays in the blood; nature has no use of it; and by and by it begins to decay. And you throw in another pound to-morrow, and another the next day; and then you go bragging about your fine appetite and boring your friends by telling them how much you can eat. All the time your blood is getting thicker; more and more charged with decaying food matter; and at last the time comes when nature must call a halt. There is a chill, a stoppage, and the purification begins. What is that you cough up, hawk up, and blow out? Material you have eaten. What else can it be? Nothing can come out of the body that has not been put into it. All catarrhal or other discharges, acute or chronic, must be fed from some source; and it is a self-evident proposition that they are fed at the table.

"Yes, I know the doctor will tell a different story. He will have a wonderful and mysterious tale of microbes, climatic conditions, the pollen of some weed and so on; but the simple unanswerable fact which upsets all his theories is that if you do not eat too much you can live in any climate without having catarrh, and you will not have to run away from the rag weeds to avoid having hay fever. I hate to say it, but it is nevertheless true that there is a great deal more of superstition than of science in the practice of medicine. Ask the doctor if it is not a fact that nothing can come out of the body which you have not put into it; and ask him who feeds the catarrhal discharge, if he says that you do not do it yourself.

The trouble with the doctor is that the real facts in the case are too simple and easy to deal with for him; he is hunting mysteries where there aren't any. Now you have "caught" your cold, and you go around boring your friends with a new song. You think you must have sat in a draft.

Do you honestly believe that there is any power for evil in a current of pure air? A draft is air in motion; the best kind of air.

What a spectacle you are—you, formed in the image of God; you to whom was given dominion over all created things, running away from

drafts of air, and the pollen of ragweed, and trembling with terror in the presence of microscopic bugs. This is what 'science' has brought you to. Pretty nearly the whole study of medical science has been directed toward finding out some plan by which we might overeat and escape the penalty; and medical science, so far as it works on that line, is a failure, and always will be. You got that cold at the table; you got them *all* there; you never got one anywhere else, and you got all your catarrhs and hay fevers in the same way. The people who do not overeat can sit in drafts, and go out in the rain, and breathe the night air, and smell the ragweed and look the microbe squarely in the face without fear.

Never eat for any other reason than because you are hungry. If one cracker per day will satisfy your hunger never make any mistake of eating two crackers; the extra one will feed the catarrh, not you.

"Fletcherize" your food—that is, masticate every morsel three or four times as long as you have been doing.

This will probably result in taking a somewhat smaller quantity. Three meals a day of nutritious food is all that is needed, the third meal being very light, in the evening. Be sure that every morsel of food be thoroughly masticated.

Sugar should be generally avoided, also free fats and salt, if taken at all, should be used very sparingly.

On this regime you will be stronger in mind and body, and be able to do more physical and mental work, because your vital energy will not be expended in the onerous labor of eliminating excess food. After six months of sensible eating it will be impossible for you to take cold. After a year of it your catarrh will be entirely cured; there will not be a trace of it remaining, unless you go back to the flesh pots, and begin to overeat. You will have to go to some doctor to get rid of the hay fever. People who do not eat more than is required for the repair and growth of their bodies do not have hay fever, because there is no surplus matter in their systems to be blown away or sneezed away.

"But granting all this is true, what should I do for the cold I have now?"

Stop eating for two or three days, and stay out of doors!

If everybody would do that, there never would be a case of pneumonia in the world. Pneumonia is caused by feeding and breathing confined air in a case of common cold. And this, beloved, is good, plain, indisputable scientific common sense; told without regard to your prejudices, or to the welfare of any profession or body of men.

STIMULATION BY PARALYSIS

by Henry Lindlahr, M.D.

The Naturopath and Herald of Health, XVI (7), 452-455. (1911)

Dr. Haig's uric acid experiments, on his own person, confirm our contention that artificial stimulation is due to a paralysis of nature's inhibitory forces.

When the uric acid in the doctor's body, by adherence to natural diet, had been reduced to the normal amount, and when consequently the solvent power of the blood for the uric acid was at its best, he took three grains of uric acid. This resulted, for a half day following and for a few hours next morning, in serious collaemia, characterized by sluggish circulation, lowered combustion, headache, lack of physical and mental energy, etc. The solvent power of his blood was capable of holding the three grains of uric acid in solution and of absorbing it to the saturation point. This produced the symptoms of collæmia.

He then took thirty grains of uric acid instead of three grains, and the results were at once reversed. Examination of the blood disclosed the fact that no uric acid whatever was present in the circulation. The immediate effect of this was a decided stimulation of the circulation and of all vital activities.

The large amount of uric acid had completely overcome or paralyzed the solvent power of the blood, and as a consequence all acid in the circulation was precipitated into the liver, joints, muscles and other tissues of the body. The same experiment repeated on animals gave always the same result. Small quantities of uric acid or urates were retained in the blood until it was fully saturated. If uric acid was administered beyond this point, then all of it was precipitated into the tissues and the circulation temporarily cleared.

The same acid clearing effects are obtained by coffee, tea, nicotine, alcohol, opium, morphine, cocaine, and numerous other so-called tonics or stimulants.

In order to be effective, however, the dose of coffee, tea, alcohol, opium, beef tea, etc., must be increased in accordance with the acquired tolerance towards the simulating agent. That is, if the person experimented upon has been habitually using large quantities of coffee, alcohol, nicotine, etc., so that the system has become inured or hardened to them, the quantity has to be increased in order to produce the precipitating effect.

In other words, the more the body of a person is saturated with a certain poison, the more is required to produce a "tonic" effect.

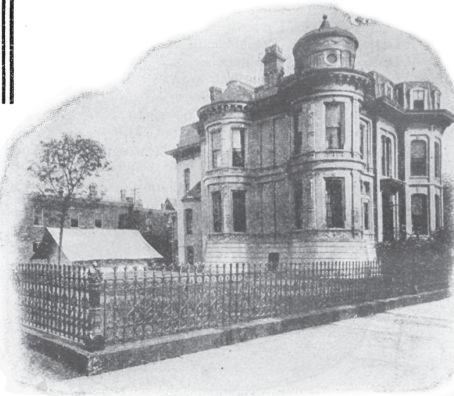
The question may be asked, why not use stimulants if they have such wonderful tonic effects on the circulation and on the vital activities in

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general? Because these tonic effects are only temporary and followed by greater depression.

When large amounts of uric acid, alcohol, nicotine, coffee or tea have produced a temporary clearance of fatigue products from the circulation, the effects of these stimulants gradually decline, the blood regains its solvent power and the poisonous acid and fatigue products which have been precipitated into the tissues are once more dissolved and re-enter circulation, filling the blood to the saturation point. The resulting symptoms of collæmia are worse than ever, aggravated by the fact that during the previous stimulation nature's reserves of vital forces, of nerve fats and other fuel materials were dissipated at an increased rate.

What is the natural result of this? The craving for more and varied stimulants. A roast beef dinner has to be washed down with beer, ale or wines, and the following depression must be overcome by coffee, cigars, and more liquids, etc., *ad infinitum*.

This explains why one stimulant craves another, why a person living in such a manner is always either overstimulated or depressed, never in full possession of clear reasoning power and self-control. It explains why such persons are nervous; why the vital energies are easily exhausted; why they work "in fits and starts" only; why cigar is followed by cigar, and drink by drink; why the lady of the house patronizes the coffee-pot as regularly as the husband patronizes the cigar and the bar.

When two such people meet, after a hard day's work in the home and in the office, the husband over-irritated and over-stimulated all day by alcohol and nicotine, and the wife by the everlasting coffee-pot, is it any wonder that irritability, dissatisfaction and exhaustion of physical and mental energies mar the happiness of the home?

Still another effect must be noted in this connection: as long as uric acid is dissolved in the circulation, it can be eliminated by the kidneys and other organs of elimination. When, however, acids and fatigue products are precipitated into the system, they gradually accumulate in the liver, joints, muscles, and other tissues of the body, to serve as a foundation for chronic rheumatism, gout, arthritis, heart disease, arteriosclerosis, stones in the kidney, bladder and gallbladder, and a legion of other stubborn chronic diseases.

Alcohol, nicotine, caffeine, thein, luppulin (the bitter principle of hops), opium, cocaine, morphine when given in certain doses, all affect the human organism in a similar manner. In smaller amounts they seemingly stimulate, in large amounts they benumb and paralyze; in reality they are paralyzers from the beginning, and their temporary tonic effect is apparent but not real. They benumb and paralyze not only the physical but also the higher and highest mental and moral qualities, capacities and powers, in reverse order to that which they are developed in the process of evolution.

The first mental qualities which succumb to the benumbing influence of stimulants are modesty, reserve, caution, reverence, and logic; then follow reason, memory, and finally will power, self-control, and consciousness.

When the conscious activities of the soul have been put to sleep, then the paralysis extends to the subconscious activities of life or vital force. Respiration and heart action become weak and labored and may finally cease entirely.

In order to verify this, let us study the effect of alcohol, the best-known of stimulants. Many believe alcohol increases not only physical strength but mental energy also. Regular medical science considers it a valuable "tonic" in all cases of physical and mental depression. We have frequently found the brandy bottle at the bedside of infants less than a year old, with directions to give a teaspoon every hour or two.

Watch the effect of this tonic on a group of convivial spirits at a banquet. Full honor is done to the art of the chef, and the wine flows freely. The flow of animal spirits increases perceptibly; conviviality, wit, and humor increase by leaps and bounds. But the apparent joy and happiness are in reality nothing but the lower animal impulses freed from the control of higher powers.

The words of the after-dinner speaker, who, when sober, is a sedate and earnest gentleman, flow with unusual ease. The close observer, however, notices that what the speaker gains in eloquence, loquacity, and exuberance of style and expression, he loses in logic, clearness and sensibility.

As King Alcohol tightens his grasp on the merry company, the toasters and speakers continue more and more to lose control over their actions and their expressions. What was at first mischievous abandon and merrily jest gradually degenerates into loquaciousness, coarseness, querulous brawls, and here and there one of the maudlin crowd drops benumbed and stupefied.

If the debauch is continued long enough, and the liquor is strong enough, the stupor may end in complete paralysis of the vital functions and even death.

Lupulin, the bitter principle of hops, is a powerful narcotic, poisonous even in comparatively small doses. Its effect on the system is very similar to that of opium.

When taken in beer and malt tonics, at first it irritates the glands of the stomach to increased secretion, thus creating a false appetite and a tendency to over-eating. The second and lasting effect, however, is benumbing and paralyzing, thus leaving the stomach and intestines loaded with large quantities of undigested food. For these reasons, beers, especially the bitter brands, weaken the digestive processes, the vital functions and physical energies, and dull the intellect.

Another bad effect of alcohol, which is not generally known, results from the fact that alcohol precipitates organic salts and mineral elements; this is proved by the fact that the latter are found in the sediment of the fermenting fluid but not in the finished wine or beer.*

The alcohol contained in the different kinds of liquors continues to precipitate the mineral elements in the body; it thereby impoverishes the blood, which usually is already lacking in the important elements. Indeed, we may truly say that a lack of mineral elements in the daily dietary is one of the greatest causes of craving for alcohol.

The common American dietary, consisting of meat, white bread, potatoes, pastry, and coffee, is utterly lacking in the organic salts of sodium, iron, lime, and magnesium, and surcharged with uric-acid and carbonic-acid producing elements. Naturally, the system becomes loaded with irritating poisons and is starving for blood and nerve food. The result is nervousness, irritability, physical and mental enervation, and a constant craving for substitutes for the lacking nutritive elements. Then, by means of stimulants, the organism endeavors to supply the energies which are failing on account of malnutrition. To resume, while lack of organic salts in the system is the most prominent cause of inebriety, alcohol by precipitation still more reduces the already scant supply of mineral elements in the blood and tissues.

Following this to the logical conclusions, where lies the rational cure for drink evils? Our answer is—*in the kitchen*.

We have learned that uric acid and other uræmic poisons contained in the animal carcass are almost identical with caffeine and thein, the most poisonous stimulating principles of coffee and tea. This puts flesh foods, meat soups, and meat extracts in the same class with coffee, tea, alcohol, uric acid, and other poisonous stimulants. It explains why meat stimulates the animal passions and why it creates a craving for liquor, tobacco, and other stronger stimulants.

Not long ago we saw a father in high glee at the sight of his two-year-old baby boy chewing busily at a piece of raw beef-steak, the blood running from the corners of his mouth. Daddy related to me proudly that baby liked his coffee already as well as anybody else in the family. Imagine the tender, sensitive nervous system of the little child, from the cradle over-irritated and over-stimulated with these powerful stimulants! Well-informed physicians tell us that over 50 percent of children are sexual perverts before they leave the public schools.** Is it any wonder?

*This sentence was nonsensical in the original text and I have pieced together a sentence with my best intentions. *Ed.*

**Henry Lindlahr when speaking of sexual perverts reflects the prudery of his time period. *Ed.*

Did you ever notice on a saloonkeeper's free-lunch counter luscious fruits and vegetables? No, indeed. He knows very well that it takes strongly spiced and salted meats and fish to arouse the appetite for liquors and tobacco.

We have treated thousands of patients, and every one of them had to give up meat, fish, fowl, coffee, tea tobacco, and alcoholic liquors. Many of these patients had been addicted all their lives to a few or all of these stimulants, but we have never experienced any difficulty in weaning them, within a week, from every form of stimulation. And, best of all, we accomplish this without the use of poisonous drugs, so-called "gold cures" or hypnotic suggestion.

Of course, the discontinuance of any form of stimulation is followed by a period of mental depression, until the depleted stores of nerve foods have been replenished. The meat eater and tea and coffee toper* have to pass through a period of "jim-jams" as surely as the nicotine and whiskey toper, *until the organism has readjusted itself on a normal basis.*

With our patients, we tide over this period of depression by natural methods of treatment. Massage, osteopathy, pure food diet, water cure treatments and normal suggestion supply harmless natural "tonics" in place of former poisonous stimulants.

As soon as our patients adopt a fruit and vegetable diet, the battle is half won. The cooling fruit juices allay the feverish thirst; the non-irritating and non-stimulating diet removes necessity for counter stimulation. Fruits and vegetables, rich in the positive organic salts, supply the blood with the lacking mineral elements, thus removing the causes of malnutrition, impoverishment of blood and nerves, and the nervous craving for artificial stimulation.

If our mothers would devote more attention to the art of hygienic cooking than to long-winded "prohibition harangues", the cause of true temperance would rapidly advance.

The craving for stimulants is a disease. To a thoroughly healthy, normal organism, all forms of stimulation are abhorrent.

We witness this in children, who have to force themselves to the use of poisonous stimulants until the natural resistance of the organism becomes sufficiently paralyzed.

[Alcohol, drugs, nicotine, etc.] benumb and paralyze not only the physical but also the higher and highest mental and moral qualities, capacities and powers, in reverse order to that which they are developed in the process of evolution.

* Topper means hard drinker or chronic drunkard. *Ed.*

NATURE-CURE OR DRUGS?

by Dr. Carl Strueth

The Naturopath and Herald of Health, XVI (8), 486-489. (1911)

There are many ways and means of “treating” the sick. There is the drug method, the electropathic method, the Christian Science method, the osteopathic method and so forth.

While these methods differ widely in their fundamental principles, each of them claims “results” which no unbiased observer can rightly dispute.

That these so-called “results”, to a great extent, are but accidental, is not taken into consideration.

We are too much inclined to attribute to the treatment employed what, in reality, ought to be credited to that mysterious force which exists in every living being and which we call *vital* or *life force*.

What this force consists of, we do not know; we only know that it exists and how it manifests itself.

It is the driving force which from two minute cells develops a living being knits together a fractured bone, repair a lacerated skin, etc., and which, under proper conditions, also corrects those disturbances which we call “disease”.

The physicians of ancient times were well aware of the important part the vital force plays in the cure of disease, and termed it the *vis medicatrix naturae*, i.e., the natural faculty to cure.

The better the physical condition of the patient, the more vigorous his vitality, the better his chances of recovery.

A strong constitution may overcome a disease under any sort of treatment, even under a harmful one, while a feeble constitution may succumb in spite of the proper treatment.

It, therefore, is unwise to judge merely from the “results”, which often are but a matter of luck on the part of the patient.

It is the principles of the physician’s method which people must strive to understand.

Ignorance in this regard may not be of consequence in one case, which in another case it may be a matter of life or death.

The vigor of the patient’s vital force being the deciding factor in the cure of disease, it follows that a method of treatment, which invigorates the patient’s vitality, will improve his chances of recovery, while any sort of treatment, which is apt to diminish the patient’s fighting power, will naturally accomplish the contrary.

For this reason we approve of the so-called “nature-cure method” (physiologic therapeutics, as it is called by the medical profession) and disapprove of the drug method.

Drugs act merely symptomatically and are in their place in "incurable" diseases, in which the sole purpose of our efforts consists in relieving, not curing the patient.

They are also of value in suppressing various unbearable or dangerous symptoms, the cause of which we cannot remove speedily enough.

It would not be human to refuse a dose of morphine to a patient suffering agony from whatever cause, if other means fail.

In incurable diseases we may do anything we please, as long as we lessen the patients suffering.

When it comes to "curable" diseases, our policy must be entirely different.

"Beware of drugs!" should be the battle-cry in our fight against conquerable diseases.

The better the chances for a cure, the more essential it is for the patient to abstain from the use of drugs, almost all of which are more or less poisonous and apt to do harm in many ways.

Aside from the disturbance they cause in the digestive organs, they get absorbed into the blood-serum, which contains the nourishing elements for the blood-cells, the "carriers of life".

If these receive a poisoned food, they will be enhanced in their normal function, and such disturbance is apt to make the cure problematic and bring on further commotions in the complicated cellular life of our body.

Thus a patient who relies upon drugs, may sooner or later have to cope with two or more diseases, instead of one.

"Medicine is a capital which is constantly increasing."

There really is not a single disease which drugs can cure.

If you are afflicted with chronic constipation, you can affect a movement of the bowels by the use of laxatives, but the latter, while giving temporary relief, will not cure the atony, i.e., state of weakness, of the intestinal organs, which is the cause of constipation.

On the contrary, the continued irritation by drugs will make the condition worse and, in the course of time, destroy the function of the intestinal organs completely and lead to all kinds of complications.

If you are suffering from insomnia, the physician can put you to sleep by means of sulfonal or other drugs, but he cannot cure your insomnia.

The longer you continue the use of these drugs, the nearer you get to the mad-house.

If you are a sufferer from chronic headaches, a dose of aspirin may relieve your pain, but continue this hazardous treatment, and you will see where you land.

And so it is with most chronic diseases, such as rheumatism, neurasthenia, gout, etc., which are caused by so-called "auto-toxins", i.e., poisons which accumulate in the system and for one reason or another are not eliminated.

Instead of suppressing the manifold symptoms which such condition produces, we must try to eliminate the auto-toxins, for only by removing the cause can we remove the effects. *Causa cessat, cessat effectus.*

One more word about the drug method. People who are not familiar with it, imagine that it possesses a highly scientific value.

It is a mystic to them, and anything mystic is attractive to some people.

In fact, the drug treatment is a very poor science.

What do we know about the action of drugs? We know that a dose of calomel will affect a movement of the bowels, morphine will relieve pain, trional will produce sleep, bromide will relieve a headache, and so forth.

That is about all the practical knowledge we possess of the action of drugs.

If the drug method is to become an exact science, we must first of all know the chemical processes which are going on in the living being under normal conditions.

So far our knowledge in this regard is absolutely negation. And in all possibility it never will amount to much, for the simple reason that there are no two alike in this whole world, and that even the single individual is undergoing continuous changes in every day of his life.

What may apply to one, will not apply to the other, and what may be right in a person to-day, may be wrong to-morrow.

Considering this complete lack of knowledge as regards the normal cell-chemism, it is a matter of course that we know still less of the chemical combinations which the various drugs undergo after entering the body, nor the effects which these unknown combinations produce.

We must further admit that we know very little of the proper dose in which to prescribe a drug. It is all guesswork.

Not more than we know how much alcohol a man can imbibe before he becomes intoxicated or how long he can indulge in the tobacco habit before signs of the dreaded "tobacco-heart" appear, not more do we know how much strychnine or any other poisonous drug a person can take into his system without being harmed.

To wait until so-called toxic symptoms appear and then reduce the dose or discontinue the use of the drug, can hardly be called scientific.

Prescribing is mere experimenting. Two people may be of the same age, the same build, weigh exactly the same, etc., and yet, one may show toxic symptoms from a certain drug administered in a certain dose, while the other does not show any visible effect of the drug whatever.

An infant may get poisoned from a single drop of opium, which in another baby will not produce the slightest effect.

With such scant knowledge of the action of drugs, it certainly is not an unwise policy to keep away from them as far as possible and only use them in case of emergency.

Christian Science has done and is doing an enormous amount of good by freeing thousands and thousands of good people from the bondage of the drug treatment.

There is no progressive physician who does not share the opinion we expressed and condemn the lamentable practice of seeking salvation from the sickness in the use of drugs.

The "a-teaspoonful-every-two-hours" method is rapidly losing ground and will soon be practiced by unscrupulous and ignorant physicians on ignorant people only.

Professor Ziemssen, a physician of international renown, used to say to his students, "Gentlemen, the drugs you will need in your practice you can write on your finger-nail."

If we would only employ a little more common sense, we would progress much faster than we do.

But whether progress will come fast or slow, the future, as regards the treatment of the sick, belongs to the natural (physiologic) methods.

A splendid example of the change of tactics, which is taking place, is the modern treatment of tuberculosis.

Consumptives used to be treated with immense doses of creosote and arsenic.

Then followed the tuberculin treatment.

And what are we doing to-day? No conscientious physician, nowadays, will waste time in dosing a consumptive with drugs, but will send him to one of the open-air sanatoria where no artificial and mystic treatment, but a simple "natural" method will enable the patient to regain his health, providing his affliction has not progressed too far.

And what is the secret of these remarkable successes? Is there anything extraordinary or specific about the treatment? Not at all! Pure air, proper feeding, etc., are very simple means. Simple, indeed, like all good things, but mighty powerful and the *only* means by which we can increase the patient's vital form which alone can perfect a cure.

The treatment does not attack the sickness directly, but indirectly, by enlivening and regulating the action of each and every part of our complicated physique.

What applies to the treatment of tuberculosis, also applies to that of other diseases, such as rheumatism, gout, neurasthenia, etc.

There is no fundamental difference in the treatment of the various chronic diseases.

The same simple principle applies to all of them, and the same satisfactory result is the outcome in the majority of cases.

More than with any other treatment, the physician practicing the natural method must be well able to "*individualize*", i.e., apply the treatment according to the conditions of every individual case.

We must not treat sicknesses, but sick people.

Because two people are afflicted with the same sickness, does not mean that we must apply the same treatment in the same manner and dose.

Anyone who wants to apply the natural method without being well able to individualize, i.e., judge the peculiarities of the individual case, can do a great harm.

Knowledge and experience count for everything in the practice of the natural method.

We are too much inclined to attribute to the treatment employed what, in reality, ought to be credited to that mysterious force which exists in every living being and which we call vital or life force.

The physicians of ancient times were well aware of the important part the vital force plays in the cure of disease, and termed it the vis medicatrix naturae, i.e., the natural faculty to cure. "Beware of drugs!" should be the battle-cry in our fight against conquerable diseases.

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NATUROPATHY

by. Dr. F. Kleinschrod

The Naturopath and Herald of Health, XVI (8), 511-515. (1911)

SYMPTOMS

1. Besides the causes of a sickness, the symptoms give the most important points of aggression to the therapy. We understand by a symptom every irritation which develops during the sickness itself, f. i.*: fever, inflammation, heart beating, pains, etc. It always expresses an increase or a decline of an already effective function. From this point of view the sickness may be considered as consisting of single symptoms like a chain consists of its links. But as the symptoms become points of aggression for the therapy during the sickness, the fundamental question arises, can all the symptoms be attacked? How must they be attacked?

A correct answer to these questions depends on the importance and the value of the symptoms which they have in relation to the sickness or its cure.

2. Of what importance is a symptom to the sickness? The medical science which considers sickness only as an injury and sees in it only the injurious effect of a cause, must consequently regard the symptoms as single injurious expressions of the sickness, and must make it a purpose of the therapy to combat them. The medical school of to-day stands on this ground. Three-quarters of the treatments of the present school are really symptomatic in the sense just described, i. e. the symptom which is very much apparent in the sickness, or causes to the sickness great molestation, is being treated without taking in account what importance the symptom has for the cure of the sickness and whether the attack of this symptom might be more injurious than helpful.

3. The points of view which are here decisive are of various nature. Thus the school of to-day combats every inflammation at once with ice, for days, weeks, and even months. Naturopathy considers this harmful—the reason why we shall soon understand. Fever, in most cases, is also attacked by a salve of fever remedies. Naturopathy also considers this to be an injurious treatment.

With other symptoms, other points of view are taken. One of the most famous which tradition has firmly established is: *Contraria contrariis*. It means, a remedy is used which produces the contrary condition. For nervous irritability remedies are prescribed which shall appease the nerves, f. i. [for instance]: brom or morphine, etc.; for cramps, such as subdue the cramps; for strong beating of the heart, such as give the heart

*"f.i." The author's use of this acronym is unorthodox. Its use here means, "for instance". A more common phrasing is "for example" represented by "e.g.". Ed.

repose; for diarrhoea, such as stop the running and vice versa, etc. Sickness is inexhaustive in forming numerous symptoms, but more numerous yet are the means by which medical science can dispose; and, if the medicine could cure the sickness—well, then, oh mankind, thou couldst esteem thyself very fortunate; thou wouldst be well provided for!

The largest part of the treatment by prescription is done by this symptomatic method, which has always played a great role in the medical art and has caused the name “Allopathy” to be given to this science, which is fully in vogue today and will remain so as long as this principle of treatment lasts.

However, since Naturopathy has put its finger into “this open wound” and stirred it somewhat with a pardonable cruelty, medical science begins to feel a little ashamed about this ulcer; covers it up very carefully before the eyes of the public and tries to deny its allegiance to the name “Allopathy”. In spite of this I take, with good reason, the liberty to call this kind of symptomatic treatment the allopathic one.

Yet from another point of view the medico-symptomatic therapy is practising. One could call it the chemical. If f. i. the salts of chalk are wanting in the bones, or the iron in the blood, or the acid in the stomach—the school of to-day prescribes in one case chalk salts, in the other iron, and in the third case acids; or in the case of gout the urinous salts settle down, it prescribes alcalids [alkaloids], f. i., lithion, which shall dissolve them.*

I could produce many other points of view which are of importance to this kind of symptomatic treatment of sickness. It is satisfying to me to state the fact here explicitly that the exclusive medicinal treatment is the only one in use, as it comprises already four-fifths of all maladies; that it is a pure symptomatic one, and comprehends all its faults and mistakes, that millions of dollars are squandered by it every year while that little bit of “health,” which the sickness has yet left, very often is spoiled at the same time.

4. Naturopathy combats now in a most energetic way the suppression of the symptom for the symptom's sake and the exclusively medicinal way of attacking the symptoms. It gives the following reasons for it:

Its doctrine contends that the symptom is an expression of the sickness, considered only as an injurious effect of the cause of the sickness, but which embodies also the conditions of the successful cure respectively of its regulation. An exclusive attack of the symptoms must therefore very often injure it entirely, and this is the reason why

*The physical chemistry, however, has lately proven that just by administering of alcalids the urinous salts are the more secreted from the body in a solid form. What a mischievous plunder!

few sicknesses are cured by medicinal treatment. The importance of the symptom is obvious according to our doctrine. It represents in the sickness the artfulness of Nature, to combine cause and effect with the purpose at the same time.

We find the same proceedings also in a healthy life, f. i.: if somebody ascends a mountain, he must breathe oftener, and the heart beats quicker. This is the effect of the ascension, but also the condition on which he can ascend at all; therefore, who suffers of a very weak heart cannot go up the mountain, because he cannot fulfill this condition.

The same relation exists in the sickness, i.e., in its symptoms. Inflammation is an effect of the cause of the sickness and contains by itself the conditions of the cure. An intensive treatment with ice must suppress also the process of life which are forming solely in a certain temperature. It is the same case with the fever, this also is an effect of the cause of the sickness and has within itself the conditions of the cure. The school, however, still combats every fever with a salve of remedies for the fever, but all these have a paralyzing effect; they also will therefore suppress at the same time the processes of healing, and simply retard for some time the natural cure. If, therefore, the effect of the fever remedy is decreasing, the symptoms of the sickness spring at once into life in a higher degree. Naturopathy controls now both the fundamental symptoms in a truly ideal manner and besides in the direction towards health, as far as circumstances allow this altogether.

In the same individuality and cautious way Naturopathy acts in handling the other symptoms of the so-called fundamental sickness.

The process of healing them is, as we have seen, principally a so-called regulative one, and in this case the suppression of a symptom can do much harm, since it depends often upon this latter solely why the sickness is not cured. In that the nature of regulation affords that other organs must in many cases perform the removal of the injury, according to the motif of the organism: "One for all and all for one", and they seem to have fallen themselves by it into a sickly state of some kind.

There appears now a fatal period of confusion in which the medical science of the present school is placed without doubt. It contemplates nearly always the organ which seems to be sick as the sickness itself or the cause of it, and gives it an artful, i.e., in our case a purely local and symptomatic treatment. But since this sickness is very often not a real one and represents a symptom of the removing process of some other concealed injury, it is quite natural that the sickness is being attacked from a false standpoint, and cannot be cured. The patch is fastened besides the hole.

Many symptoms, therefore, especially those on the skin, f. i., eczema, are without doubt symptoms of the regulation of an interior injury. We find similar affections in the gut (diarrhoea), the stomach (vomiting),

the lungs (catarrh, asthma), the heart (disturbances of the circulation, etc.), the glands, goitre, etc. These sicknesses, therefore, are never cured if they are treated only locally and symptomatically and if the original cause be let alone. There is hardly a single organ which could not also perform the role of a regulatory equalization within the sickness, and which, therefore, shows only an outward appearance of sickness. Such conditions only seem to be then the real independent sicknesses, while they change only another injury, concealing it, for a condition which is less harmful in comparison. If now the sick organ in such cases is thought to be also the cause of the sickness at the same time, as is done and taught to-day by the present school almost without exception, because, according to Virchow, it places the sickness on the point where it finds a disturbance of the cells, a purely local and symptomatic treatment will without doubt be undertaken, which, as is natural has no success. Thus in sicknesses of the skin, only the skin; in those of the stomach, only the stomach is treated, etc. For this reason and because the principal cause is not attended to, these sicknesses can find no cure then. These are the unhappy cases which are treated for years with all imaginable medicals, and foremost by "specialists" and in the end without success.

If the sound sense of the people contends that the sickness if often injected instead of being driven out, it is undoubtedly right in many cases. Just here Naturopathy uncovers another great source of medical errors! Of these make the greatest contingent, as is said above, the specialists who do not understand to treat anything except the organ which they have made a special object of their studies. Every symptom, which an organ shows is at once suppressed by the force of medicals without taking in account what a place must be conceded to this symptom in the evolution of the sickness. How many glands and kernels of the throat, for example, are cut out which are necessary for the formation of the blood, only because they are regarded as the sickness itself. Along with every disturbance of the blood formation, f. i., in case of anæmia, the organs that prepare the blood must also be affected, and are therefore in a certain sense just necessary for the cure.

How many operations are performed in the ovaries, the womb (corrosions, erosions) for the purpose solely to suppress the symptom without removing the cause? How many organs are in vain treated by medicals during many years while all possible means are tried only because the injury which appears in the organ and disturbs its functions is regarded as the sickness and the place of the malady is laid there? I mention, f. i., the stomach, the digestive troubles of which are in almost 80 per cent of all its sicknesses the consequences of certain other conditions in the organism, and have really no connection with the stomach.

5. Naturopathy is therefore totally opposed to the theoretical prin-

ciple that the sick organ must always be the first point of attacking the sickness, as being erroneous in many cases. It may be the case, but it is not necessarily so.

Where the cause of the sickness of an organ is coincident with the cause and condition of the cure within it, as, f. i., in case of inflammation, a local treatment may be advisable. But a purely local treatment will in all the cases be only a half one. Although the cure must proceed within the sick organ, it begins nevertheless always from the whole body.

Only those means which give an impulse to the normal function of the organ and introduce to it forceful agents of the cure, are remedies; but not those which suppress the signs of the sickness only symptomatically and by force. Naturopathy has here also the most ideal means at its disposal to attain this purpose.

Therefore, a triple source of errors is underlying the purely local and symptomatic treatment of an organ.

- 1) A false point of attacking the sickness is often chosen by it, since the origin of the sickness not to be found in the organ, but in quite different places.
- 2) The way of the specialist to suppress by force the symptoms of the sickness is often such a one as does not effect a cure at all.
- 3) The cure is always the result of the harmony of the whole body, which, however, is not taken in account in case of a purely local treatment.

Naturopathy rejects, therefore, the idea of the symptoms, which the school of to-day accepts as the foundation of its treatment and discipline and puts in its place the principle which it has introduced and which denotes that the symptom must not be considered as an injury solely, which may be combatted without discrimination, but that it contains also the conditions of the cure itself.

It is right and necessary to combat the symptom:

- 1) If it becomes itself a disturbance of the cure, f. i., one of the circulation.
- 2) If a symptom becomes directly a danger for life, f. i., in the case of failure of the heart.
- 3) For the sake of humanity (f. i., in great pain), especially in case of incurable sickness.
- 4) But the treatment of the symptom must be always such a one as tends to the effect of a cure. But just in this regard medicals have often a doubly injurious influence, as they have for the most part

only that quality which paralyzes an organ, suppresses, therefore, the whole symptom and deprives by it the organism of the possibility of a cure altogether.

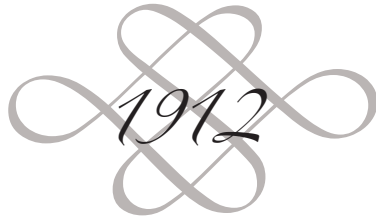
A really ideal effect has in this respect the natural remedies. They are exclusively of such a nature as enables them to enliven the normal functions as the normal life spenders. But all the symptoms are abnormal functions. The natural remedies, therefore, do not suppress the symptoms, but when being efficient they influence them only with the purpose of healing.

Three-quarters of the treatments of the present school are really symptomatic in the sense just described, i.e., the symptom which is very much apparent in the sickness, or causes to the sickness great molestation, is being treated without taking in account what importance the symptom has for the cure of the sickness and whether the attack of this symptom might be more injurious than helpful.

One of the most famous which tradition has firmly established is: Contraria contrariis. It means, a remedy is used which produces the contrary condition.

The largest part of the treatment by prescription is done by this symptomatic method, which has always played a great role in the medical art and has caused the name "Allopathy" to be given to this science, which is fully in vogue today and will remain so as long as this principle of treatment lasts.

Naturopathy rejects, therefore, the idea of the symptoms, which the school of to-day accepts as the foundation of its treatment and discipline and puts in its place the principle which it has introduced and which denotes that the symptom must not be considered as an injury solely, which may be combatted without discrimination, but that it contains also the conditions of the cure itself.



CLIMACTERIC OR CHANGE OF LIFE
HENRY LINDLAHR, M.D.

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By H. LINDLAHR, M. D., Pres.

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CLIMACTERIC OR CHANGE OF LIFE

by Henry Lindlahr, M.D.

The Naturopath and Herald of Health, XVII (6), 353-354. (1912)

The climacteric, or change of life, has become, under our artificial methods of living, the bugbear of womanhood. It seems to be universally assumed that this period in a woman's life must be fraught with manifold suffering. It is taken as a matter of course that during these changes in her organism a woman is assailed by the most serious physical, mental and psychic ailments, endangering her sanity and often her life.

Like rheumatism, neurasthenia, neuralgia, and hundreds of other medical terms, "change of life" is a convenient phrase to cover the doctor's ignorance. No matter what ailments befall a woman during the years from forty to fifty, may the causes be ever so obscure, the diagnosis is easy. "You are in the climacteric, you are suffering from the change of life," says the doctor, and the patient is satisfied, and resigns herself to the inevitable.

Frequently women come to us for consultation, and after reciting a long string of troubles they conclude with the remark, "Of course, doctor, I'm in the change, and I know lots of these things are natural at my time of life."

Is it true that all this suffering is "natural and inevitable"?

Among the primitive races of the earth, suffering incident to the change of life is practically unknown. The same is true in a lesser degree among the country population of Europe. The causes of it must, therefore, be sought in the artificial methods of living and of treating peculiar to our hyper-civilization.

Where then are the specific causes of the profound disturbances so often accompanying the organic changes of the climacteric? The menses are for the woman a monthly cleansing crisis, through which nature eliminates from the system a considerable amount of waste and morbid matter. The organism learns to rely on this mode of elimination, and morbid matter which should be discharged through the natural organs of depuration is instead eliminated through the menses.

Through unnatural habits of living, eating, drinking, dressing, breathing, and through unnatural methods of medical treatment, the bowels, kidneys, and skin have become inactive, benumbed, and paralyzed. As long as the vicarious monthly elimination continues the evil results of the torpid condition of the regular organs of elimination do not become apparent. But when, incident to the organic changes of the climacteric, menstruation ceases, then the systematic poisons, which were formerly eliminated through the monthly purification, accumulate in the system

and become the source of all manner of trouble. All tendencies to physical, mental, and psychic diseases are greatly intensified. The poisonous taints circulating in the blood overstimulate or depress and paralyze the brain and nervous system. As a consequence mental and psychic disorders are of common occurrence; the more so because the waning of the sex functions is accompanied by a tendency to negativity and hypersensitiveness.

How, then, can the ailments of the climacteric be avoided or cured? Is it not self-evident that the easiest way to avoid the troubles incident to this critical period and to re-establish the perfect equilibrium of the organism, lies in restoring the natural activity of the organs of elimination?

This is what Nature Cure accomplishes easily and successfully with its natural methods of treatment. Air and sun baths, water treatments, and massage bring new life and activity into the enervated skin. Pure food diet, Osteopathic treatment, curative gymnastics and Homeopathic or herb remedies restore the natural activity of the stomach, liver, kidneys, and intestines. Mental therapeutics, systematically practiced, make every cell in the body vibrant with the higher and finer forces of the mental and spiritual planes of being.

When the natural equilibrium of the organism is thus restored, there is absolutely no occasion for the troubles of the climacteric.

This we have proved in hundreds of cases. As the kidneys, skin, and bowels begin to function normally and freely, physical and mental conditions begin to clear up, and one after another the dreaded symptoms disappear.

Let us compare with this common sense, natural treatment the orthodox medical practice in these cases. Such treatment, as usual, is entirely symptomatic. The sluggish organs of elimination are stimulated by poisonous laxatives, cathartics, diaphoretics, cholagogues, and tonics, all of which, after temporary stimulation, leave the organs in a more weakened and the system in a more poisoned condition.

If brain and nerves are irritated and aching, sedatives and hypnotics are applied to paralyze them into insensibility. If the heart action is weak and irregular it is whipped by poisonous stimulants; if too fast it is checked and paralyzed by sedatives and depressants.

Instead of removing the underlying causes, every system is promptly checked or suppressed. Drug poisons are added to the waste and morbid matter is already clogging the channels of life. And of course, in many instances under such unnatural treatment, things go from bad to worse. "Flushes", headaches, rheumatic and neuralgic pains, melancholia, irritability, mental aberration, partial paralysis, and a multitude of other symptoms, appear and increase in sensitivity. When the family physician has arrived at the end of his wits the surgeon has his innings, and leaves the patient in a still worse condition of chronic suffering.

These experiences are so common that the manifold sufferings of the climacteric are regarded as unavoidable and as a matter of course. Here, as in so many other instances, people fail to see that it is the treatment which prevents the cure. If the efficiency of common sense natural treatment were more widely known and recognized, how much unnecessary suffering could be avoided!

Among the primitive races of the earth, suffering incident to the change of life is practically unknown. ...The causes ... of it must, therefore, be sought in the artificial methods of living and of treating peculiar ... to our hyper-civilization.

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SEVENTEEN GOOD REASONS FOR ABSTAINING
FROM THE USE OF TOBACCO

JOHN. W. HODGE, M.D.

VENEREAL DISEASE

HENRY LINDLAHR, M.D.

HOW DOES OUR BODY PROTECT ITSELF AGAINST DISEASE?

DR. CARL STRUEH

THE NATUROPATH AND HERALD OF HEALTH

VOL. XVIII, No. 1

JANUARY, 1913

WHOLE No. 231

A CALL FOR RIGHT!

What we want! according to the *constitution* of the *United States*, according to *Civilization*, *Humanity* and *Christianity*:

Science

and its doctrine and instruction is free in all civilized countries, consequently the attempt of the school medicine in this country to claim its science a privilege for a limited professional society or corporation, and by doing so to prevent others of its learning, instructing and practising, is

Contrary to the laws of the constitution.

Likewise, the sale, use and prescription of medicines, as far as they are natural, non poisonous productions, such as herbs, roots, seeds, minerals, or general and particular articles of food, etc., cannot and must not be allowed to become objects of a privileged society or corporation, being contrary to free traffic and consequently

Contrary to the laws of the constitution.

Only such things can be objects of privileges or chartered rights which are productions of art and literature, inventions and such medical prescriptions which contain *poisonous* constituents.

This is what we want, this is what every citizen wants who respects freedom and wishes well to his brother citizen, but any man who is against this

"Birthright"

of a free people and nation, is *trampling down* the *constitution* of this nation, is *trampling down* *Civilization*, *Humanity*, *Christianity* and the grand banner of the *Stars and Stripes*.

Who will stand up, a man amongst men, and help us to establish our

Birthright?

It is the birth right of every American to have the freedom to choose their medical provider and to have medical freedom.

SEVENTEEN GOOD REASONS FOR ABSTAINING FROM THE USE OF TOBACCO

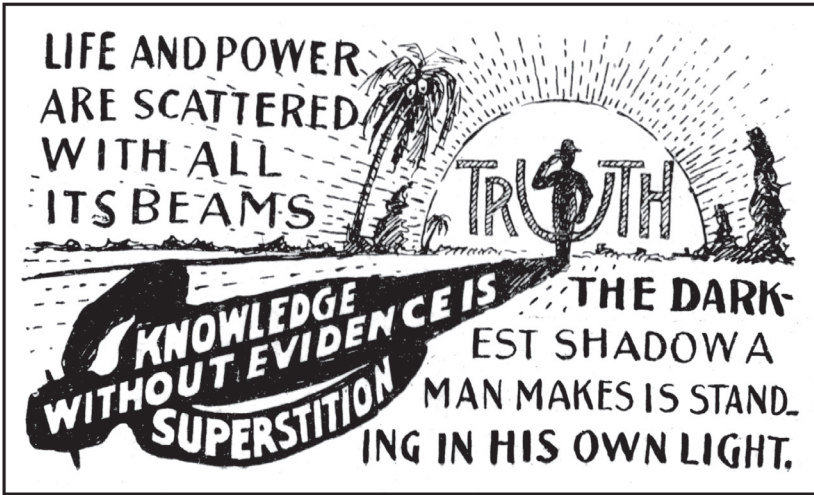
by John. W. Hodge, M.D.

The Naturopath and Herald of Health, XVII (1), 7-8. (1913)

In the course of a series of papers on the tobacco-habit which the writer has contributed to leading medical journals and magazines, the following seventeen valid reasons against the use of the narcotic drug have been presented to the reader, namely:

1. Tobacco is a virulent narcotic poison which has no legitimate or rightful place in the human economy.
2. The use of tobacco poisons the blood, impairs digestion, injures health and induces disease. It causes blindness, deafness, "tobacco-heart", "smokers' sore throat", "smokers' dyspepsia", and a train of other evil effects, too numerous to mention.*
3. Tobacco diminishes the vigor of the intellect and otherwise injures its devotees mentally, morally and physically.
4. It causes inefficiency in its victims, thereby leading to railway disasters, shipwrecks and other calamities.
5. It robs the poor man's family of money needed for the purchase of food and clothing. Through the carelessness of smokers in the disposal of their burning cigar-stubs, millions of dollars' worth of property is annually destroyed by fire and many human lives sacrificed in the flames.
6. The use of tobacco is adverse to personal neatness and cleanliness.
7. It makes its devotees selfish and promotes disregard for the rights and comforts of others.
8. It induces indolence and inactivity of body and mind, thereby causing the waste of much valuable time.
9. Tobacco destroys will power and self-control by establishing the slavery of habit, thereby making abject slaves of men who were once free.
10. It develops the sensual and animal nature at the expense of the moral and the intellectual, its whole tendency being to degrade the higher qualities of man's being.

*J. W. Hodge's statement regarding the detrimental effects of smoking on the health took decades before the research proved his evaluation. Macular degeneration and blindness are commonly found in smokers. *Ed.*



11. It entails physical, mental and moral degeneracy upon the offspring of its victims.
12. It tends to the acquisition of the liquor-habit and to that of other drug addictions.
13. It leads away from good company into bad company and evil associations, and throws its influence into the scale of evil in all the relations of life.
14. It surrounds its devotees with a nauseating stench which renders them almost intolerable to clean persons.
15. I have never heard a non-user of tobacco express regret that he had not acquired the tobacco-habit. On the contrary, I have heard thousands of its devotees give utterance to their bitter regrets that they had been so unfortunate as to have acquired the slavish tobacco-habit.
16. The confirmed tobacco-habitué rarely, if ever, advises a young man to begin the use of the seductive weed. On the contrary, he earnestly warns him against it.
17. There is no respect in which the tobacco-user is better off than the abstainer therefrom, while there are many important respects in which he is made worse off.

The above stated unanswerable reasons against the use of tobacco should be all sufficient to convince any intelligent and reasonable man that it is his duty to wholly abstain from the use of the deleterious and demoralizing Indian weed. I am the sincere and loyal friend of my dog

and he is mine. If he should acquire the tobacco habit I should disown him and part with his company, I have no fear, however, that my dog will ever become so degraded that he will descend to that filthy, unnatural and repulsive practice to which the jack-members of the human family are so slavishly addicted.

Ruskin justly says: "Tobacco is the worst natural curse of civilization." By "natural curse" Ruskin evidently means that tobacco being a product of the soil is a natural production. The following are some of the things smoking does for its devotees :

It picks his pockets,
Burns his clothes,
And makes a smoke-stack of his nose.

It stains his teeth,
Stinks mouth and breath,
Brings on disease, distress and death.

It fouls the air,
Offends the nose,
And soils and scents the ladies' clothes.

Vile Indian weed!
No language can,
Describe your awful harm to man.

Niagara Falls, N. Y.
Nov. 1, 1912.

Tobacco is a virulent narcotic poison which has no legitimate or rightful place in the human economy.

The use of tobacco poisons the blood, impairs digestion, injures health and induces disease. It causes blindness, deafness, "tobacco-heart", "smokers' sore throat", "smokers' dyspepsia", and a train of other evil effects, too numerous to mention.

It robs the poor man's family of money needed for the purchase of food and clothing. It surrounds its devotees with a nauseating stench which renders them almost intolerable to clean persons.

VENEREAL DISEASES

by Henry Lindlahr, M.D.

The Naturopath and Herald of Health, XVIII (1), 11-16. (1913)

The subject of venereal diseases is very rarely made the theme of popular discussion from the lecture platform or in publications reaching the home reading table. It is a tabooed subject and considered too delicate for open debate. The speaker or writer who dares to approach the all-important problems of sex-life, eugenics, the social evil, sexual perversion, venereal diseases, their causes and their rational treatment, etc., are accused of indelicacy, of lack of decency and disregard of the finer sensibilities.

The aversion to the public discussion of these delicate subjects especially on the point of our women may be considered an expression of superior breeding and culture; but at the same time such an attitude is inevitably fraught with dangerous consequences. Here, possibly more than anywhere else, is ignorance or willful evasion the curse of untold suffering that can and should be prevented.

While, on the one hand, I fully appreciate and respect the womanly delicacy and sensitiveness concerning these subjects, on the other hand we must not overlook their immense importance from the utilitarian point of view. Before I finish this discussion, I intend to prove that the secrecy, evasion, and ignorance attending these vital problems have been the cause of more downright misery than the much discussed and condemned saloon evil, in the way of undermining the health and weakening and destroying the finest and highest qualities of body, mind and soul.

This evil, working from underneath, in the darkness, sheltered by secrecy and fostered by false modesty and hyper-sensitiveness, has been for centuries undermining the very foundations of health, strength, and happiness. This insidious and most dangerous enemy of mankind has for ages past contaminated human blood with the vilest disease taints and most destructive drug poisons. It has not only slain the guilty, but poisoned and destroyed as well as the bodies and minds of the innocent. Multitudes have fallen victims to the curse before they were born. In comparison to those who live to become chronic invalids and physical and mental degenerates, destined to fill our institutions for the incurable and the insane, those are more fortunate who succumb to the ravages of hereditary taints in the first years of infancy.

I believe that this discussion is timely and necessary because Nature Cure deals with these problems from an entirely different point of view than that commonly taken, because it goes to the root of the evil and points out the only rational method for dealing with it.

I propose to substantiate the following claims which, if true, are necessarily of far-reaching importance to the welfare of the humanity.

1. Venereal diseases are not necessarily chronic in their progressive development.
2. They are essentially acute and self-limited, but may become *chronic* through neglect or through suppressive drug treatment.
3. The chronic, so-called secondary and tertiary manifestations of venereal diseases, such as ulcerations of bones and fleshy tissue, gummata of the brain, sclerosis of the spinal cord, arthritic rheumatism, degeneration and destruction of other vital parts and organs of the body, are not so much the result of the original gonorrheal or syphilitic infection, as of the destructive drug poisons which have been taken to cure or rather suppress the primary lesions and acute inflammatory symptoms.
4. Venereal diseases in the acute inflammatory stages are easily and completely curable by natural methods of living and of treatment.
5. Venereal diseases treated and cured by natural methods during the acute inflammatory stages are never followed by any chronic after-effects or secondary and tertiary manifestations whatsoever.
6. When venereal diseases have reached the secondary and tertiary stages they are still curable by natural methods of living and of treatment providing there is left sufficient vitality to respond to treatment and providing the destruction of vital parts and organs has not too far advanced.

Hundreds of cases of well-developed locomotor ataxia, paresis and other so-called secondary tertiary diseases of the brain and nervous system of bony and fleshy tissues, and of vital organs have been cured by our natural methods of treatment.

It is self-evident, however, that the treatment and cure of the chronic conditions require more patience and perseverance than the cure of acute conditions not tampered with and suppressed by drugs.

7. Venereal diseases treated and cured by natural methods are never followed by "secondary" or "tertiary" manifestations. On the other hand, mercury, iodine, quinine, and coal-tar poisons produce all the so-called secondary and tertiary symptoms of syphilis in people who never in their lives were afflicted with venereal diseases, but who have taken or absorbed these drug poisons in other ways.

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The issues of sexuality were not feigned by Naturopaths.

ALL DISEASES ARE ACUTE BEFORE THEY BECOME CHRONIC

With due regard for the fastidiousness of my readers I shall refrain from going into the details of pathology and symptomatology of the diseases which we are now considering. Anybody who wishes more specific information may receive it on request. We can bring out the points of

general interest and real importance in this discussion without going into particulars. I shall therefore confine myself to substantiating, as concisely as possible, the various claims and propositions just enumerated.

All allopathic authorities writing about venereal diseases designate them as "chronic" in their development and progressive manifestations. This, however, is erroneous. Like all other diseases, they *become chronic* only through unhygienic living, neglect, or through medical suppression. Under favorable or, as we call it, "natural" influences of living and of treatment, they run their course entirely within the limitations of acute diseases through the five stages of inflammation, viz., incubation, aggravation, destruction, abatement, and resolution, and actually leave the system in a purer and healthier condition than before the infection took place.

If, however, an individual infected by luetic taints should persist in filling his system daily with meat, coffee, tobacco, and alcoholic poisons, the inflammatory processes would be continually fed with morbid matter and thereby prolonged indefinitely; in other words, they would run into the chronic stages. The same results invariably following the suppressions of the acute inflammatory stages of the disease by drug poisons, or surgical treatment. This we shall have to explain a little more definitely.

In various parts of my writing, I have called attention to one of the fundamental principles of Nature Cure philosophy, namely the unity of disease and cure. This means that all inflammatory, feverish diseases are alike in their underlying causes, their purpose, and their pathological processes.

The *underlying cause* of inflammation is always some morbid matter, poison, foreign body, disease germ, or parasite. The *purpose* of the inflammatory process is to eliminate from the system these enemies to health and life. The *pathological processes* accompanying the development and course of acute inflammatory and feverish diseases are always the same in character.

We shall now endeavor to apply these fundamental principles of Nature Cure philosophy to the disease under consideration.

The exciting cause in gonorrheal infection seems to be the *Bacillus gonococcus*, a rod-shaped germ found in the catarrhal discharges accompanying gonorrheal inflammations. The exciting agent in syphilis has not yet been determined with certainty. Some bacteriologists claim that they have found a specific germ, others are still in doubt whether the infection be due to a germ or to a disease virus. This, however, does not matter. It is sufficient to know that in all cases of venereal diseases, infection takes place through a well-defined local lesion, usually an abrasion, through which the disease germ or taint finds a way into the circulation and thus into the system.

After the infection, there follows the period of incubation. The term

“incubation” is probably familiar to most of my readers on account of its relation to the chicken incubator. It means that during the period which elapses from the time of the infection to the appearance of the acute or primary lesion, the disease germs of taints grow and multiply until they have permeated the entire body of the patient. After this has taken place, then appears the so-called primary lesion; that is, at the point where the infection occurred. Nature now endeavors to eliminate the disease virus from the system. In order to accomplish this, she resorts, as always, to the processes of inflammation.

The primary lesion, in gonorrhea, may take the form of acute inflammation of the urinary tract accompanied by mucous catarrhal discharges, and in syphilitic affections it may take the form of chancres, chancroids, or ulcers, followed by inflammation and swelling of the glandular structures in the groins. In the secondary and tertiary stages, if neglected or suppressed, the disease may spread through the entire organism and manifest in peculiar skin eruptions, swellings, and ulcerations of bony and fleshy tissues.

Right here is a vital point to remember. *Through these primary acute inflammatory lesions Nature is endeavoring to discharge or to expel the disease taints from the system.* It is at this point that our philosophy and methods of treatment are radically different from those of the Old School of Medicine.

Regular or allopathic medical science looks upon the acute or inflammatory process as the disease itself, while Nature Cure philosophy regards it as Nature’s effort to remove the original disease, that is, the venereal taint *which by this time has permeated the entire organism.* In accordance with this “regular” symptomatic conception of disease, allopathic medical science endeavors to check and suppress the local acute, inflammatory process, the gonorrheal, catarrhal discharge or the syphilitic chancre, ulcer or bubo, as quickly and thoroughly as possible.

In order to accomplish this, the inflammatory discharges or ulcers are treated with injections of powerful antiseptic and germicides, or with caustic powders, sprays and lotions, or by internal medication and surgical treatment, until the local acute inflammatory symptoms, discharges, swellings, etc., have been effectively checked and suppressed.

And this is looked upon by the patient as a “cure”. The doctor knows or should know better, because he has been taught in his medical school and knows from practical experience and observation that this suppression of a primary lesion is *not* a real cure. He has been told in college by his professor lecturing on venereal diseases, “After you have treated the patient long enough to subdue any external manifestations of the disease, you may tell him he can now get married; but *never guarantee a cure.*”

The professor says this because he knows that at any time later on the

"cured" patient may turn up again in his office exhibiting secondary or tertiary symptoms of the old disease and of the drug poisons administered by him to cure it. If in the meantime the "cured" patient has married, the professor knows that in the children he may find the hereditary manifestations of the hidden evil; in many instances, the innocent wife is suffering from "female trouble" traceable to the diseases which he claimed to have cured long ago. Therefore the doctors have learned not to "guarantee" a cure.

But why should these men, who pride themselves upon their science and upon their ethical principles, impose in such and unpardonable manner upon those who come to them for advice and relief? Why should they lie deliberately and from the lecture platform in medical colleges teach their students to lie likewise? Whenever I have asked medical students or doctors for the reasons and a valid excuse for such imposture, the answers usually were: "Why shouldn't we? It is orthodox practice and treatment." Or "Such treatment is advocated in the best books and by the most celebrated authorities. Why, then shouldn't we do it?" Is such reasoning worthy of men who claim to be scientific? Does it not partake rather of the method of the parrot and the monkey?

SECONDARY AND TERTIARY MANIFESTATIONS ARE CAUSED BY SUPPRESSION

What is the actual result of the local symptomatic suppression by means of injections, dusting powders, cauterization and extirpation? Nature's efforts to eliminate the venereal disease taints from the body through the acute inflammatory discharges or ulcers are effectively suppressed. The venereal virus is thrown back into the system. The poisonous antiseptics or germicides "lock up" the disease taint in the body. These taints are living things which grow and multiply like weeds in the soil until they have permeated the entire organism.

The disease diathesis or morbid constitution due to such suppression is frightfully on the increase. Popular consciousness would be shocked and horrified if people knew what an enormous percentage of our population is affected directly or indirectly by these venereal taints and by the accompanying drug-poisoning. Herein lies the real cause of so much infant mortality, of the unaccountable diseases which fill the homes for incurables, insane asylums, and premature graves with the flower of our manhood, which turn blossoming girlhood and vigorous womanhood within a few years after marriage into victims of the operating table or into haggard invalids.

At this point the following facts, which have been substantiated time and again by prominent physicians, will furnish further food for thought.

Gonorrhea, which has been looked upon as a much milder form of venereal disease than syphilis, is in reality, in its chronic form, just as destructive as the other. European and American medical experts now proclaim unanimously that many years after the disease has been cured (?), the specific gonorrheal bacilli are being found in large numbers in the tissues and secretions of such "cured" patients, thus positively proving our contention that local suppression does not cure the disease, but only serves to lock it up in the system.

These disease germs may at any time set up serious inflammations in the genito-urinary organs of the wives of supposedly "cured" patients. Over fifty percent of all so-called "female" troubles originate in this manner, and many children are suffering from venereal diseases owing to the hereditary transmission of disease taints and to infection at the time of birth.

Instead of curing these inflammations, which can be easily accomplished by natural methods of treatment, drugs are again resorted to, or the affected organs are extirpated by the surgeon's knife.

All prostitutes sooner or later become infected with venereal diseases. In large cities, where the "social evil" is more easily accessible, one-third of all men are infected at one time or another in their lives.

Of the population at large in this country it is safe to say that fully one-half are affected directly or indirectly by venereal taints and the accompanying mercurial poisoning. Twenty-five percent of all blindness in infants and adults is due to gonorrheal infection.

Is it, then, so indelicate or superfluous to call attention to the fact that all these unspeakable horrors and monstrous sufferings can be positively evaded by the rational and natural treatment of these diseases in their first acute inflammatory stages, when this is an undisputable fact which we have demonstrated over and over? So far in my ten years of practice, during which time I have treated hundreds of patients afflicted with venereal diseases before they had been interfered with or suppressed by drug treatment, *not a solitary one has come back to complain about secondary or tertiary symptoms*. In only a few of these cases the disease manifested itself outside the genital organs in mild secondary symptoms such as rash, itching of skin and scalp, and slight inflammation of the pharynx; but these secondary manifestations also yielded completely to the natural treatment.

If the original inflammatory discharge or ulcer is allowed to run its course, Nature uses this drainage as a fontanel through which she eliminates not only the disease virus, but also all other hereditary or acquired morbid taints which may encumber the organism. Therefore we say advisedly that the patients cured of venereal diseases through natural methods of treatment are afterwards purer and more normal in blood and tissues than they were before the infection.

Woe, however, to those who are foolish enough to submit to the “regular treatment!” Mercury, iodine, arsenic, coal-tar products, and other poisonous antiseptics, germicides, and alteratives which are given to suppress the local inflammations, are infinitely worse in their destructive effects upon the system than the disease virus. The latter, as we have stated, is easily eliminated from the organism; but the drug poisons partially remain in the system, accumulate and concentrate in certain parts for which they have a special affinity, and then become the source of continual irritation and actual destruction.

OUR THEORIES CONFIRMED BY NATURE’S RECORDS IN THE EYE

These facts are proven beyond doubt by diagnosis from the eye. All destructive poisons taken in sufficient quantities will in time reveal their presence and exact location in the body through certain well-defined signs or discolorations in the iris.

These poisons undermine the structures of the body and deteriorate vital parts and organs so slowly and insidiously that the superficial observer does not trace and connect cause and effect.

It takes the mercurial poison from five to ten and even fifteen years before it works its way into the brain and spinal cord and there causes its characteristic degeneration and destruction of brain and nerve tissues which manifest outwardly as locomotor ataxia, paralysis agitan, paresis, apoplexy, hemiplegia, epilepsy, St. Vitus dance, and the different forms of idiocy and insanity. Mercurial poisoning is also in many instances the cause of deafness and blindness.

When the symptoms of mercurial destruction begin to show, then they, in turn, are suppressed by preparations of iodine, the “606”*, or other “alteratives”, and so the merry war goes on: poison against poison, Beelzebub against the Devil, and the poor suffering body has to stand it all.

In this way the system is periodically saturated with the most virulent poisons on earth, until the undertaker finishes the job. And this is mis-called “scientific” treatment. There never was invented by cruel Indian or fanatical Inquisition worse torture than this. They mercifully finished the sufferings of their victims within a few hours or, at the worst, days; but this torture inflicted upon human beings in the name of medical science continues for a lifetime. It means “dying by inches” under the most horrible conditions for ten, twenty, thirty years or longer.

Dear Reader, do not think that this is dictated by ignorance or prejudice. It is literally true. It has been verified in thousands of cases, verified by diagnosis from the iris, by the history of the patients, by the misery and

*606 was developed in 1909 as a cure for syphilis.

chronic suffering which lead to the homes for incurables and the insane asylums or end in an early grave.

The recently invented remedies called "606", "909", etc., are even worse in their destructive effects upon the system than the old-time mercury and iodine. We have at hand the records of our observations of a number of victims of these latest products of pseudo-science that have come to us for treatment. Several of these went insane after injection of the notorious "606". After elimination has been established through Nature Cure methods, their reason was restored.

I wish to call attention here to another wide-spread and popular fallacy, namely, that venereal diseases are cured in Hot Springs, Arkansas. That the doctors themselves do not put any faith in the curative effects of the Hot Springs waters, is attested by the fact that more mercury and iodine are used daily in Hot Springs, Arkansas, for the purpose of suppressing venereal diseases than in any other place on earth. The patients are made to believe that the hot bathing and the sweating takes the mercury out of their system; but this is not the truth. Later on they suffer from the effects of the poison just the same. This statement is verified by the fact that the Hot Springs devotees have to return periodically for "more cure" as long as they live.

But it is just such miserable concoctions that become famous through world-wide advertising in the daily press and in prominent magazines just because they are invented by "regular" authorities, while the Nature Cure physician who reveals the simple truth is decried as an ignoramus and a quack, ostracized from medical societies, and opposed and persecuted in every possible manner.

I am glad that I can conclude the discussion of this unpleasant topic with the gladsome message that there is hope for all those who suffer from the ravages of venereal diseases, that there is hope for improvement and recovery as long as there remains in them sufficient vitality to respond to the natural methods of treatment, and as long as the destruction of vital parts and organs has not too far advanced.

As I stated in the beginning, if taken in time, during the acute inflammatory stages, these diseases can be cured radically and permanently. Furthermore, we have cured hundreds of cases which were already far advanced in the secondary or tertiary stages.

Be not deceived: neither this nor any other disease can be cured by putting poisons into the human bodies. The only possibility of cure lies in taking the old poisons out of the system, and this can be accomplished solely by natural methods of treatment, by natural diet, water cure, massage, osteopathy, air and sun baths, homeopathic remedies, mental therapeutics, and anything else which tends to raise the vitality, to build up the blood on a normal basis, and to purify the system from morbid and poisonous encumbrances.

They are essentially acute and self-limited, but may become chronic through neglect or through neglect or through suppressive drug treatment.

Like all other diseases, they become chronic only through unhygienic living, neglect, or through medical suppression.

The purpose of the inflammatory process is to eliminate from the system these enemies to health and life.

In accordance with this "regular" symptomatic conception of disease, allopathic medical science endeavors to check and suppress the local acute, inflammatory process, the gonorrheal, catarrhal discharge or the syphilitic chancre, ulcer or bubo, as quickly and thoroughly as possible.

Nature's efforts to eliminate the venereal disease taints from the body through the acute inflammatory discharges or ulcers are effectively suppressed.

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The marvelous manner in which our body protects itself against the influences detrimental to its health and existence, may be observed in an endless chain of processes going on in our organism.

A contagion always requires, besides the bacillus, a so-called predisposition which means the presence of morbid substances that furnish the means of existence, i.e. the food for the respective bacillus.

HOW DOES OUR BODY PROTECT ITSELF AGAINST DISEASE

by Dr. Carl Strueh

The Naturopath and Herald of Health, XVIII (8), 497-498, (1913)

Man, like every other human being and every living plant, is, during the entire time of his existence, subject to injurious influences, influences which are antagonistic to the conditions essential to life and which would be powerful enough in themselves to put an end to his existence were not the living body equipped with a mechanism which is able to prevent or neutralize the effects of these harmful influences. Life is an unceasing struggle, an everlasting battle between influences detrimental to health and the mechanism of protection and resistance of the body.

If the latter is unequal to the task of warding off the attack of unfavorable influences, our body will succumb, i.e., will become diseased and finally perish.

The marvelous manner in which our body protects itself against the influences detrimental to its health and existence, may be observed in an endless chain of processes going on in our organism.

When we run a dirty splinter into our flesh, the body at once calls forth an inflammation of the injured part in order to expel the splinter and the poisonous substances attached to it and, in this manner, prevent blood-poisoning.

If some foreign body finds its way in to the air passage, a violent coughing spell will at once set in and, by removing the obstacle, save us from suffocation.

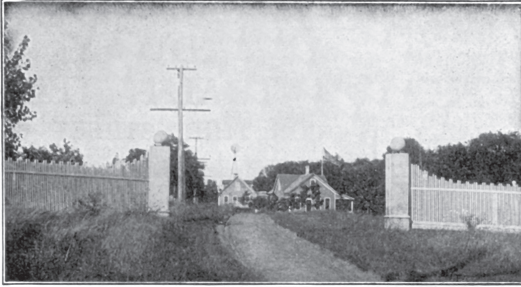
In certain cases of paralysis it not infrequently happens that the patient, owing to the insensibility of the respective nerves, does not become aware of the presence of a foreign body which he unconsciously swallowed and which, in consequence will remain in the respiratory organ and cause a fatal pneumonia.

Sneezing after taking a pinch of snuff is a manifestation of the mechanism of protection of our body, and only after the nerves of the nose, by repeated persistent use of snuff have been made accustomed to the habit, sneezing ceases.

When we partake of unsavory eatable, our body rids itself of them by vomiting or by diarrhea.

The hardening of the skin against cold, all the manifold processes that are observed during the disease, such as fever, pain, perspiration, coughing, cutaneous eruptions, etc., are but manifestations of the effort of our organism to counteract those conditions which brought on the disease and are necessary to repair the damage.

Any effort, therefore, to suppress instead of assist these curative endeavors of Nature are decidedly wrong.



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Dr. Carl Strueh operated a naturopathic clinic in Chicago and a health resort nearby in McHenry, Illinois.

Again, the enlargement of the heart-muscle in impaired circulation, the enlargement of one kidney in afflictions of the other, the increased sense of touch in blindness, the compensatory increased activity of one organ in cases of suspended function of another organ serving the same purpose, the feeling of fatigue inducing us to rest after an exertion, lack of appetite which prevents us from burdening our stomach with unnecessary food, the perception of hunger and thirst telling us when and what and how much to eat and drink the numerous inflammatory conditions, the various haemorrhages as, for instance, bleeding piles, all these symptoms are necessary results and do not develop without a cause.

They represent the means of protection which enable our body to maintain its integrity. Only after all the preventative and curative means which Nature employs are powerless our body succumbs.

Bacilli are also to be classed among our means of protection. They are not the cause, but the result of disease. They are not created to bring on disease, but to prevent and cure it.

The metabolism of our body must first have been disturbed before bacilli make their appearance to remove the morbid matter produced by the metabolic disturbance, and thus assist us in regaining our health.

Only if the original cause continues, the formation of morbid matter and the presence of bacilli will also continue until we succumb. Bacilli themselves are not the cause of disease.

They are to be found everywhere, they are swarming about us wherever we are, but never settle in our body and multiply if there is no morbid material for them to subsist on.

That we find different bacilli in different diseases is to be explained by the fact that the cells decaying during disease are composed of different elements and that these different elements furnish the means of subsistence to the various species of bacilli. One type of bacillus will live on food elements on which another type will not exist.

A contagion always requires, besides the bacillus, a so-called predisposition which means the presence of morbid substances that furnish the means of existence, i.e. the food for the respective bacillus.

The decomposition and removal of diseased tissues take place by means of an acute feverish disease which, therefore, must not be considered as an abnormal condition, but as a natural and beneficial reaction of the body. For this reason, the symptoms accompanying an acute disease must not be suppressed.

The acute disease being permitted to take its course under sensible care, complete recovery will follow in the majority of cases, because the system has been freed from all morbid matter and thoroughly purified.

An incomplete recovery is, as a rule, the result of interference with the natural healing process, by irrational treatment, especially by improper diet and absorption of chemicals (drugs).

The marvelous manner in which our body protects itself against the influences detrimental to its health and existence, may be observed in an endless chain of processes going on in our organism.

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NATURE'S GIFT TO MEN

HENRY C. SPERBECK, A.B., N.D.

NERVES

HENRY LINDLAHR, M.D.

HYDROTHERAPY OR WATER CURE

DR. CARL SCHULTZ

HYDROTHERAPY OR WATER CURE (CONCLUSION)

DR. CARL SCHULTZ



A photo taken in Butler, N.J. of the 1914 graduating class from
Benedict Lust's Naturopathic College.

NATURE'S GIFT TO MEN

by Henry C. Sperbeck, A.B., N.D.

The Naturopath and Herald of Health, XIX (1), 49-50. (1914)

How much happiness we miss by not appreciating more the many gifts of Nature? Of many it may be said that they have eyes but they do see not, ears have they but they heard not, minds have they but they perceive not. Each of us cannot possess the soul of the poet nor the skill of the artist, but all can use what ability they have to open up their lives to what Nature offers them. It will be profitable for us to consider some of these wonderful gifts.

1. In nature we have the gift of energy. This is seen in the water as it flows, in the bird as it sings, in the light as it shines, in the facts of change and reconstruction present in everything. If man takes time to look up into the darkness his eyes will behold worlds and suns that move in space to which time is no factor. Stars and systems of worlds move on in their eternal procession taking no account of man. Man lives by pulse beats but the pulse beat of the universe is a million years. Energy as it appears in the universe is law or is subject to law and there can be no law without mind. The gift of energy is a gift of mind. Thus from the standpoint of energy how closely is man related to Nature? We cannot accomplish anything without energy, and health is nothing unless it is a form of energy.
2. Nature gives us the soil. It required millions of years to make the soil. Cosmic energy acted upon the soil in the form of heat, water, wind, ice and air. Millions of minute animal life as well as inanimate life contributed valuable elements to the formation of the soil. These inferior forms of animal life suggests to us the sacrificial life. They gave the dust of their delicate organism to the soil. What required so many eons to produce is at the disposal of man. What marvelous results he can produce in a few months from seedtime to harvest? Thus the soil has been called by one writer, "The friendly soil". Surely it is the friend of man. "Mother Earth" is a kindly expression. But aside from the productiveness of the soil we have the healing energy concealed within it. Here is a blessing we pass by in a thoughtless manner. I have one of my rheumatic patients using the earth application to her joints every day and the result has been gratifying.
3. Nature gives us the light. How few of us fully appreciate the long journey that light makes from our sun to the earth? 192,000 miles a second. Surely it does not linger on the way. From the time it leaves the sun until it reaches the earth has been estimated to be 8 and a

quarter minutes. It would require the most rapid express train about three hundred and fifty years to make the same journey. Quite a difference from eight and a quarter minutes to three hundred and fifty years. The sun was made upon a vast benevolent scheme. Its light is a benevolent smile that takes no account of time or space. Its mission is to bless, to cheer, to illuminate. Then add to these wonderful facts this one. The light meets all conditions of life on the earth. It is adapted for the most delicate flower as well as for the wild beast. It meets the need of the grass and at the same time fulfills all the requirements of the mighty oak!

4. Nature gives us order. To be sure the violent storm, the destructive earthquake do not seem like order. But wait! These are under the command or law. They are restricted both in time and in their field of operation. They are not the rule but the exception. Nature is not careless even in what we consider her worst moods. There is accuracy in the storm and law in the earthquake! To do justice to nature we must look at life to see what a large place order has played. Someone tells us that there is a "logical sequence from the protozoa up through the invertebrates, the vertebrates, and then man." The first life was simple in its construction and in its functions. Think of the awful destructive elements in the making of the earth such as wind, extreme cold, changes of the earth's surface and how could delicate life survive? To me life preserved through such gigantic forces suggests a wise Providence whose purpose was to crown life in its highest form namely man! Nature as we know it is one of order.

Night follows day. Things fall toward the earth. Fire burns. Autumn follows summer. We cannot make any changes in these events. The hand of Nature has been placed upon us. We must live an orderly life. Work and rest, duty and pleasure, are important. If we ignore sleep we suffer. Anabolism is a law of life. Katabolism* is essential for health. Again we must observe order in the time of life. The young must take advantages of the opportunities of youth. Immoral habits lay the foundation for physical weakness and disease.

Man has built his life upon order. The great commercial world is but an effort on the part of man to do as Nature is doing every minute of time. Can we have health and have no order in our lives! There should be regular hours for eating, for sleeping, and for work. All of these influence health.

* Katabolism refers to catabolism. *Ed.*

5. Nature gives us oxygen. Nature makes the farmer by her gift of soil. She makes the artist by her gift of beauty. She makes the business man by her gift of order. But one of her most universal gifts is oxygen. Here Nature makes us well by this rich gift. People talk about purifying their blood. But how little do they know about the subject? Where do they go for blood medicine? To the drug store. In this move they add poison to poison. Nature holds the sovereign remedy in the blood purifying oxygen. I have been treating a man who has rheumatism. His regular physician had the case and the man told me that the doctor would not let him have the window open either by day or by night. The physician went so far as to cross the street and go into the house to order the window down. He must have expected the man to die by his own foul carbon dioxide! I read a statement in a book by a physician and it was this, "True teachers of mankind." Who are they do you ask? The above quotation refers to Physician! Alas they keep all they can from humanity! Never have they been true teacher of mankind." Give a large place to the poet, to the reformer, to the preacher, to the public school teacher, and let all of these place the crown on the **Mother!** To-day the mother knows more about the value of fresh air than mothers of the past. In the past the mother has been the best doctor with her simple herbs and household medicine. The doctor now laughs at the old mother remedies. But it is well for the home that we are returning to Nature. The doctors we need are the following: Dr. Quiet for our weary nerves, Dr. Marryman for our overtaxed life, Dr. Diet for our hunger, Dr. Oxygen for our blood, Dr. Order for the general health.

What rich blessing Nature offers us? Energy, the soil, the light, order, and oxygen! There are others but these are very important. Do not let pride swell your bosom. Do not give such a large place in your mind to your success! Be humble! You are dependent! You are absolutely nothing in yourself! Your life is enriched by forces outside of you and these are a great factor in making you what you are! Bow before these gifts of Nature and be thankful as you take them from her smile. Complaint and criticism are given the foremost place in these days and it is time we cultivated a better spirit! Reverence has gone from us. Bid it return! We need to know that it is the gift of God. We need to rise to nobler things. Nature is a factor in our making and she will not err if we do our part.

NERVES

by Henry Lindlahr, M.D.

The Naturopath and Herald of Health, XIX (2), 113-114. (1914)

It is safe to say that one half of all the patients who come to us for consultation and treatment have been told that they suffer from nervousness. After they have given me a long recital of their aches and pains, they usually wind up by saying, "All the doctors I have consulted tell me 'it is my nerves', or 'it is nervousness', or 'it is neurasthenia'."

What do these terms mean? Do they actually diagnose the nature and the cause of the patient's ailments? They do not. They are merely convenient terms for covering the doctor's ignorance. A certain doctor in Chicago, who is a well known nerve specialist, delivered a lecture before a medical society on the subject of neurasthenia. Addressing the assembled physicians, he began as follows: "A patient comes to you complaining that he is suffering from headaches, physical and mental weakness, pressure on top of the head, ringing in the ears, insomnia, irritability, and most of the other symptoms of nervousness known to medical science. After a thorough examination, you find that all his vital organs are in good condition, that you can find nothing wrong with him physically, that in fact you do not know what ails him—that is Neurasthenia."

There are many other Latin and Greek names for diseases which serve the same purpose—to cover the doctor's ignorance. Still, the patient who has consulted the "great specialist" goes home perfectly satisfied so long as he gets a Latin name for his troubles. When he is told that he has rheumatism, neuralgia, or neurasthenia, he **thinks** he knows what is the matter with himself.

It does not require a medical education to tell a patient that "it is the nerves", or "rheumatism", or "neurasthenia", when his body is racked by aches and pains and when his mind is on the verge of insanity. The brain and the nerves will not give out unless there is some good reason for it, and the doctor's diagnosis, in order to be of any value to the patient, should define the causes of the weakness and irritation.

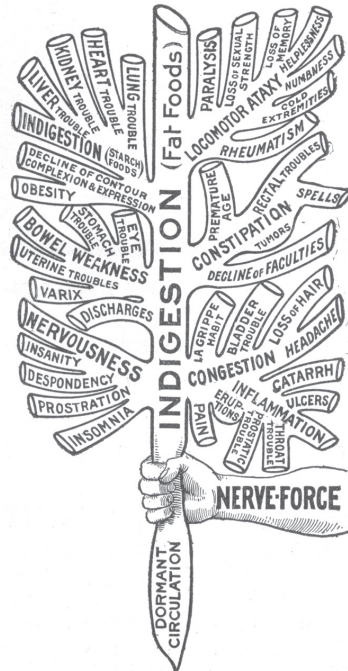
The "Diagnosis from the Eye", and the osteopathic examination of the spine throw considerable light on the causes and on the rational treatment of "nervous diseases". In explanation of my allusion to the "Diagnosis from the Eye", I will briefly say that every part and organ of the human body is represented in the iris of the eye in a well-defined area. Abnormal, diseased conditions in the body show in the corresponding area of the iris by certain marks, signs and discolorations. If the disease is perfectly cured and the poisons are eliminated from the body, the corresponding signs disappear from the iris of the eye. In other articles for *The Naturopath* I

NERVE-FORCE

is a Home Remedy; a noble UNGUENT for external application. It is founded upon the principle that Suffering, Premature Decline, and Premature Death are the direct, and indirect, results of

DORMANT CIRCULATION ;

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A NOXIOUS WEED.

and we appeal especially to the "chronically ill" who are wearied and discouraged with "stomach-drugging" as a means of warfare against Disease; to sufferers threatened with cruel "operations;" to men and women who, in spite of heroic efforts for cure, feel themselves steadily declining; to men and women who are victims of sedentary employment or excessive "brain exhaustion," and to those who have been cast aside as "incurable."

MR. and MRS. GEORGE A. CORWIN,
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Neurasthenia and other nervous conditions had many implications and causes.

intend to explain more fully this wonderful method of diagnosing human ailments which can be learned and employed also by the layman.*

In the great majority of cases, when examining the eyes of “nervous” and “neurasthenic” patients, the first thing to attract my attention is a darkening or decided discoloration of the areas of the stomach and bowels which are located directly around the pupil. This darkening means a sluggish, atrophic condition of the digestive organs. The brownish, reddish, yellowish and other forms of discoloration indicate various forms of drug poisoning which have resulted in a diseased condition of the organs. These signs in the iris mean that the membranous linings of the stomach and bowels are in a diseased, semi-paralyzed condition, and this is bound to be followed by very serious consequences.

The cell membranes which cover the digestive tract serve two purposes, namely, assimilation and elimination. The secretions of some of the cells lining the stomach and bowels contain important digestive ferments on which depend the proper digestion of food materials. Other cells and glandular structures in the intestinal membranes absorb the digested food materials and transmit them into the blood and lymph streams. On the other hand, the membranous linings of the intestinal tract throw off mucous secretions which lubricate the bowels and facilitate the discharge of the feces. Furthermore, these membranes eliminate waste, morbid matter and systemic poisons.

From the foregoing, it becomes apparent that an abnormal, sluggish and atrophic condition of the mucous membranes of the digestive tract must have the following results:

1. A deficiency of digestive secretions, resulting in indigestion;
2. The food materials are not properly assimilated, passing out of the body without being absorbed and utilized;
3. The lack of mucous lubricants causes constipation; and
4. The elimination of morbid matter and poisons through the intestinal membranes is seriously handicapped, which results in their retention in the system, in self-poisoning, or, as it is called by the medical men, in “auto-intoxication”.

What are the inevitable effects of such abnormal conditions? On the one hand, the brain and nervous system, as well as the rest of the body, are starved. If the intestinal membranes do not absorb the food materials, the blood and lymph streams are deficient in nutritive elements and cannot properly feed the brain and nervous system. Somebody has said, “nervousness is the cry of the nerves for food.” From the foregoing we

* These articles that Lindlahr is referring to are included in *Practice of Naturopathic Medicine*, the next book in this series. *Ed.*

learn that this is true, at least partially true, for the poisons retained and circulating in the blood stream as a result of defective elimination through the bowels irritate, twitch, pull and bite the sensitive brain and nerve matter, causing all sorts of aches and pains and nervous symptoms. Is it any wonder that the nerves weaken and cry with pain when they are thus starved and poisoned at the same time?

What is the usual treatment in such cases? The weakened nerves are artificially and temporarily stimulated by poisonous drugs and tonics, only to become more thoroughly paralyzed for all artificial stimulation is followed by corresponding weakening and atrophy. It matters not whether the temporary stimulation is produced by alcohol or by coffee, tea, and nicotine. Infinitely worse in their paralyzing effects upon the system than these food and drink poisons are drug poisons like quinine, digitalis, arsenic, strychnine, etc., which constitute the active principles in medical tonics. The diagnosis from the eyes proves conclusively that these drug poisons concentrate in certain parts of the body for which they have a special affinity and then cause serious troubles of their own. In fact, as we shall learn further on, by far the larger part of nervous symptoms are due to the presence of drug poisons in the body.

The restlessness and insomnia, the aches and pains, are suppressed with bromide, morphine, coal tar preparations and other "sedatives", "hypnotics", and "pain killers", all of which are poisonous opiates, narcotics and chemicals, which merely paralyze brain and nerve matter into temporary insensibility, leaving them in a still more weakened and diseased condition, but doing nothing to remove the underlying causes of the "nervous" or "neurasthenic" ailments.

From the foregoing it will become apparent that the only rational treatment of nervous disorders consists in building up the blood on a natural basis through proper diet, and in making the organs of assimilation more alive and active through the natural methods of living and treatment.

The diagnosis from the eyes proves conclusively that these drug poisons concentrate in certain parts of the body for which they have a special affinity and then cause serious troubles of their own.

In the great majority of cases, when examining the eyes of "nervous" and "neurasthenic" patients, the first thing to attract my attention is a darkening or decided discoloration of the areas of the stomach and bowels which are located directly around the pupil.

HYDROTHERAPY OR WATER CURE

by Dr. Carl Schultz

The Naturopath and Herald of Health, XIX (7), 419-422. (1914)

EFFECT OF HYDRIATRIC APPLICATION ON THE CIRCULATION

That system of animated hydraulics which in the living organism is known as "Circulation of Blood" forms the great highway upon which the products for its maintenance and growth are conveyed, and by which the products of waste and repair incident to the performance of all functions are eliminated. It follows, therefore, that any agent which is capable of exercising even the slightest influence upon an apparatus which is destined for these important tasks, must be capable of exercising in disease an analogous influence upon the organs and their functions which come under the domain of its action. Therefore we must study the mechanical and thermic action of water upon the circulation.

I will take up first: The effect upon distribution of the blood and upon blood pressure. Second: Effect upon the composition of the blood.

I. THE EFFECT OF HYDRIATRIC APPLICATIONS UPON THE DISTRIBUTION OF THE BLOOD

These effects may be divided into: a) Vasomotor or reflex effects; b) Mechanical or hydrostatic effects.

VASOMOTOR OR REFLEX EFFECTS

There are two modes of effecting changes in the circulation, by reflex excitation from the sensory nerves, namely, one influencing the calibre of vessel and the other acting upon the propulsive power of the heart muscle.

Experiments made by Besold, Ludwig and Roehrig show that the increased arterial pressure and rapidity of the blood stream following the narrowing of the vessels produced by weak cutaneous irritants is not induced by an increased propulsive power of the heart, because these effects are produced also when all the nerves leading to the heart are cut off. That the heart beat and mere mechanical elasticity of the blood vessels are not the only forces, which propel the blood, is shown in cases of hemiplegia after a stroke of apoplexy. Examination will show a decided lowering of blood pressure on the affected side and a consequent stasis, indicated by the cyanosis and lower temperature on that side. But on account of the contraction of the terminal arterioles, which creates a stasis of blood in them, therefore the increase of blood in them is due to the prevention of the outflow of blood from these contracted vessels, and



The "gush" was popularized by Father Sebastian Kneipp to influence blood circulation by activating reflexes.

secondary to the increased resistance of the stream at the periphery.

Roehrig and Naumann proved that **weak** cutaneous irritants produce a narrowing of the small arterioles, with a rise of pressure, and by strenuous resistance at the periphery, the heart is made to contract more rapidly. **Intense** cutaneous irritants fatigue and paralyze the normally existing nerve supply of the blood vessels which branches from the medulla oblongata. These produce a relaxation and dilation of the peripheral arteries with decrease of pressure, but at the same time the inhibitory action of the pneumogastric is increased, producing a slow and strenuous cardiac contraction, which may, when excessive, produce death by vagus tetanus. (This is one reason why I do not advocate the ice-bag.)

These important functions resulting from irritation of the sensory nerves in the skin must be carefully borne in mind, because they have

great practical significance in most hydriatric procedures, whose aim it is to produce thermic irritations in different degrees. The impact of cold conveyed by any medium to the skin induces pallor and shriveling of the same. Bier (in *Die Entstehung des kol ateral Kreislaufes*) has demonstrated that when blood has been driven out of the vessels of the skin (as by an Esmach bandage*). The latter actively draws arterial blood into them when relieved of constriction, while they admit venous blood very slowly. The same process ensues when blood is driven out of the cutaneous vessels by the constriction of cold (the thermic bandage).

MECHANICAL OR HYDROSTATIC EFFECTS

The hydriatric applications upon the distribution of blood is not only reflex but to a certain extent hydrostatic. This was proven by Maximilian Schüller who trephined rabbits, carefully exposing to view the vessels of the Pia-mater, without disturbing the dura, which by its transparency facilitated his observation. He carefully noted the normal circulation of these vessels, and ascertained that even simple pressure upon the belly produced dilation of the veins and sometimes of the arteries also. When he applied pieces of ice upon the dura mater, he observed very energetic contraction of the veins and arteries of the Pia, which continued half a minute even after removal of the ice. When he placed cold wet compresses upon the belly of the rabbit, the vessels of the Pia-mater invariably dilated, cerebral pulsation became more pronounced and slower, and respiration was deepened and slowed. When warm compresses were applied, the arteries and veins of the Pia-mater contracted, the pulsation became less pronounced and more frequent, and respiration more shallow and rapid. These manifestations were also observed, but with mere pronounced effect, after immersion of the entire body into cold or hot water. Schüller's experiments prove without doubt that a connection exists between the various external applications of water and the typical changes in the vessels of the Pia.

SECONDARY EFFECTS OF WATER APPLICATIONS

Schüller further shows that the effects arising from cold and warm external applications do not continue if the latter are prolonged. These effects last only from two to three minutes after compresses and from five to ten minutes after baths. After a cold application which by contraction of the cutaneous vessels drives the blood into the interior vessels, including those of the Pia-mater reaction ensues on the surface. The cutaneous vessels become dilated. The arterioles and capillaries fill, so that in

*Esmach bandage or Esmarch bandage is commonly used for the exsanguination of the limb before applying the tourniquet. *Ed.*

the healthy human subject the skin becomes decidedly reddened. This demonstrates that the Pial vessels become contracted because the large cutaneous vascular area is filled completely. If the cold applications are continued, the cutaneous vessels become paralyzed and relaxed, the muscular arteries become abnormally full, the blood is drawn into the arteries of the muscles and veins of the skin, removing it from the brain.

INCREASE OF VOLUME

Winternitz demonstrated the following: By placing a man into an empty hip-bath-tub, and covering him with a woolen blanket, his left arm in a glass cylinder of the Plethysmograph (an apparatus for measuring the volume of the blood), and manometer were filled with water of the body temperature, and connected with the registering apparatus. Then the bath tub was quickly filled with water at 50° F. [10° C.] The cold water produced the usual effect upon pulse and respiration. The registration showed an even outline so long as the tub was empty; so soon as the water was poured in, the curve rose perpendicularly. This effect continued for eighteen to twenty seconds, then the line dropped slightly during the following twenty to thirty seconds, but did not reach the former level. This resulted from the local excitation of the sensory nerve endings by the cold, and from reflex effects aroused in the vaso motors of the cutaneous-vessels, which produced contraction in the entire area exposed to the cold water. The blood was driven from this part to other parts of the body including the arm.

Roehrig, Naumann and others have made similar experiments with the same results. Baths and Packs without mechanical excitation, when applied to large portions of the body, act chiefly by hydrostatic effect, while douches and gushes which are combined with mechanical effects, act chiefly by reflex influence.

BLOOD PRESSURE

The blood driven out of the narrowed vessels is driven into the collateral or general circulation. The vessels which receive this blood contract more vigorously and force the blood which had been accumulated and stagnant within them, to move on and increase their current. Applications of cold water to the cutaneous surface, causes an increase of blood pressure. The deepening of the respiration also results from the external impact of cold water increased the rapidity of the circulation of the small vessels and induces an increased return flow of blood into the auricle and a more active filling of the arterial system, which in the cutaneous arterioles is resisted by the muscular and elastic fibres surrounding them.

O. Müller reports from the Leipsich Clinic the results of two thousand blood-pressure-measurements, concluding that:

- 1. The influence of all baths, not in motion, upon blood pressure is due to thermic excitation, which given below the temperature of the skin, produces increase of blood pressure during the entire bath, with diminution of the pulse rate, which is decidedly influenced by lowering the temperature of the bath.
- 2. Baths above the temperature of the cutaneous surface, up to 104° F. [40° C.], produce at first a brief rise, afterwards dropping below the normal pressure which again rises; the pulse rate is diminished until 98° F. [36.7° C.] is reached, then increases again.
- 3. Baths above 104° F. [40° C.] increase the blood pressure, as do the cold baths, with increase of pulse rate. Normal blood pressure returns after all baths in one-half up to two hours, frequently reading a subnormal degree.
- 4. Baths with active motion (half bath and waist baths) the mechanical excitations exercises the chief influence. Baruch says well, "It is clinically demonstrated and physiologically explained that cold enhances the tone of the entire circulatory apparatus, while warmth diminishes the tone."

II. EFFECT OF HYDRIATRIC APPLICATION UPON THE COMPOSITION OF THE BLOOD

CHANGES IN THE CORPUSCULAR ELEMENTS OF THE BLOOD

Dr. Winternitz investigated the number and relative proportions of red and white cells in the blood before and after cold applications, and found that there is a considerable change in their ratio after these procedures.

The maximum increase of red blood cells after cold application in fifty or more people, amounted to 1,860,000 in the cubic millimeter; the maximum increase of white cells was almost three times as much. (It is a well known fact that to one white cell, there are from four to eight hundred red cells in the blood in ordinary circumstances.)

Here are the results from Dr. Strasser's experiments:

	Before	After
Red cells	4,570,000	5,200,000
White cells	4,600	6,400
Hemoglobin	85%	95%

Effects of graduated half bath*:

	Before	After
Red cells	4,880,000	5,420,000
White cells	5,400	8,400
Hemoglobin	85%	95%

These changes were maintained for from one-half hour to one and two hours or longer after application, gradually returning to the normal, these observations have been confirmed by Baruch, Kellogg and others.

CHANGES IN THE LYMPH MOVEMENT

Thermic irritants exercise an influence upon the flow of lymph.

1. By reason of changes in other organs and by changing the calibre of the lymph vessels, higher temperature dilates them.
Thermic irritants of low temperature contract these vessels, higher temperature dilate them.
2. The reason for these changes is found in the nervous system because the lymph vessels are subject to the same influence as the blood vessels.
Vasomotor nerves produce, when excited by low temperature, contraction; and when excited by high temperature evoke dilation.
3. The vasomotor nerves of the lymph vessels are not identical with the responding nerves of the blood vessels; their activity is independent of the circulation. A warm bath or compress will increase the absorption of lymph; if followed by a cold douche, gush or some other cold procedure.

* Graduated half bath is a partially filled bath tub with water a few degrees below body temperature and colder water is gradually added until the desired temperature. *Ed.*

HYDROTHERAPY OR WATER CURE (CONTINUATION)

by Dr. Carl Schultz

The Naturopath and Herald of Health, XIX (8), 533-536. (1914)

INFLUENCE OF HYDRIATRIC APPLICATION UPON RESPIRATION

Impulses from every sentient surface or from almost every sensory nerve may modify respiration. There are at least two sensory tracts of nerve fibres passing from the cutaneous surface to the respiratory centre; viz., fibres for inhibition and for excitation. When a very cold or very hot bath is given deep inspiration is invited, which is interrupted by spasmodic efforts, if the bath is continued, compensatory agencies regulate the respiratory movement and the circulation adapts itself to the changed condition in the blood distribution. The greatest irritation of the respiratory centre is produced by cold applications, especially upon the chest and abdomen and especially so, when a chest or abdominal gush is given. But as soon as more arterial blood reaches the respiratory centre, as the result of the increased flow of blood from the periphery, this spasmodic action ceases and the respiration efforts adjust themselves to the changed conditions. The respiration remains deeper for a considerable time. The result is an increase of consumption of oxygen and carbon.

INFLUENCE OF HYDRIATRIC PROCEDURE UPON THE MUSCULAR SYSTEM

The effect of a cold bath or a cold gush upon the muscle is such, that it increases the working capacity of the muscle and restores the capacity after it has been used up by exercise or labor.

INFLUENCE OF HYDRIATRIC PROCEDURE UPON TISSUE CHANGE

I have shown you the influence of hydriatric procedures upon the circulation, respiration, and muscular action. I have shown you that the effect of these procedures is far reaching in health; that not only the quantity but the quality of the blood of the body are controlled and that muscular activity is enhanced. As functional activity is the chief agency in producing tissue change, and this functional activity depends upon the blood supply in organs, we may be influencing the organs to exercise a powerful effect upon the tissue change. Roehrig, Zuntz, Liebermeister and Goldscheider proved that thermic and mechanical irritation by means of cold water upon the cutaneous surface arouse cell activity and does affect tissue change. Liebermeister and Goldscheider in their classical experiments showed a constant increase of carbon production after application of cold water.

Winternitz and Paspischl have shown the influence of thermic irritants

upon the respiratory exchange of gases. They found in the very decided increase of oxygen consumption and carbon elimination, evidence that the oxidation processes in the body were powerfully increased by these influences. Dommer found an increase of nitrogen elimination after a bath of 50° to 56° F. lasting a half an hour. Flavard and Lepine came to the same results. Formanek made observations on a medical student; the result was after a single cold bath the excretion of nitrogen was changed very little, but when two cold baths daily were given on three successive days, a more decided abstraction of heat took place; the elimination of nitrogen in the urine increased markedly, from 13.43 to 14.51 gm. The amount was 1.5 gm. more than on the normal days. The excretion of uric acid kept pace with the excretion of nitrogen. Strasser concluded his valuable observations with the statement that the effect of Hydrotherapy upon the tissue change is to be explained by the influence of these procedures upon the activity of the living organism.

INFLUENCE OF HYDRIATRIC PROCEDURE ON TEMPERATURE

The temperature of a living organ depends upon the amount of arterial blood circulation within its tissue. All tissue change, all organic action, is in direct ratio to the quantity of arterial blood circulating in the organ, and therefore depends upon vascular activity, by means of which excretory and secretory elements are carried to and from it. That the applications of water in different form reduces the temperature has been an accepted fact since the time of Adam. Many physicians thought and maybe think so now that the reduction of temperature is the chief if not the sole object of Hydrotherapy, but they are mistaken, as has been proved by the wonderful cure in the different Hydropathic Institutes in Europe and this country.

Baruch has this to say in regard to the effect of cold water on temperature:

The fallacious idea that cold baths for instance, reduce temperature by the direct effect of the cold is still so firmly fixed in the minds of many otherwise well informed men, that it is regarded as axiomatic. This is one cause of the misinterpretation of the rationale of the cold bath in fevers, which has been a serious obstacle to the popularization of this life-saving measure. The truth is, that the colder the bath, the less active is its power of reducing internal temperature. ... It has been shown that the influence of hydriatric procedures in health is less pronounced upon heat regulation than it is upon another function of the human organism, and the clinical part of this work will make evident the fact that temperature reduction is perhaps the least potent factor in the therapeutic effects to be expected from the application of water.

Reaction after cold water applications is secondary, the effect of the cold water upon the sensory terminals and vessels ramifying through the skin. The primary effect—constriction of the muscular and elastic structures enveloping the cutaneous vessels—is action; the secondary effect—return of the blood to the affected part—is reaction.

There are two forms of reaction.

- 1) reflex reaction;
- 2) vascular (vasomotor).

This subject I have explained when speaking of the nerves of the skin. It is a physiological fact that irritants cause local excitation, and that these irritations are at once conveyed upon sensory tracks to the central nervous system and reflected thence to other parts. Baruch has this to say:

Cold being a thermic irritant, it is not difficult to trace most of the notable effects of hydrotherapy upon the above simple physiological law. That these therapeutic results from the application of cold water cannot be rivaled by medicinal agents is a matter of daily experience.

This from an allopathic physician who ranks high in his profession, but has been an honest investigator and a fearless exponent of the truth.

Have you ever witnessed—I am sure you have—how the dull eye of a typhoid patient brightens, and how the apathetic countenance disappears after a cold friction bath, or have you seen the same patient lapsing from delirium or coma vigil into a gentle slumber after a properly administered cold procedure? Whoever has seen this must be convinced that the rapidity of the salutary effect can be attained only through an influence over the central nervous system. Baruch sums this up as follow:

The following data may be accepted as established:

- a) That the vessels lying in contact with and beneath the point of a cold application are immediately contracted by the muscular and elastic cutaneous fibres, in proportion to the degree and extent of the procedure, and the blood is driven into the interior, chiefly into the intra-abdominal vessels.
- b) That the removal of the cold from the skin is followed by a return of the blood which had been driven out of the arterioles and capillaries, and in proportion to the degree of cold and duration of the procedure it flows back into its wonted channels.
- c) The arterial blood rushed into the empty vessels with avidity, while venous blood flows back more sluggishly.

Vascular reaction is manifested by improved activity of the cutaneous circulation, as I have stated before. I repeat, the effect of the local vascular reaction upon the heart and larger blood vessels is a physiological fact, because whatsoever improves the peripheral circulation affects favorably the heart and large vessels, which depend upon the integrity of the former or normal action.

In closing I will say something about the treatment of various diseases by water applications.

There are many methods of hydrotherapy in use. I cannot here go into details of every form of water treatment, or describe every procedure. I shall give here only a few cases where hydrotherapy may be used with advantage, and how it should be applied. The simplest kind of application is:

1. ABLUTION

This is given either with the naked hands or bath gloves, or a wash cloth. A sponge does not give friction, and should be avoided. In fever, water of 50° to 60° F. [10° to 16° C.] should be used. In order to keep the same temperature, a small piece of ice may be placed in the water. The face is first bathed, then the chest, arms, back, abdomen and lower limbs. This ablution may be given in all fever cases and in spinal meningitis; also in insomnia—in fact, in every disease. It has a most quietening effect upon the nervous system.

2. HALF BATH

The patient sits in an ordinary bath tub, the water to reach above the pelvis. Temperature from 68° to 80° F. [20° to 27° C.] A cold damp towel is wrapped around the head. The attendant bathes the face, then begins to rub the back with one hand, while the other hand pours water from a rubber hose, or from a small long-handled pail, over the shoulders of the patient. The patient at the same time rubs the front of his body with both hands. Cold water is added from time to time, until the patient feels cold. The patient must be removed at once as soon as signs of shivering appear. The successive shocks imparted to the body by the moving streams of water and the friction stimulates the peripheral nerves and dilate the superficial vessels. The entire organism is refreshed, the effect being intense. This half bath had an entirely different effect from that of the full bath. If the patient is too weak, he may lie in the bath and refrain from rubbing or washing himself. Half baths may be given in acute fevers. They reduce the bodily temperature. The patient, after arising from the half bath should be wrapped tightly in a sheet and blanket until dry and warm, and then removed to a bed.

3. THE SITZ BATH

This is given with great advantage in all cases of female ailments, as well as in many other cases. A warm sitz bath given shortly before delivery will ease the labor pains and bring quicker delivery. Sitz baths may be hot or cold.

4. THE FULL BATH

This, either hot or cold, is a bath where a patient is entirely under the water with exception of the head.

5. THE BRAND BATH

Originated and introduced by Brand of Stettin, Germany, in 1861, and indorsed by Winternitz, Ziemsen, Liebermeister, and others. This bath is the most powerful alleviative measure in typhoid fever. Dr. Baruch says:

The Brand bath properly used has reduced the mortality to one percent, whereas typhoid fever patients treated with powerful antipyrin died at the rate of 25 to 50 percent. It has become our solemn duty to pause and weigh the reason of this enormous difference in the mortality.

The Brand bath is a full bath and should be given in all cases of typhoid fever, when the temperature has reached 102° F. [38.8° C.] or 103° F. [39.4° C.], sometimes every three hours. The temperature of the bath should be 70° or even 68° F. [21° or 20° C.] In cases of children the temperature should be from 5 to 15 degrees higher; duration, ten to fifteen minutes. In order to keep the temperature the same degree a piece of ice should be added every five minutes. The attendant should rub the patient all the time during the bath. After removal the patient should be wrapped in a woolen blanket until completely dry.

6. SHEET BATH

A sheet wrung as dry as possible from water 50° to 60° F. [10° to 16° C.] is thrown around the patient, and the nurse uses friction over the whole body for about five minutes. Then the patient is placed in bed again. This bath is adapted to houses where there is no bathtub, and is a valuable substitute for a full bath.

7. HIP BATH

The patient's head, covered with a damp towel in the shape of a turban, is seated in a sitz bath tub, filled one quarter of its capacity, the

lower extremities outside of the tub, a blanket wrapped around the knees, legs and feet, or the feet put into a foot bath tub with water over the ankles, at a temperature of 105° to 110° F. [41° to 43° C.]. A sufficient quantity of water of the proper temperature is now rapidly added in such manner that it flows into the tub without touching the patient while the patient uses frictions of the submerged parts of the body. This bath should be given quickly. It influences the circulation in the intra-abdominal vessels. Hip baths of 50° to 60° F. [10° to 16° C.] should last only 10 minutes. These baths may be given in all conditions of hyperemia of the intra-abdominal organs, in diarrhea and dysentery. In diseases of the urinary and sexual organs, duration of the bath should be only two minutes, in impotence, spermatorrhoea, sub-acute and chronic ovaritis, diseases of the uterus and its ligaments, in passive congestions of the brain, lungs and liver, gastric and intestinal ailments and constipation, the duration of the bath should be only two minutes.

8. PACKS AND COMPRESSES

We have packs for the head, throat, feet, lower, short, half, three-quarter and whole packs (sometimes called Spanish mantle). All packs are given in order to extract the waste of foreign matter from the system, and at the same time lower the temperature and increase circulation. The half, three-quarter, and whole packs are effective in scarlet and other fevers, in smallpox and diphtheria. The half and three-quarter packs are good in cases of general debility. They should be left on from three-quarters of an hour to an hour and a half, the whole pack at least an hour and a half or better two hours. Compresses are not only used in fever cases, but in cases of inflammation, wounds, diphtheria, etc.

9. DOUCHES OR GUSHES

These are powerful in directing the blood from one part of the body to another, and should be given only by experienced persons.

I repeat that hydrotherapy cannot be taught by lectures, but must be studied in practical work. I look for the time when not only every physician and nurse will recognize the benefits of hydrotherapy, and be able to practice it, but that also mothers may be instructed in the valuable use of water as a preventive and cure. I hope that before long I shall be able to give free public instruction in hydrotherapy.

The fallacious idea that cold baths for instance, reduce temperature by the direct effect of the cold is still so firmly fixed in the minds of many otherwise well informed men, that it is regarded as axiomatic.

The primary effect—constriction of the muscular and elastic structures enveloping the cutaneous vessels—is action; the secondary effect—return of the blood to the affected part—is reaction.

The following data may be accepted as established: a) that the vessels lying in contact with and beneath the point of a cold application are immediately contracted by the muscular and elastic cutaneous fibres, in proportion to the degree and extent of the procedure, and the blood is driven into the interior, chiefly into the intra-abdominal vessels.

Vascular reaction is manifested by improved activity of the cutaneous circulation.



IS FEVER A DESTRUCTIVE OR CONSTRUCTIVE PROCESS

HERBERT HARVEY, D.O., D.C., N.D.

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IS FEVER A DESTRUCTIVE OR CONSTRUCTIVE PROCESS

by Herbert Harvey, D.O., D.C., N.D.

The Naturopath and Herald of Health, XX (7), 434-436. (1915)

The question has caused considerable comment lately both among the drug and drugless practitioners. Most osteopaths and chiropractors as well as the most of the medical doctors seem to take fever as a great demon that has pounced down on some unlucky individual and with all of the knowledge that they possess will stop it as quickly as possible. Others will take the other side of the question and will claim that it should not be checked, that it is a healing and cleansing process of nature and should not be stopped by any means.

In considering the subject of fever it might be well to cite the ideas of Alfred Stengel, M.D.D., which is given in his *Text-book of Pathology*. He says in his 1911 edition on page 45, in speaking of the etiology of fever that the cause of fever varies greatly. Direct exposure to heat does not affect the temperature more than a fraction of a degree in healthy persons, unless the surrounding temperature is very great. Ordinarily the heat regulating mechanism maintains a proper adjustment. Excessive heat, may however, bring on fever, as in the case of sunstroke. Here, it has been held that the heat leads to direct disturbances of the nervous regulating apparatus, but recent investigations seem to show that there are at first toxic substances which secondarily influence the heat regulating influences of the brain. In another class of cases still more direct disturbance of heat regulation seems to occasion fever. Among these cases are the instances of fever in hysteria and other nervous diseases.

In a great majority of cases of fever it is quite certain that toxic substances are the cause of the febrile circumstances. These substances may be of quite different sorts. In the case of infections it is known that certain substances contained within the bacteria themselves may cause fever, and that products of the growth of the microorganisms may have the same effect. The latter are probably of albuminous nature. Other albuminous bodies resulting from normal or disturbed metabolism, indifferent of the action of bacteria, such as albumenosis, peptone, tissue-fibrinogen, etc., may be equally potent, and various ferments, pepsin, fibrin-ferment, diatase, etc., are known to have the same power. These facts explain the multiplicity of causes capable of causing fever, as any chemical, mechanical or bacterial injury of the tissues may liberate toxic substances, which in turn act upon the nervous system and occasion the phenomena of fever.

It seems needless to ask what shall we do with fever, when such an authority as Dr. Stengel sets forth its etiology with such glaring language. If, as he says, it is due to toxins in the system, why should we check the

process. Would it not seem more reasonable to reduce it to 101° or 102° F. [38.3° or 38.9° C.] and hold it there at a temperature that can be controlled until the toxins are destroyed? To check the fever would no doubt check the elimination of the toxins. As the toxins are there first, why destroy the agent that is expelling them?

Dr. Stengel in considering the conservative effects of fever states; while fever occasions many disturbances and leads to many pathologic consequences, it is not improvable that there is a certain amount of usefulness in it. Some authors have called attention to the fact that rapid reduction of the temperature under the influence of antipyretics is often followed by harmful results. This does not necessarily prove the usefulness of fever, as the antipyretics are capable of harm in themselves. A more definite proof of the uses of fever is that obtained by subjecting infected animals to high temperatures or to febrile conditions, and then studying the process of the infection. Under these circumstances it has been found that the course of various infections, such as with the *Diplococcus pneumoniae*, the bacillus of typhoid fever, and other organisms, is much milder and the consequences less serious than in animals not placed under the same conditions. These experiments agree very well with experiments with bacteria outside of the animal body. For example, it is known that many of the bacteria are influenced unfavorably in their growth and virulence by excessive temperatures (104° – 107.6° F. / 40° – 42° C.) Whether in the body the temperature affects the micro-organisms directly or indirectly through the production of anti-toxin substances, or in the other ways, remains unsettled. It is not unlikely that increased circulation and respiration favor the elimination of the toxins that cause the fever. Increased toxicity of the urine has been found, but the methods employed are open to criticism.

Some might say that it is impossible to keep fever under control unless it is stopped as abruptly as possible, but here is another question for dispute. I am personally convinced that it can be, in fact, I have had the opportunity to watch it in numerous cases and have never seen a case yet where it could not be controlled and held at whatever temperature desired by hydropathic measures. The most desirable temperature is about 101° F. [38° C.]. This gives the body a chance to carry on its eliminative process and is at the same time where it can be controlled.

The following extracts from an article on fevers written by Dr. Joy M. Loban, which appeared in the April-May issue of the *International Chiropractic Journal*, will give some light on the views taken by most chiropractors. "The latest current, I have said, is the Nature Cure current. It offers a seductive course in which to steer. Let us test it with our compass and take for our test the question of fever, contrasting the Nature Cure theory and the Chiropractic theory and measuring them with the facts. The Chiropractic theory, I affirm, is briefly this: The primary cause

of every fever is vertebral subluxation impinging nerves so as to disturb the heat-regulating mechanism of the body. The subluxation operates chiefly (in fever) by controlling the caliber of blood vessels and thus the amount of blood in a given part of the body at a given time. For an explanation of the heat-regulating mechanism of the body see any standard Physiology. Butler, on Diagnosis, contains a brief description. Fever is a process instituted through the co-operation of primary cause (subluxation) and secondary cause (poisons, germs, etc.), which is destructive to the body and tends to destroy life unless checked. It is a malign process which Nature strives to correct when once in operation.

The Nature Cure theory, which I deny, is in brief, fever is a process resulting from a house-cleaning effort on the part of nature, who seeks to remove from the body the filth accumulated there through faulty habits of living. It is a beneficial process which should not be checked lest its arrest harm the organism and leave it in its state of filth. The primary cause of fever is errors of diet, lack of exercise, etc.

Let us contrast the two. A recent discussion of this question among a group of twelve chiropractors, from at least six schools, brought out the fact that every one seeks to suddenly check, or abort a fever by adjustments; that all believe that less damage is done to the body, that there is less liability to unpleasant sequelae, when the fever is checked as soon as possible. Are they all wrong? If the Nature cure theory is correct then every chiropractor should avoid "breaking-up" a fever. Logically, he should aid elimination and do as much as possible to give vitality to the patient, but the fever should run until the body is entirely cleansed. Literally, we must be "purged by fire."

Here are some facts of common experience, verified by all. The most frequent reduction of temperature in pneumonia is two degrees in five to ten minutes following the adjustment. It is the rule that all acute fevers disappear in from a few minutes to two days after adjustment is commenced.

If the chiropractic theory is correct, we check the fever by reversing the process of its causation.

Shortly after I graduated from chiropractic I was called in to treat a little boy three or four months old who had a temperature of about 103° F. [39.4° C.] I gave an adjustment and in about a minute's time the little fellow was covered with big drops of perspiration and the temperature went down very rapidly. This was quite remarkable I thought, but since that I have seen several cases like it. In watching this case carefully I found that the little fellow felt cross and peevish for several weeks afterwards. This I could not understand at the time but since have had the opportunity to watch several other cases like it, and found a somewhat similar result in each case. This stimulated my reason along this line so naturally. I asked

myself the questions, is it possible that the system is wrong? Since studying in the Nature Cure school I found out that I was on the wrong track and that I really did check the eliminative process. In the study of iridology my idea on this subject is also confirmed, for in all cases of febrile diseases where the temperature is checked, whether from chiropractic, osteopathic treatment or the use of antipyretics such as antipyrin, acetanilide or phenacetin if a scurf rim is present it will be apt to become heavier, or if there is not one present at the time it will show up a little later. I don't mean to say that the manipulative treatments are as harmful as the use of antipyretics but they surely have a bearing on the case.

These facts explain the multiplicity of causes capable of causing fever, as any chemical, mechanical or bacterial injury of the tissues may liberate toxic substances, which in turn act upon the nervous system and occasion the phenomena of fever.

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SOME FACTS ABOUT CANCER

by Eli G. Jones, M.D., Burlington, N.J.

The Naturopath and Herald of Health, XX (7), 436-438. (1915)

In the daily press and in the popular magazines we read articles from the pen of physicians urging the victims of cancer to submit to an "early operation as the only cure for cancer". Certainly the earlier the operation the more times the patient can be operated on and the more money for the surgeon. If a surgical operation is a cure for cancer, why is it that 75,000 persons die from cancer in America annually? If an operation is a cure for cancer, why is it that the mortality from cancer is 4 ½ times greater in England than it was 50 years ago? In Chicago, where a surgical operation is the main treatment for cancer, the disease has increased 812% since 1861!

A surgical operation is recommended upon the theory that cancer is a local disease. Sir Astley Cooper, one of England's greatest surgeons, said: "A physician who considers cancer a local disease has a very poor idea of what the disease really is." In an editorial in one of the New York Medical Journals a few years ago, the Editor says, "When we see cancer returning at or near the place where it was removed by a surgical operation, we must conclude that cancer is something more than a local disease."

The fathers of the Botanic and Eclectic school of medicine considered "cancer the local manifestation of a blood or constitutional disease", and acting on this theory they not only cured the disease with their simple vegetable remedies, but taught their students how to cure it. They have left behind them a record of many permanent cures of cancer. It was my good fortune to have access to all their books and listen to the teaching of some of the best of those teachers.

In my student days I was thoroughly imbued with the idea that cancer can be cured by medicine, and now after 45 years' experience in the medical treatment of cancer I am more firmly convinced than ever that the disease can be cured by medicine. In 1911, I gave to the profession my book on *Cancer, its Cause, Symptoms and Treatment*. Copies of the book were submitted to a jury of 12 prominent physicians representing the three schools of medicine, they were to judge the book solely upon its merits. Their verdict was unanimous in favor of the book.

Copies of the book were presented to 12 Rulers of foreign countries. From them I have received some very kind letters. This is a great honor to an American physician and author. The book gives 75 remedies that are curative in cancer with clear cut indications for each remedy. It contains

a record of 100 cases of cancer permanently cured.* It was the first book ever published on the medical treatment of internal and external cancer in the world. It will interest the reader to hear that my book on cancer is now being used by physicians in every state of the Union, and with the treatment in the book they are curing cancer.

Within the past three months reports have come to me of “four cases of cancer of the stomach having been cured by the treatment in my cancer book after an operation!” This is a wonderful advance in medicine, and it means the lessening of mortality, the saving of human life. It will take many years to eradicate the fake teaching from minds of the people, that there is no cure for cancer but an operation. It is cruel to deceive the victims of this terrible disease, by holding out false hopes of an operation that does not cure and only hastens the death of the victim. Our statesmen have been much concerned at the great mortality from cancer, and they want a commission appointed to investigate the subject.

The medical profession has been investigating the subject in the laboratory on animals and promising a cure for this disease for a hundred years, yet the people “keep on dying in the same old-fashioned way”. Let us strike at the root of the trouble and teach the students in the medical colleges how to cure cancer. Then send them out into your cities and towns, your hills and valleys qualified to treat such cases successfully. In a very few years we would not hear much about the deaths from cancer! A stream is no higher than the foundation. If the professor in a medical college doesn’t know how to cure cancer, how can they teach the students how to cure it? It is a sad fact that not a medical college in America teaches their students how to cure cancer in all its forms by medicine. It is a disgrace to the medical profession, a blot upon our civilization! Certain members of the profession are laying great stress upon what they are doing to prevent cancer. Societies are being organized for “the prevention of cancer”. All this is done to throw dust in the eyes of the public, to blind them to the fact that they can’t cure it, but they are h—l on prevention!

I would like to ask any sensible person how they can prevent a disease that they don’t know how to cure. If your house gets on fire, you naturally call the firemen to put it out. Suppose they tell you that they don’t know how to put out that fire, but they will try to prevent other buildings “getting a fire”; you would naturally ask what are firemen for if not to put out fire, and what are physicians for if not to heal the sick? If doctors

* Dr Jones was referred many patients by his medical colleagues that were beyond their help. In his book, Jones describes one case of a woman with a breast tumor 22” in circumference and after its removal weighted 4.5 pounds. The success of this case was a result of homeopathy, botanical remedies and no surgery. *Ed.*

can't cure us when we are sick, then what are they good for? If I am all doubled up with the colic and groaning with pain, I don't want to hear a long talk on what might have prevented the colic, I want to be relieved of the pain and very quickly too!

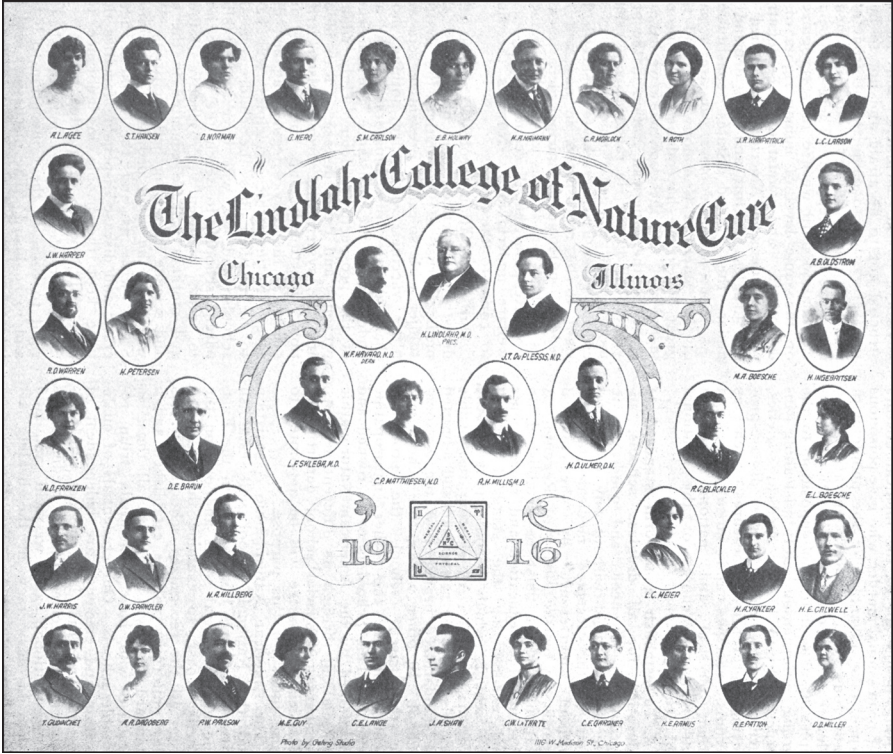
When cancer has fastened its deadly grasp on one of our dear friends, what good will it do then to read a long essay on how they might have prevented having the cancer? All such writings are merely theoretical, for no man can tell you how to prevent cancer until he has first learned how to cure the disease. Very much of the matter written about cancer in the daily press and the magazines was written by men or women who never cured a case of cancer in their lives, hence what do they really know about cancer? It is like some of our war correspondents writing about a battle that they never saw! In this article I have tried to present facts to the readers that they may not be deceived by articles that appear in the public print advocating the knife as a cure for cancer.

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VENTILATION

PAUL VON BOECKMANN

CONDITIONS OF THE BOWELS

M. G. YOUNG

A COMPARATIVE ANALYSIS

WILLIAM FREEMAN HAVARD, N.D.

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VENTILATION

by Paul von Boeckmann

Herald of Health and Naturopath, XXI (1), 53-54. (1916)

Proper ventilation during the winter months is a serious problem. It requires no technical knowledge of the composition of atmosphere to tell us that it is injurious to health to be confined in a room that is not ventilated. We can feel the effect of poisonous air, as it depresses the nervous system, and lowers the vitality generally.

It is indeed a problem to ventilate a room and yet retain a reasonable degree of comfort, during the low temperature and high winds out doors in the winter months. The ideal condition of course, would be an abundant supply of properly warmed and moistened pure air, forced into the living rooms. This is done in our modern public buildings, but in our homes, the cost is almost prohibitive, and sometimes practically impossible.

The average layman has an incorrect conception of the laws of ventilation. He has learned to believe that the air in the country is so much purer than it is in the city, amid smoke and the vast number of human beings. He believes that the country air contains a far higher percent of oxygen, and relatively less carbon dioxide. Similarly, he believes the same relation exists between the air outdoors and that in our rooms.

Extensive investigation has proved that this theory is false. The difference in quality of country and city air is infinitesimally small, and unless a living room has been closed for many hours, and the air therein has been respired over and over again, the percentage of oxygen and carbon dioxide has not been changed sufficiently to distress the human body.

What is known as "dead air", that is, motionless air, is found most detrimental to health. It has been determined by experiment, that when dead and depressive air in a room is stirred up with a fan, the vital forces of the body immediately become higher. How, and why this is so, I shall not attempt to explain here, but there is every reason to believe that the principle value of ventilation lies in the motion it imparts to the air in a room, rather than that oxygen is added thereby.

From the foregoing facts, it is evident that it is highly desirable that we stir up the air in our living rooms with electric fans during the winter, but of course we should keep our windows open to the greatest extent our physical comfort will permit, especially at night in our sleeping rooms. Another matter that is entirely overlooked and given consideration only in our most up to date public buildings, is the degree of humidity in the air in our living rooms.

Humidity is a term used to denote the percentage of moisture in the

air. When the air becomes so laden with moisture, that it rains, the humidity is said to be 100%. Humidity in the driest desert is from 24% to 28% whereas, in a living room heated by a stove, gas, steam heat, or hot water heat, it drops to as low as 20%.

It requires no deep knowledge of anatomy, physiology and pathology to understand that it cannot be conducive to good health to live in a room in which the humidity is perhaps 20% and then step outdoors into a humidity of from 50% to 100%. It may be compared to stepping from a warm room while one is in profuse perspiration into a blast of cold air. Unquestionably many respiratory disorders are due to this ruthless disregard of the laws of humidity.

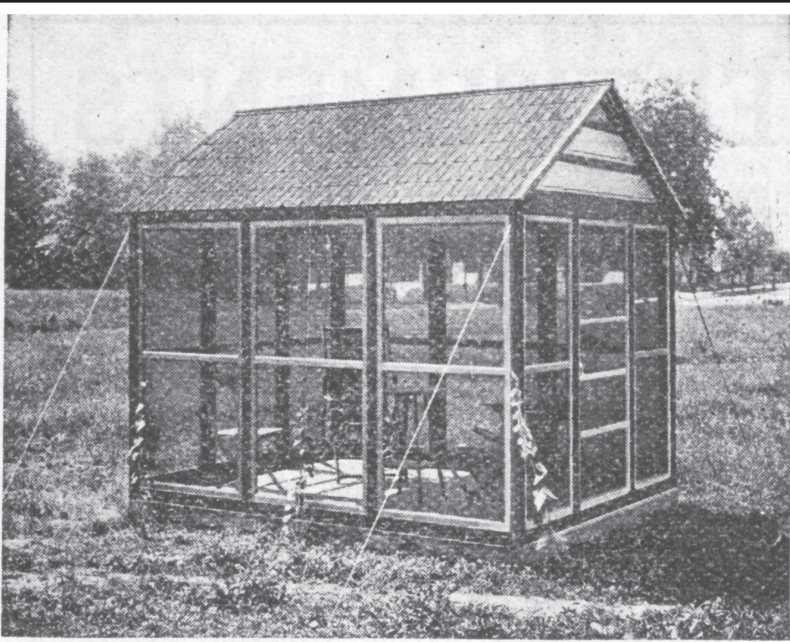
Our living rooms should contain at least 50% of humidity at all times. This can be accomplished by keeping a pot of water on the stove or a basin of water over the radiator. In order to test the humidity accurately a hygrometer should be used, however, in the average home, this is unnecessary. There should be enough humidity that when the temperature outdoors is quite low, a thin film of moisture will form on the window, or if a glass of cold water be exposed for two or three minutes, a perceptible film of moisture will form on the outside of the glass.

Humidity in a home has other virtues. It prevents the seams in the floor from opening, wall paper from cracking, furniture and pianos becoming ruined from excessive dryness.

Last but not least, humidity means a great saving in fuel, as a room of 65° F. [18° C.] and 50% humidity is far more comfortable, than a room heated to 75° F. [24° C.] and with only 20% or 25% humidity. This fact was proved recently at United States Capitol, Wash. D.C. For some reason the Senate Chamber was never comfortably warm, though the thermometer was kept at 74° F. [23° C.]. Whereas the House Chamber felt far more comfortable at 71° F. [22° C.]. When an expert was called to determine the cause it was found that the humidifier that supplied air to the Senate Chamber was inefficient and out of order, so that the average humidity ranged from 20% to 29%, whereas in the House Chamber, it averaged nearly 50%. Moisture permeates through a house. If water is evaporated in the basement, gradually the air in every room, even in the third and fourth floors becomes richer in moisture.

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CONDITIONS OF THE BOWELS

by **M. G. Young**—The American Herb Doctor

Herald of Health and Naturopath, XXI (3), 184-187. (1916)

ADDRESS ALL COMMUNICATIONS FOR THIS DEPARTMENT TO ITS EDITOR:

Prof. M. G. Young,
4156 Arcade Building, Seattle, Wash.

There is no set of organs in the human body which suffer the consequences of our neglect and indiscretions more than the bowels. There are very few people who ever give the subject of health or disease any very serious consideration, and perhaps the bowels go without consideration more than any other set of organs. It is due to this fact that there are so many physical wrecks to be found all along the shores of time.

If there is some noticeable derangement in the stomach, the heart or the liver, or even the muscles, the individual suffering it becomes more or less awakened and tries to the best of their ability to understand its cause, and also begins to try and relieve it, but the bowels are not a part that they care to consider particularly, feeling that they can rely upon some physic to move them, and at once consider that they have done their whole duty, and hence have nothing to fear.

It is indeed very frequent, however, that even this unpopular subject of consideration becomes a very important one. My subject in writing upon this subject in this issue of the *Herald of Health* is to aid those who are interested to really know and understand the exact condition or conditions into which these valuable organs are likely to come.

In the first place, let us consider a few of the facts about the structure of the bowel, or intestine. It is composed of three distinct muscles. One of these muscles extends lengthwise along the bowel, another is wound around and around spirally, the other directly over and over. These muscles are so arranged as to enable the bowel to induce peristaltic action, this means contracting action that carries the food through the entire length of the bowel which is an average of about twenty-eight feet. The lower portion of the bowel, called the rectum, is much thicker and has heavier muscles than the upper portions, this is evidently for the purpose of expelling the food matter, which has become harder and drier as the moisture from it has been absorbed while it was passing through the upper portions of the bowels.

Throughout the entire length of the bowel is a very delicate lining, and in this lining are myriads of little absorbing organs, whose work is to extract from the food the materials which shall sustain and rebuild through the blood the different organs and parts of the body.

Now, we want to tell you something of the wise arrangement of Almighty God, which was made for the sustenance and protection of these delicate tissues, called bowels. If you will observe, the first covering over the bowels is the skin, and if we were to remove the skin, we would at once discover that there is a fatty covering, usually about one inch thick, over the stomach, liver, spleen, pancreas, kidneys and bowels. The fatty covering of the bowels is called the omentum. It is also called the apron and sometimes the fatty covering. I desire you to know what I mean and have written the above outline carefully, so that you will get a general idea of the conditions existing in these valuable organs, for there are so many diseases of these organs that you cannot be too familiar with them, as it relates to their structural condition, offices and uses.

There are many diseases which are similar in character but have different names. Neuralgia is sometimes called bilious colic. The inflammation of the peritoneum, called peritonitis, is sometimes called inflammation of the bowels and vice versa. There are also painful conditions of the bowels which are terribly excruciating, frequently caused by undigested food, which was cold when eaten, perhaps poorly cooked or even raw. When it entered the stomach there was considerable catarrhal condition or a cold phlegm in the stomach, and when this passed down into the bowels it caused a clogging of the small intestines, and may have been colic. It is not infrequent that a painter has a pain in his bowels which is called painter's colic. About the only thing that is ever done for such people in the ordinary practice of medicine is to give them a dose of opium, atropia, ether, or some narcotic. This is simply to relieve the pain, by so killing down the life force and especially the nerves that they can no longer make you conscious of what is going on in the bowels. If these pains happen to be in the bowels of a woman, she invariably has uterine colic (?). At least this is the diagnosis generally given, so you can see that what is "painter's colic" in a male patient is "uterine colic" in a woman patient. You know it is a great misfortune to have one of those bothersome organs called uterus. The doctors always seem to think the uterus needs doctoring no matter who has it. I once heard a very prominent, old, gray-haired, veteran of the healing art say to a class of young physicians to whom he was lecturing, these words: "The human female has a uterus, and out of this uterus you are to derive a larger part of your revenue." This, perhaps, will give you some idea of how this graft has become so popular with the unprincipled practitioner of medicine.

But now we desire to turn a more careful study of those conditions of the bowels which are not supposed, but are real. We were telling you something about the fatty covering over the bowels. Under this fatty covering is a set of muscles called the aponeurosis. These muscles are those which are ruptured or are spread apart when one has a rupture of the

abdomen or when they have what is called a hernia. Immediately underneath these muscles is a thin covering and then comes the bowels. This thin covering is a membrane called the peritoneum. All this is placed there to keep the bowels warm. As long as these bowels move and do their work well, the person is well and feels well. There is a temperature of the human body which is called a natural at about 98 degrees F—to be exact 98 $\frac{4}{10}$ degrees—and when this temperature rises above 99 $\frac{1}{2}$ or falls below 97 $\frac{3}{10}$ degrees, there is an unnatural condition, and remember it is an unnatural condition and not spite work on the part of the Almighty, nor because some demon has taken possession of you, or some witch or wizard has thrown their spell over you. It is a condition, I say, a condition may be known and fully understood by you, and better than all this, it can be removed by you and we are right here to tell you how to remove or change this condition. It does not matter what ailment you complain of or what name you give your ailment, if you will pursue the course of emptying and cleansing the system of its waste and offending material, you will be assisting nature which is already struggling to bring you back to a natural condition. Let us talk to you a little more about this matter of temperature. There is a great deal of mischief done to the body by getting these intestines chilled by exposure to the cold, the intestine itself becomes congested and contracted and then the food matter does not pass down through this contracted place and a proper diagnosis of the case would be that there was a condition called stoppage of the bowels. This would become very painful and in many cases would cause a sympathetic affection of the nervous system and also the muscles of the body all over would become sore, and this condition of soreness of the muscles and general apathy is called La Grippe, so you see there is no small part of you sick, when these bowels get chilled and the food matter is kept in them until it rots and is absorbed and carried throughout the body. If you would aid nature, you would proceed at once to relieve this cold of the bowels by the use of a good catnip tea injection by steeping three ounces of the herb in a gallon of boiling water 30 minutes, keeping it covered. Strain and when cooled to warm, use as injection to the bowels in the following manner: Have patient lie down on his right side, hang the fountain syringe filled with this tea four or five feet above the patient. Anoint the nozzle with Vaseline. Allow the tea to flow through the tube until it is warm, then insert into the rectum and give what can easily be retained. After this passes off repeat twice. This will accomplish a thorough cleansing of the bowels.

After all has passed from the bowels have the patient place his hand firmly on the right side of the abdomen, just inside of the right hip and press crosswise of the body firmly but gently and much better results will be obtained. You would find you had used one of the most efficient means

of aiding nature possible, and if you would continue to use this enema every night for a week and then every other night for another week, you would think you have indeed found the "cure all".

I will now direct your attention to some particular ailments of the bowels which you know the name of. The first is "dysentery" or "bloody flux". This disease consists of an inflammation of the membranes of the colon or large crinkled intestines and rectum or lower bowel, and is characterized by small mucous bloody evacuations, gripping, and straining. It generally comes on with loss of appetite, costiveness, lassitude, shivering, heat of the skin, and quick pulse. These symptoms are followed by gripping pains in the bowels and a constant desire to go to stool. The passages are usually small in quantity and composed of mucous mixed with blood. These passages attended with severe gripping and straining, sometimes nausea and vomiting. When these conditions exist there is generally fever, a feeble and almost threadlike pulse. At first discharges of the bowels have but very little odor, but become exceedingly offensive as the disease advances. In chronic dysentery the symptoms are the same, but less intense than in the acute form. Emaciation, debility, dropsy, and sometimes consumption result if the conditions are not removed, but with all this list of symptoms, there is but one thing to remember, the body is not throwing off anything you should keep, and there is not anything so helpful to you as the free use of enemas, which will be of a soothing character and which will aid cleansing out this effete matter. One of the best materials for such cases is to use an injection made by steeping about two ounces of raspberry leaves in one-half gallon of boiling water. When cooled to blood heat, strain and use as injection to the bowels after each action of the bowels. One of the best remedies to be taken internally is these red raspberry leaves steeped one ounce to the pint of boiling water and drink freely. If you would boil the roots of the common wild blackberry and obtain a strong tea and then make it into a syrup by stirring in plenty of cut loaf sugar, and adding one tablespoonful of essence of peppermint you will have an excellent cordial, or rather a syrup, which may be taken from a teaspoonful to a tablespoonful after each action of the bowels. The best remedy I know of, and one which never fails with me, is what I call Neutralizing Cordial. This serves all the purposes in correcting the disorders of the bowels, stomach, and liver, which are the cause of the dysentery. In chronic dysentery, however, it is necessary to take a thorough course of tonic cleansing medicine and thoroughly restore to normal condition all the organs above named.

Diarrhoea is also a very common complaint and one which causes a great deal of suffering. Many people suppose that diarrhea and dysentery are the same. This is not the case, although the manifestations are similar in some respects. This trouble arises from indigestion. After the food is

soured, gas has been given off, there will be cramping, and then a desire to go to stool. There is a condition of coldness throughout the body. The pains generally subside after an evacuation of the bowels, but return again when there is about to be another discharge, sometimes these discharges contain mucous membrane, blood and bile. There is generally a disagreeable sinking sensation along with the discharge, there is also exhaustion, a cold skin and a feeble, irregular pulse. The urine is generally scanty. When the discharge is composed of serum and of a yellow or green color it is called a bilious diarrhea, but these nice distinctions and particular mentions of symptoms are not very helpful. They simply describe to you how you feel without giving you any real idea of the cause or what is best to be done. These conditions I have mentioned, as I have said before, cause great lassitude, and the patient has little desire for food or anything but relief. We will now tell you how to obtain it. All that was said in regard to dysentery will apply equally as well in treating this condition, but if you will take equal parts of the essence of peppermint and the compound tincture of myrrh, made as follows (put four ounces powdered gum myrrh into a quart bottle, also one ounce pure cayenne pepper, and fill the bottle with alcohol, allow it to stand in a warm place for ten days uncorked) and you will have one of the best hot medicines for internal or external use that you have ever tried. This may be allowed to remain in the bottle and poured off as needed. Now, if you will put these two medicines together in equal parts, the essence of peppermint and this compound tincture of myrrh, shake them well, then place one teaspoonful in a cup of hot water and drink the whole of it, you will warm up your system in a most acceptable manner and greatly strengthen the effort nature is making to restore the body to a healthy condition. If you will rub some of the medicine over the bowels and lay a flannel wrung out of hot water over it, and keep it hot, you will also greatly assist nature. I never saw a case that did not get swift benefit by taking this method. If the patient is a child, a smaller dose of the medicine may be used.

Now, my friends, I have about used up all the space allotted to me for this department and have only been able to mention a few of the ailments so common to the intestines. It is my desire to help every reader of this article who feels interested to know all about this department of the body as it relates to the best methods of treatment, cure and prevention. I should be pleased to speak in the same clear, definite way of the treatment of intussusceptions or telescoping of the bowel, volvulus, colitis, appendicitis, inflammation of the cecum or turn in the big crinkled intestine and very many other ailments which are common to the starch eating class of humanity.

I have had most phenomenal success in the treatment of all these ailments by the method of elimination, manipulation, and nonpoisonous

medication. It is my greatest pleasure to help others to help themselves by disseminating the knowledge of the right use of the proper means.

It does not matter what ailment you complain of or what name you give your ailment, if you will pursue the course of emptying and cleansing the system of its waste and offending material, you will be assisting nature which is already struggling to bring you back to a natural condition.

(Put four ounces powdered gum myrrh into a quart bottle, also one ounce pure cayenne pepper, and fill the bottle with alcohol, allow it to stand in a warm place for ten days uncorked) and you will have one of the best hot medicines for internal or external use that you have ever tried.

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A COMPARATIVE ANALYSIS

by **William Freeman Havard, N.D.**

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Herald of Health and Naturopath, XXI (7), 479-481. (1916)

ANALYSIS OF MANUAL AND MECHANICAL METHODS

Numerous requests have come to us or an article dealing with the comparative merits of the different manual and mechanical systems of treatment. This is an extremely difficult task because each and every system has its own conception of the cause of disease and as a consequence has devised a different method of treatment for the specific correction of this "cause." It is the variance of ideas on the part of the exponents of Naturopathy, Osteopathy, Chiropractic and Naprapathy which today is rocking our drugless boat.

This is a subject which the student must approach with a broad and open mind remembering that complete understanding comes to him only who is without prejudice.

Years of experience with the use of the various systems of Manual and Mechanical Therapeutics has led us to the conclusion that they are all of the utmost value to the drugless physician if properly employed but the effect of such treatment must be thoroughly understood before any attempt should be made to use them. Much harm can be done to a patient by the misapplication of mechanical therapeutics.

Before employing any form of adjustment or correction to the human body the physician should submit the patient to a thorough analysis. A spinal examination for the location of the "lesion" is not sufficient to enable the physician to establish a cure. Some readers who have had considerable experience in this line of treatment may say that this is an unnecessary statement but times without number we have seen Osteopaths and Chiropractors proceed with their treatment with no other information of the patient's condition than his symptoms and the location of the lesion. They never stop to reason whether the symptoms and the lesion are indications of a compensation for a disease cause farther removed or whether they are the result of primary conditions.

We would not attempt comparative analysis of these symptoms without first laying a foundation on which to base our appreciation of them. A simple outline of pathological processes and disease causes may be sufficient for this purpose.

However if we do not thoroughly understand the action and reaction of the body we are likely to mistake signs and symptoms of disease for the disease itself.

Let us ask the question, "When is the diseased body cured?" "Is it with the disappearance of the distressing symptoms?" It is a recognized fact that symptoms and signs are the result of the reaction of the body to some form of irritation and are brought about by circulatory changes. These irritants or causes may operate from without or from within the body and in by far the higher percentage of cases the disease promoting elements operate from within.

Disease causes may be enumerated as heredity, the accumulation of morbid matter in the system, drugs and poisons, trauma and the lowered resistance of the body due to sexual abuse and faulty oxygenation of the blood through breathing impure air. Laying aside for the moment such causes as trauma, drugs, poisons and sexual abuse we find that the other causes all operate from within and their action produces circulatory changes with a train of symptoms that leads us to the classification of diseases.

We may safely say that disease processes are caused by the accumulation and retention of foreign matter and morbid waste products in the body. In hereditary conditions the system may develop sufficient resistance to overcome and eliminate the taint. In cases of gradual accumulation of irritants through dietetic abuse, faulty oxygenation, etc., the body develops a tolerance for such and does not react to the irritation until the lymphoid structures fail in their neutralizing action and the liver can no longer oxidize them.

Germs and disease virus introduced into the body would bring about no more than a mild, temporary reaction in a body that was free from morbid waste products.

We may say that an individual is cured of disease when the causes of disease processes have been thoroughly eliminated from the body and not with the subsidence of symptoms. Most any therapeutic methods applied for the purpose may be used to check symptoms, allowing the disease to continue to smoulder in the system.

If we have the proper conception and understanding of disease causes it will not be difficult to find the proper uses for our mechanical systems of treatment. Here is where some of us will disagree but anyone may gain understanding who will work with an open mind.

We are now going to make a statement which will cause the prejudiced individual some annoyance. System of manual and mechanical treatment corrects only secondary or contributory causes of disease and symptomatic conditions, with the exception of traumatic cases. Even in the latter cases, many of the serious results are due to the presence of irritants within the body. There is no doubt, however, but that this correction will be permanent and assist in the process of cure if the proper methods are employed to bring about increased elimination of morbid

waste products and to raise the patient's power of resistance to the point of reaction.

We can not be reminded too often that disease is a process, not a thing and as a consequence cure must be a process and can not happen instantaneously. A headache may disappear with the adjustment of a cervical vertebrae or through the mechanical inhibition of the occipital nerves but the cause which produced both the headache and the "subluxation" remains.

In whatever part of the body a disturbance occurs there is an attempted compensation in some other part. Whenever we have inflammation or increased activity in one part we must have a compensatory constriction and a lowered activity in some other part. Likewise wherever we have decreased function of an organ we have a compensatory hyperactivity in some other organ. Many symptoms or even those conditions which are listed as diseases are not such at all, but are the result of attempted compensation on the part of the body. For example let us take thyroid hypertrophy. Many treatises have been written on this abnormality but few investigators have found the true cause of it.

The thyroid belongs to a system of glands which function for the purpose of supplying special substances to nourish and tone the nervous system. The substances are called the internal secretions. To this system of glands belongs the ovaries, the testes, the suprarenals, the thyroid, the pineal and some physiologists claim that the pancreas and spleen produce internal secretions. Alteration in the function of any of these glands may cause considerable disturbance in the nervous system. To a measure they compensate for one another. In action on the part of any one of them may produce increased action on the part of one or more of the others. Their activities seem to be regulated by the quantity of their secretions in the circulation. Observations and experiments bear us out in the assumption that the generative glands are the basic organs of this system and most disorders resulting from faulty internal secretion can be traced to a disturbance of function in the generative glands. To give the data and reasoning on this subject would require more space than the purpose of this article would permit.

In most disease processes the seat and cause of the trouble is obscure and the symptoms present themselves in the area of compensation rather than in the original part affected. A differentiation between acute and chronic disease processes will help us toward better understanding. An acute reaction is an effort on the part of the body toward greater elimination and indicates increased activity. Chronic disorders are the result of failure of the body to successfully overcome irritation and indicate lowered resistance and decreased activity.

Hyperthyroidism is increased functional activity of the thyroid gland

and leads to hypertrophy of the gland. In reality this condition is not a disease except in cases where it is produced by the introduction of abnormal substances into the body. It is an attempted compensation on the part of the thyroid for a lack of the proper substances in the blood to nourish and tone the nervous system. The most successful treatment we have ever administered for this condition was not directed to the thyroid gland directly but to the basic organs of the ductless system, the generative organs. However where the gland has passed from the functional stage to that wherein there is a proliferation of connective tissue treatment must also be directed to the thyroid.

Local treatment directed to the gland or its nerve mechanisms during its state of hyperactivity or hypertrophy is likely to result in the suppression of function and lay the foundation for serious nervous disorders later in life.

A case which came to our attention will serve to illustrate this point. A single woman, twenty-five years of age, suffering from exhaustion, fainting spells, extreme nervousness. Examination showed digestive disorders and exaggerated heart and stomach reflexes. The entire length of the spine showed marked hyperesthesia and the lightest palpation produced tonic contractions of the muscles of the back. Heart irritable and irregular.

During the examination we noticed a tendency toward exophthalmia and the diagnosis from the eye showed a lesion of the thyroid. On being questioned the young lady said that up to the age of 14 she had a swelling at the base of the neck and that she had painted it with iodine every night for a month or more at the end of which time the swelling disappeared. Examination of the thyroid showed it to be atrophic. Nervous symptoms began to manifest themselves at the age of 16 and continued to the present. She had been under Osteopathic treatment and the symptoms had been relieved but returned after a few months. Medical treatment: tonics and stimulants, quinine, strychnine, arsenic. The urine showed a high percentage of triple and amorphous phosphates. Our chain of circumstances was then complete and the young woman's present condition could be clearly traced to an abnormality of internal secretions which became exaggerated at the age of puberty. The hypertrophy of the thyroid was a compensatory condition and its suppression with iodine without the correction of the cause brought on the disorder of the nervous system. Local, specific adjustment and concussion has the same effect—suppression.

During all these years the young woman's nervous system had been deprived of its normal nourishment which should have been supplied by the ductless glands, and the tonics administered (quinine, strychnine, arsenic) were a further aggravation of the condition.

The great fault with symptomatic treatment is that in about 99 per-

cent of the cases it proves to be suppressive. The symptoms which are the result of compensation are suppressed and the real disease process continues in the system until it completely undermines the health of the individual, whereas if the correction had been applied to the cause of the trouble at the beginning a real cure could have been obtained.

To explain this subject in detail would require the writing of a large volume, and such would be necessary in order to establish a standard from which to judge the merits of our systems of manual and mechanical therapeutics. The cause of disease must be clearly determined as well as value and relation of symptoms, before the application of any form of treatment can be appreciated.

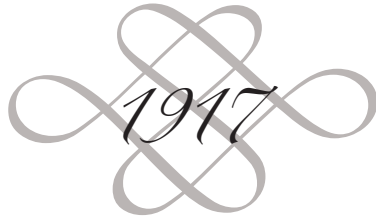
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INFANTILE PARALYSIS

OTTO CARQUÉ

GENERAL PATHOLOGY

J. LUEPKE, M.D., Sc.D.

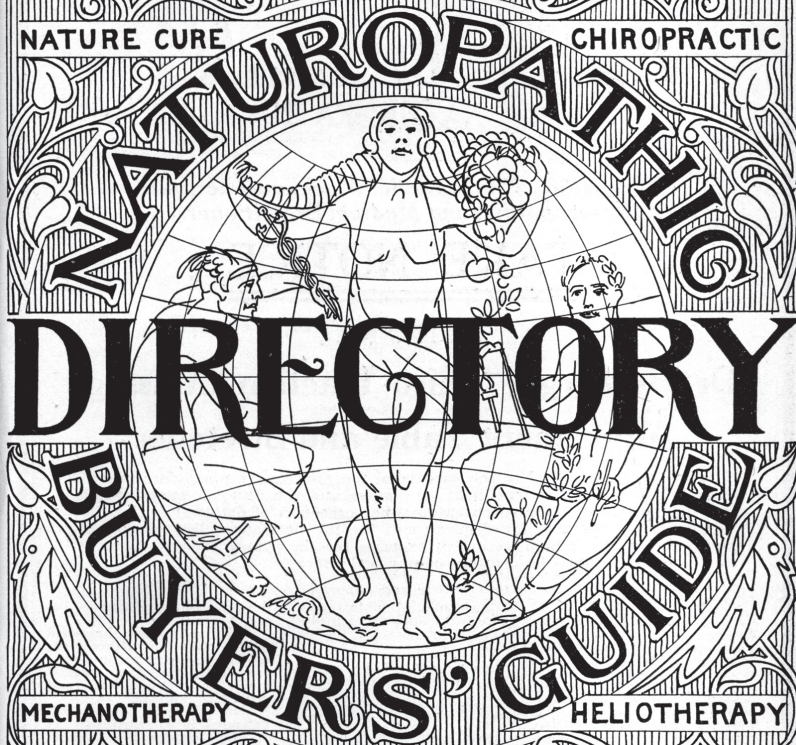
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INFANTILE PARALYSIS

by Otto Carqué

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In the evolution of the human mind there seem to be always two doctrines at variance with each other: The doctrine of pessimism—the tendency to exaggerate in thought the evils and shortcomings of life—is the religion of ignorance, superstition and fear that characterized the dark ages, and that still prevails today. It is largely represented by the false creeds old and new and orthodox medical school, and is the dogma of disease, despair and leading mankind from bad to worse and eternal punishment.

The other doctrine—optimism—is based on a deep understanding of the laws of nature and life. It is the religion of truth and hope, its basic principle being that everything in the universe is working towards the highest and best.

The prerogative of nature is to preserve the individual as well as the race. The human body, as developed, is the result of millions of years of struggle and experience, and, if properly treated, has great power of resistance against injurious influences. Man's only enemy has been and always will be himself, when he disobeys or disregards the laws of nature. First of all then for the primary cause of disease we are forced to look within ourselves.

Infantile paralysis is a functional disease of the spinal cord, and according to medical authorities, like any other endemic or epidemic disease, is caused by a specific germ. It is needless to say that I do not share this view.

Indiscriminate feeding is at the root of this as well as of all other children's diseases. In fact, so appalling is the ignorance of the American people in the regard to feeding and educating their children in dietetics that in nature had not endowed the growing organism with wonderful power of resistance, the percentage of infantile paralysis and kindred diseases would be infinitely greater than it is. In almost every instance the death of a child is traceable to the ignorance and superstition of the parents. Though many children survive, in spite of drugs, vaccines and serums, in almost every instance they are handicapped for the remainder of their lives, as the infantile body loses a large amount of vitality in excreting these poisons, the discovery of which are now regarded as the greatest achievements of so-called modern medical science.

In determining the cause of any disease we must first of all look to our food supply. There is no doubt that infantile paralysis is caused by eating too many white flour products, artificial sweets and the use of cow's milk, particularly pasteurized milk. The value of fresh fruits, fresh fruit

and vegetable juices, with their abundant supply of organic salts, essential for sound bones and tissues, is not yet recognized. Pasteurizing of milk always disorganizes more or less its mineral elements and renders it less digestible. Rickets and scrofula are always produced by a prolonged feeding of boiled or pasteurized milk.

Cow's milk, even if coming from a perfectly healthy animal, is very difficult of digestion for both infant and adult. It contains too large a percentage of casein and too little milk sugar. Furthermore the fat globules of cow's milk are sometimes so large that instead of passing through the mesh-like lining of the delicate intestinal wall and on by the devious route into the circulation, as nourishment, they form a sticky, greasy coating, and thereby work injury rather than the desired result, tissue building. While apparently children may thrive on cow's milk, the tissue formation is not normal, the digestive power is overtaxed, and in consequence the vitality is reduced.

All these disadvantages of cow's milk are avoided by the use of goat's milk, which is far richer, more nutritious and more easily digested than cow's milk. The statement has been made—and I believe it can be proved by statistics—that infantile paralysis cannot exist where children are fed goat's milk. While for ages people in all lands have known that goat's milk is good for well babies and far better for ailing ones, the reasons were not fully understood and appreciated until a scientific study of the properties of goat's milk were made.

The fat globules of goat's milk are very small and resemble those of mother's milk, while the casein also forms smaller curds that are more easily digested. The most important of all is the fact that the goat is the only dairy animal that is practically immune to tuberculosis, which fact proves its remarkable vitality and healthfulness. Thousands of children could not only be saved but could be well nourished from goat's milk, instead of cow's milk, especially in cases where the supply is not only liable to contamination, but is subject to wide variation, even if it is obtained continuously from the same herd.

While infantile paralysis appears to be epidemic, if we consider the fact that children—especially those raised in cities—are all more or less subject to the same devitalizing influences, such as impure and pasteurized milk, and faulty nutrition as well, we shall come a step nearer to the origin of the fatal sickness. There is no doubt that the fundamental cause of disease, including the so-called contagious disease, is to be found in an impoverished condition of the blood and the lowering of vital resistance, as a result of eating emasculated foods, deficient in the essential alkaline elements. This is proved by the fact that in all disease the acidity of the blood is found to be highly increased.

We boast much of the great progress of modern times, and indeed, wonderful achievements have been made during the last century, yet mil-

lions still succumb to disease and premature death. Ignorance in regard to the operation of natural laws of health still prevails among the masses, and those that claim to have a monopoly on the art of healing are too conservative to adopt sense and natural methods, because these are not taught by what they are pleased to consider medical authorities.

Medical science has made very little progress since the middle ages and the days of Dr. Jenner when nothing was known of physiological chemistry, and in a large percent of cases with physician and patient it is but a matter of the "blind leading the blind". The orthodox medical fraternity, armed with microscope and chest of re-agents discover germs and bacilli, invent serums, vaccines and anti-toxins, and still remain oblivious to the great truth that the real and ultimate cause of disease is beyond the reach of the microscope. In relation to the fundamental rules of their teaching they are still in a predicament similar to that of the ancient astronomers that undertook to calculate the problems of their science, on the primary premise that the sun revolves around the earth once in twenty-four hours. With this premise as a working basis, naturally they made bad work in calculating the tides, predicting eclipses and expounding the revolutions of the planets, and yet only a few centuries ago this was the opinion of the astronomers. Those of a wider vision that tried to proclaim the truth were ridiculed, imprisoned and burned at the stake, since the old astronomers in addition to their possession of the precedent of the science of ages and ages, had the evidence of their own sense in favor of the theory. Could they not see with their own eyes that the sun rose in the east every fair morning and set in the west each fair evening; and could they not feel with their feet that the earth in its relation to the sun stood still! The logic was good, but the premise was wrong. They had taken their ingrained errors for established principles; they had taken an optical illusion for a working principle of natural law.

The same fundamental error applies to the practices of the old medical school, especially to the drug and serum treatment of disease; an error around which has been reared a vast superstructure of false principles and misarranged facts. The root of this error is a false theory of diseases itself. Different species of bacteria have been discovered and medical science claims that these tiny organisms, invisible to the naked eye, are the direct cause of various diseases, whereas their presence does not prove that they create disease, but rather that they are there because the morbid condition of the body demands it, the same as a carrion attracts vultures and flies. These micro-organisms, instead of being seeds and germs to generate special diseases, are in most instances agents for neutralizing and removing matters that otherwise might be harmful and deadly. The healthy and moral are absolutely impervious to bacteria. The healthy body, as a result of a clean, active and unselfish life, has a most wonderful power of resistance.

Disease is a process of purification of the system—to burn up and cast out abnormal quantities of waste matter and poisons that have their origin in our perverted and dietetic and unhygienic habits. Nature does not provide any specific remedies for disease. She inflicts penalties for every transgression of her laws. When abnormal conditions arise in one's system the fundamental cause must be found and removed. Primarily, disease is diminished vital force. Local diseases are always a result of general disorder in the organism, manifested in the weakest part or organ. Consequently, successful treatment cannot be confined to the organ or part affected, but the entire bodily organism must be treated, as a whole, if any real or permanent benefit is to be achieved. Future and more enlightened generations will look back upon your efforts to stamp out disease by the use of vaccination, quarantine or disinfection with incredulity—as being too ridiculous to be credited—or with pity for our superstition and ignorance, much as we now regard the burning of witches, or driving out of devils in the middle ages.

The question of diet in infancy and childhood is most important, since, as already stated, nearly all the so-called children's diseases are caused by improper feeding. The period of early childhood is decisive for the remainder of one's life, and the amount of vitality necessary to resist injurious influences, aside from heredity, depends largely upon the quality of nourishment one receives at that time. "The child is the father of the man," and as the formation of the healthy and strong body is necessary for the development of the healthy mind, the importance of a sound formation for the growing organism cannot be too strongly emphasized.

Reason and common sense tell us that mother's milk is the best form of nourishment during the early months of life, and that every mother who is physically able should nurse her child. It is a deplorable fact and furnishes food for thought that less than one-third of the mothers of our so-called civilized countries are able or willing to perform this important function. Many mothers because of ignorance or inability to realize what it means to the child's future, refuse to be "tied down" or inconvenienced, and thereby commit a crime and prove their unworthiness of the sacred privilege of motherhood.

While it is true that babies may be reared on artificial food and remain apparently healthy, the percentage of robust bottle-fed babies is much smaller than that of breast-fed, and statistics show that infants fed on the breast milk of a healthy woman are stronger and better able to resist disease. The injurious effects of improper feeding are not always immediately noted, and often a food characterized to do much harm, if used permanently, may show no pernicious results from a temporary use. It is often the case that a child may become fat on some particular variety of food, and the absence of some necessary element in the food may not be noticed for many months, or until great harm has been wrought.

There are about two million babies born in this country each year, and of these approximately one-fourth die under five years of age. About fifty percent of these deaths occur under one year. We are therefore compelled to acknowledge the slaughter of approximately one-quarter million of new-born children every year.

Infant mortality remains one the biggest problems that confronts society. For years it had been the object of serious concern to governments and municipalities, not only in this country, but also in France, Germany and England. In spite of everything that has been done, however, the total number of deaths among infants has not appreciably decreased. During 1907, in New York City, the number of deaths of children under one year of age was 17,437. In other words, about 150 babies out of every thousand born died under one year from causes that were largely preventable. Considering the poor population during the hot weather alone, the rate in congested quarters was from 200 to 400 deaths per thousand births.

Cow's milk, which is used in most instances as a substitute for mother's milk, is mostly affected, not only by the food of the animal, but also by the conditions and environments in which it is living. Even if produced under ideal conditions and taken in its natural state, without pasteurizing or boiling, cow's milk is physiologically unsuitable for infant feeding. As has already been stated, goat's milk is far better as an exclusive food for infants, as in its chemical composition it is more closely allied to mother's milk, and is therefore more easily digested and assimilated. As a substitute for mother's milk, the use of goat's milk should be encouraged.

So-called modified cow's milk may appear to the analytical chemist a good imitation of human milk, because its proportions of proteins, fats and sugar are about right, but actually the discrepancy is very great when studied from the standpoint of physiological chemistry.

The digestion and growth of a calf differ materially from those of an infant. The chief characteristic of cow's milk is its ready coagulation into large, indigestible masses, rich in fat, where soft masses, containing much less fat, and easily acted upon by gastric juices. At the end of forty-five minutes, following a meal of cow's milk, the stomach contents of a child show casein clots still undigested; furthermore, the mineral elements or organic salts of cow's milk, chiefly lime [calcium oxide], are not well assimilated, fully one-third being lost in the bowel discharges. The important mineral salts of cow's milk are sodium, calcium, potassium and magnesium chloride, and are more than twice as abundant as in human milk. In contradistinction to the organic salts in human milk, they frequently act as an irritant, even when artificially reduced to the same or lower percentage found in breast milk.

Pasteurization or sterilization, still advocated by some physicians in order to destroy germs and bacteria, is a delusion. Dr. E. M. Still, New York, says: "It has been my fortune for a number of years to oversee the

feeding of many hundred babies on pasteurized milk, and after numerous and careful experiments, I am forced to believe that in the vast majority of cases, it produced rickets and scurvy, or scurvy rickets and kindred diseases, if given continuously, these diseases being cured by the use of raw milk with no other treatment. Several years ago when there was so much talk of the virtue of pasteurized milk for babies, I examined several hundred babies so fed and found that 97 percent of them show signs of rickets, scurvy and scrofulosis, and it was only after these careful observations that the fallacy of heated milk in infant feeding was made known to me."

Pasteurization of milk so changes its organism and ingredients that it is no longer fit food for the proper nourishment of an infant. That commercially pasteurized milk is more unsafe than ordinary milk, is abundantly proved by the investigations of Penning and McClintock of Philadelphia, and is also true of other cities. Experiments on the germicidal action of cow's milk have shown that the relative increase of bacteria in milk is more pronounced if heated to 75° C. or 100° C. [167° F. to 210° F.] than in raw milk or milk heated to 56° C. [132° F.] proving that the heating of milk destroys or greatly impairs its germicidal action.

Animal milk used as an exclusive infant's food should not be heated above blood heat, as a temperature above that disorganizes the albumenoids and mineral constituents, upon which the development and growth of the child depend. To be sure, uncontaminated milk is necessary for successful infant feeding, but contaminated milk, no matter how carefully pasteurized, will cause disordered digestion, improper assimilation and consequently disease. Pasteurization by no means destroys the impurities, and heating inferior, unclean milk that is full of bacteria, does not improve the health of the child. Raw milk should always be preferred, even if it is not so pure and free from bacteria as we wish.

Some people have an idea that it matters not how filthy a cow's milk may be, nor how many germs it contains, pasteurization or sterilization renders it a fit food for children. As a matter of fact prolonged boiling does not kill the spores of all bacteria, nor are the chemical poisons produced by certain germs altered by the temperature of boiling milk.

The first effect of using sterilized milk is that the child becomes constipated and it is for this reason decidedly objectionable. The same refers to condensed milk, which probably does more harm than any other of the infant's foods.

Cow's milk, if used at all, should come from clean and healthy animals, living out of doors. It should be handled in scrupulously clean vessels and used as soon as possible.

A diet of fresh cow's milk is best modified by small quantities of fresh

fruit juice, as orange or apple juice. The general opinion is that children should not be given fruit until the period of infancy is well passed. While this may be true of fruits in general, the giving of the strained juices of certain fruits is not only conducive, but actually essential to a baby's health. A teaspoonful of orange juice three times a day has been found very beneficial, especially in cases of rickets and other disorders of nutrition. In giving fruit juices to infants, several points have to be observed: the juices must be made from perfectly ripe fruit and carefully strained; they should be given about two hours after milk feeding, and at least half an hour before the next feeding of milk. In nearly all cases the infants greatly enjoy this pleasant modification of their diet. While it is not necessary to give fruit juice to breast-fed infants, since mother's milk is free from the objections made to all rational foods, it will be found advantageous to do so. Fresh fruit juices are the best preventative of infantile diarrhea, as their mild acids and alkaline salts are natural disinfectants of the alimentary canal.

Overfeeding is the most frequent mistake in the feeding of infants. Nearly all cases of colic and diarrhea in babies are due to this cause. A large number of infantile diseases can be overcome by regulating the hours of feeding. The child is not always hungry when it cries, and a few sips of water, especially during the night, will produce better sleep, and give the stomach a much needed rest.

Children should not be given refined sugar in any form. The extensive use of artificial sweets is responsible for a large number of the diseases of the digestive organs.* Not enough can be said in warning against the prevalent forms of pastry and confectionery. That the general public is blind to the pernicious effects of artificial sweets is indicated by the rapid increase in the manufacture and consumption of sugar. Statistics show that the average American consumes half his own body weight, or over 82 pounds of sugar every year.

The use of artificial sweets and of fine white flour products is one of the most pernicious customs of the day, causing defective development of the skeleton of the infantile body, and in later years a morbid softening of the bones, making dentistry one of the most lucrative professions in this country. Of 1500 children examined carefully by the Board of Municipal Research of New York, 75 percent were found to be in need of dental treatment.

The taste for sweets is natural and indicates a physiological demand. This demand, however, can be met without injury only by a use of the natural sweets, existing principally in fresh fruits. Like all other acquired

* Artificial sweets refer to refined sugar. Natural sweets would refer to fresh fruits. *Ed.*

tastes, the sugar-eating habit is hard to give up, but numerous tests have shown that when once broken the natural taste of food is more pleasant than when it is disguised by manufactured sugar.

The feeding of growing children with an excess of bread, breakfast foods, ice cream, confectionary, meat and eggs, furnishes too much nitrogen and phosphoric acids and not enough of the alkaline salts to the systems, causing anemic and scrofulous conditions. At the same time these foods favor a morbid overgrowth of the tissues, as enlarged glands, adenoids and a catarrhal condition of all the mucous membranes. To relieve these conditions by surgical operations betrays very little knowledge of the physiological functions of the human body. Such illogical treatment is the outcome of the ruling medical system which constantly confound cause and effect. Children, as well as adults, cannot keep in the best health without an adequate supply of fruits during all seasons of the year.

However, the problem of infant nutrition begins before birth. In fact, prenatal feeding in a sense is more important than postnatal feeding, since it determines the physical start in life. Upon it depends not only the condition of the mother's health during pregnancy, but also the ease or difficulty of delivery, size and weight of the fetus, the pliability of the bony structures, the elementary composition of blood and tissue and the quality of the mother's milk.

The fleshier and heavier the newborn infant, the happier and prouder are the parents and doctors in a majority of cases, yet the excessive size and weight of the child constitute the most prominent cause of hard and painful childbirth, and the frequent necessity for instrumental delivery. The Biblical saying: "In sorrow thou shalt bring forth" has led many to believe that woman's dreadful suffering is foreordained and necessary, whereas man's ignorance is accountable rather than the cruelty of an avenging God. This view is confirmed by the fact that other mammalia literally cast their young, without pain or difficulty, and that the labor pains of primitive mothers are insignificant—indeed their delivery presents little more difficulty than that of the lower animals. A Native Indian woman on the Western plains stops a few hours by the wayside to deliver her papoose and then resumes her journey as though nothing has happened. Women along the German peasantry, living on coarse bread and vegetable food, to the last day of pregnancy do a great deal of hard work in the house and field, deliver their babes without help of mid-wife or physician, and resume their usual routine of work within a day or two following delivery.

Thousands of mothers that have adopted natural ways of living, dressing and breathing and exercising have learned to dispense with the surgeon's instruments and now bring forth their offspring without pain.

On the other hand, however, the average dietary of the American household consists almost entirely of meats, fish, fowl, potatoes, white bread, pastry, coffee, tea and refined sugar. Comparatively few vegetables are used and these few are deprived of their all important organic salts by faulty cooking; fruits are regarded as luxuries, and frequently as harmful and even dangerous.

The anemic or rather watery condition of the blood of mother and child is not due to a lack of protein and fatty material in food and blood, but to a lack of the essential organic mineral elements that are chiefly contained in fresh fruits and vegetables. The human race, like the anthropoid ape, is by nature frugivorous, which means that the natural diet of man consists of fruits, supplemented by succulent vegetables, nuts and grains in the milk, yet the majority of people, especially of Europe and America, classify themselves as omnivora, taking their food from every conceivable source and in every possible artificial preparation, in order to satisfy their perverted and depraved appetites. They completely lose sight of the fact that man has lost his natural instinct that guides the animal living in freedom in the realms of nature in the selection of food.

Fortunately, man's lost instinct is now being slowly replaced by the researches of modern science, especially food chemistry, physiology and biology. These sciences, as well as practical experience, emphasize the great and universal truth that the vegetable kingdom is the storehouse of all nutrition, giving us the greatest variety of products from which to select our food; and that flesh food should be debarred from our dietary, not only for sanitary reasons, but on ethical grounds as well.

I realize that this change in man's attitude toward the lower world, his recognition of his true place and functions in nature, means in many respects a complete reversal of his habits of life. But the human intellect and will, if they be really exercised, can readily reduce the body to submission, without serious physical disturbance. People will ultimately understand that rational nutrition is one of the principal factors not only in the prevention, but also in the cure of all disease to which man is heir.

The various products of the soil are always best in their natural state, ripened by the enlivening rays of the sun, filled with vitality, unblemished by the hand of man. More than other products of the soil, fruits enjoy a free and uninterrupted exchange of the influence of light, heat and air by which the electrical forces of the sun are transmitted. Vital electricity is thus stored up in the fruits in a higher degree, and while we cannot grasp or determine this subtle power by chemical analysis, we can feel its enlivening effect through our entire system.

Simplicity in diet is the foundation of lasting health. A great variety of artificially prepared foods served at the same meal leads to overeating and indigestion, creates a desire for stimulants and gradually undermines

health and morals. Simplicity of living made Athens and Rome centers of art and society; gluttony and intemperance, greed and selfishness laid them in ruins.

Let us preach the great and universal truth that the preservation of health is merely a matter of living in perfect harmony with nature. The Supreme Intelligence which develops an invisible cell into an organism of the most wonderful perfection certainly knows how to restore health, if not hampered in her wise but often misconstrued methods. The laws of nature can never be changed to suit man, but man must study these laws and act accordingly. Nature can never be superseded by human make-shifts, but will go on to build her wonderful works in unabating grandeur when the feeble creations of human hands have crumbled into dust, or have sunk into the sea of oblivion.

From the pure fountain of nature flows the stream of energy and health which renews and invigorates our race. In every period of the world's progress men and women have received the greatest strength and inspiration direct from nature. To live in the open, in the sunshine, in the fields and woods, drinking pure air into the lungs, living on simple products of garden and orchard, and keeping a high attitude of mind constantly directed towards the welfare of his fellow men is indeed man's ideal life. With the increasing knowledge of our actual position in nature we may hopefully look forward to the time when an age of plain living and high thinking shall have man so regenerated that he will walk the earth a century or more, carrying out that great law of evolution which culminates in the physical and mental perfection of the human race.

Let us work for a better understanding of nature; for a better and more rational education of the coming generation, as it is here that we lay the foundation for a new and better civilization.

Let us displace the old doctrines of fear, disease, ignorance and superstition with those of true knowledge, hope, health and happiness, and last but not least let us change our present system of greed and selfishness into one of social and economic justice.

Local diseases are always a result of general disorder in the organism, manifested in the weakest part or organ.

The problem of infant nutrition begins before birth.

GENERAL PATHOLOGY

THE IMPORTANCE OF THIS SCIENCE; WHAT IT MEANS; AND ADVANTAGES ARISING FROM ITS STUDY

by J. Luepke, M. D., Sc. D., Welga, Illinois.

Former Professor of Pathology and Allied Sciences, N. Y. Chiropractic College
Herald of Health and Naturopath, XXII (4), 245-247. (1917)

Of the various branches of the healing art, none to the physician is so attractive as a study, none so important in its results as General Pathology—the science and study of diseases, their nature and their treatment. It is a centre around which are disposed—as the stars in our planetary system around the sun—at unequal distances the other natural science. The study of Anatomy and Physiology, of Chemistry and Physics, of Botany and *Materia Medica*, affords the student but an introduction and foundation to that of Pathology; he regards those sciences of far less importance, as soon as Pathology becomes the object of his special study, and begins to view them rather as “accessory and auxiliary sciences” and, most naturally, among the numerous facts presented by them, he notes only those which are nearly connected with the knowledge of disease and its appropriate methods of treatment.

We would not, however, exalt the science of Pathology at the expense of the other branches of Natural History; whatever be its importance, and the dignity of its aim, we claim for it no superiority over the other sciences. Physiology, Physics, Chemistry, etc., are entitled to an equal consideration, we cannot deny it. Intimately connected as are all these sciences, they reciprocally aid in the elucidation of each other, and none among them should be allowed the pre-eminence, although in his estimation, who makes it his particular study, either will appear of paramount importance.

Pathology, like the other sciences just mentioned, is without limit, while Botany, Physics, Chemistry and Mineralogy are daily extending their domain, the science of disease also, to the observer, appears to be rapidly advancing. Without here referring to the ever new and infinite varieties of disease, this must be evident, whether we consider: the more careful study of causes—Etiology—the more accurate description of symptoms—Symptomatology—the more critical examination of the circumstances which extend a favorable or unfavorable influence upon the progress of diseases, the discovery of affections previously unknown or imperfectly described, or lastly, the application of new methods of exploration—(as viz Percussion, Auscultation, Vertebral Palpation or Iridological Inspection)—to the phenomena of disease.

To cite only one instance in Physical Diagnosis, has not the discovery

of Palpation and Iridological Inspection or that of Auscultation added to the history of thoracic or any other disease—a multitude of phenomena and valuable diagnostic signs, of which we were previously ignorant?

Pathology presents for consideration a mass of facts, all the details of which it is beyond the power of the human mind to comprehend; it may even be asserted that, throwing aside its theories and its systems, no one is possessed of all the knowledge contained in the records of pathological science. This want of correspondence between the extent of the science of Pathology and the capacity of the human mind, has consequently led to results which are comprehensible. It being impossible to increase the mental powers, it is therefore necessary to make a division of the science to several parts which should be within reach of our intellectual capacity. Hence the numerous divisions of Pathology. Of these the two main divisions are those distinctive of Internal or Medical, and External or Surgical Pathology; the former I would define as the Pathology of disorders the treatment of which generally does not call for manipulative or mechanotherapeutical interference, while the latter, viz, the Pathology of surgical diseases, etc., calls for such. There is another division, which would help to specify our subject, namely the division into General and Descriptive Pathology. The term “**General Pathology**”, includes all diseases under the same head [heading], studies their general characteristics, causes and development, the succession and connection of their phenomena observed during life, post mortem appearances, and the circumstances which modify their progress or induce the changes taking place.

Descriptive Pathology includes all diseases, but describes them in a series of groups, with the appearances peculiar to them, which serve to distinguish them from each other. This division of Pathology, the limits of which are the most clearly defined, is preferred by the writer in his lectures and *Mail Course on Rational Therapeutics*. The consideration of all phenomena, common to diseases, belongs to General Pathology, while whatever relates to the history and description of peculiar diseases, falls within the province of Descriptive Pathology. There are some subdivisions of which we need to know only the most important: Local Pathology refers to diseases either of individual parts or organs or to climate and other geographical conditions (also called Geographical or Endemic Pathology).

Special Pathology is the study of “particular” diseases, as, for instance, those referring to sex, childhood, the nervous system, etc., (Gynecology, Pediatrics, Orthopedics, Neuropathology), while Neuropathy refers to disease of the nervous system.

Experimental Pathology has been defined by Prof. Dr. Bonley in Paris as a study of diseases by means of observation of pathological conditions, spontaneous or artificial, in the lower animals or in vegetable organisms. In short, I would define it as the study of diseased conditions that have

been induced intentionally for experimentation, as by the abominable vivisection of animals.

The “**Humoral Pathology**” of Hippocrates is an old dogma which was based on the supposition that diseases depend on an abnormal condition of four Humors, viz., yellow and black bile, the blood and mucus (or phlegm), this was succeeded by a pathological system called “**Solidistic Pathology**”, which we mention for curiosity sake, it attributed diseases to the widening or narrowing of pores in the solid parts of the body. The **Humoral Pathology** of Rokitansky and other modern writers is based on the theory, that all changes produced by disease, are the result of a blood-dyscrasia.

The “**Cellular Pathology**” of Prof. Dr. Virchow, (Berlin), the latest of all, is a doctrine which is based on two propositions, viz., (a) that all vital processes issue from cellular forms, and (b) that every cell both in normal and abnormal (i.e., pathological conditions) originates from some pre-existing cell. Virchow’s theory is the foundation of Modern Pathology, and of all scientific research work.

There are numerous advantages attending the study of **General Pathology**. It gives scope to considerations, favorable to the development of the reasoning power, and an enlargement of the views of the student. It briefly points out to him, at the commencement of his career, the path he should pursue, the objects which claim his attention, and the dangers to be avoided; it also indicates the course which should be adopted in the investigation of particular diseases; and lastly, by grouping together these various affections, it aids in the elucidation of their history (Anamnesis).*

This is more clearly shown by an illustration from Pathological Anatomy, a section of General Pathology, although a most important one. Pathological Anatomy enables the surgeon to decide whether a suspicious tumor is malignant or benign, (i.e. harmless), and in many other ways is of the greatest importance, and although at first sight it might appear to be of minor value in relation to “Rational Therapeutics,” this is not in reality the case.

Scientific treatment demands an accurate knowledge of the material changes which lie at the foundation of the various morbid symptoms. Hence Pathological Anatomy not only forms a portion of the positive basis of Rational Therapeutics, but it also points out the processes by which the different altered parts may be gradually restored to their normal condition. It not only merely indicates what requires healing, but in many cases also the course that must be adopted in order to **aid the curative tendency of the powers of Nature**.

*Anamnesis means a patient’s account of a medical history. *Ed.*

It likewise serves as a check on therapeutics, exposing, in a most conclusive manner, the absurdity of many pretended cures or methods of cure. It points out, for example, that in a certain stage of pneumonia, a fibrinous fluid separates from the blood, and by its coagulation renders a portion of the tissues of the lung impermeable to air; and further that it requires several days for this coagulated matter to resume the fluid condition and to be removed.

If any one should assert—and such assertions have often been made by Medical, as well as Non-Medical, practitioners—that in this stage of the disease he would be able to cure the patient in a few hours—a very slight knowledge of Pathology, or Pathological Anatomy in this particular case—would show the folly of such an assertion.

We would not, however, exalt the science of Pathology at the expense of the other branches of Natural History; whatever be its importance, and the dignity of its aim, we claim for it no superiority over the other sciences.

It being impossible to increase the mental powers, it is therefore necessary to make a division of the science to several parts which should be within reach of our intellectual capacity. Hence the numerous divisions of Pathology.

Scientific treatment demands an accurate knowledge of the material changes which lie at the foundation of the various morbid symptoms.



EDITORIAL: A LITTLE OF THE TRUTH

BENEDICT LUST

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Persimmons	Royal Poincianas	Crepe Myrtle
Mimosa Pudica (Sensitive tree)	Limes	Sugar Cane
Guavas	Grapefruit	Rice
Hybiscus (five kinds)	Peaches	Louquats
Honey Suckle	Sapodillo	Olives
Lemons	Crotons	Grapes
Rubber Trees (three varieties)	Washingtonian Palms	Molango
Sophora Japonica	Roses (15 varieties)	Alamander
Catalpa Bampferi	Washingtonian Lily	Morphia
Casium	Radishes	Alfalfa
Chinese Yam	Strawberries	Lettuce
Eggplant	Sunflowers	English Peas
Sweet Corn	Tomatoes	Copeas
Broom Corn	Turnips	California
Field Corn	Caspia Mint	Swiss Chard
Sweet Potatoes	China Gama	Beets
	Parsley	Carrots
	Mango Peppers	Rhubarb

NATURAL LIFE COLONY ASSN., c/o Dr. B. Lust, 112 E. 41st St., N. Y.

Benedict and Louisa Lust founded a second Yungborn in Zellwood-Tangerine, Florida. The tropical fruits and vegetables available in this lush enviroment was a perfect site for a health retreat center.

EDITORIAL: A LITTLE OF THE TRUTH

by Benedict Lust

Herald of Health and Naturopath, XXIII (10), 813-814. (1918)

People who are ignorant of the fact that so-called acute diseases run a definite course and are self-limiting, are too hasty in attributing the recovery of the patient to the remedies or measures used in treatment. Those who fail to realize that all acute conditions are natural healing efforts of nature, and are necessary in order to promote the destruction, oxidation and elimination of morbid matter from the body, will continue to look for remedies and measures to counteract these natural reactions.

Naturopathy takes no credit for the recovery of any patient from an acute disease, because recovery is the natural outcome. But a naturopath or any other physician should be held responsible for all deaths from acute diseases that occur under his treatment. It speaks ill for the doctor who loses a patient during a healing crisis of this character. It shows ignorance or neglect on his part. The chances are all in favor of the patient, and will remain so if nature's operations are not interfered with. It does not require any great amount of scientific knowledge to treat a patient who is down with pneumonia, typhoid fever, or any one of the myriad of acute conditions. All that is necessary in the way of treatment is the application of a little common sense. The things that any grandmother knows are of more value than all the hokus-pokus of the average medical graduate.

The test of the value of any remedial treatment can best be judged by its effect on the "chronic". In acute conditions, remedies are unnecessary, and if given with the idea of checking any of the symptoms, they often result in counteracting and suppressing nature's healing efforts. In this case, a so-called remedy can be defined as something given, which does not always prevent the patient from getting well. The patient more often recovers in **spite** of the treatment, rather than **because** of it.

Strictly speaking, chronic diseases are not curable, as the process must return to its acute stage before the disease can be eradicated. The value of a remedy in chronic conditions can be determined by its ability to revert the disease to its acute stage. Two things are necessary in order to change the course of a chronic disease for the better, and they are increased elimination and increased power of resistance on the part of the patient. Any measure which will accomplish these two results without further impairing the body through damaging after-effects, may be considered as good measures.

A thorough investigation of all healing methods, past and present, has brought us to the conclusion that health can be restored only through the application of those measures which are considered natural, and these only within certain limits.



A bird's eye view of the Yungborn at Butler, N.J.

The sun, the air, heat, cold, water, proper food and exercise are the foundation-stones of natural therapy, while mental and mechanical treatment for the super-structure of the system.

Naturopathy knows that neither the doctor nor the remedy actually does the curing. Cure is produced by the reaction of the cells of the body to the disturbing element. Nature is constantly endeavoring to maintain the normal, and will succeed in restoring health through her reactions when the abuse of body functions ceases. Therefore, do not judge the value of a remedial measure by its immediate effect, but, rather, by the ultimate result obtained.

To illustrate this, let us quote a case: A lady came to us for treatment suffering from headaches, constipation, disturbed digestion, nervousness, and all the symptoms of intestinal toxemia. Under a course of treatment consisting of diet, hydrotherapy, sun, air and mechanical treatment, the symptoms for a time subsided, and then became more acute, resulting in bilious attacks, and finally in acute catarrhal conditions of the respiratory tract, which latter reached a crisis in the form of pneumonia. The patient made a rapid recovery, and has been entirely free from any symptoms of the old chronic ailment ever since. This was true nature cure, and the

value of the remedies used lay in their effectiveness to raise the patient's power of resistance sufficiently to bring about an acute reaction. Those who do not understand the process of cure may have attributed the pneumonia to germs, wet feet, drafts, and what not; but in reality, it was the final throwing off of the remaining morbid matter.

Another case in point, may serve to illustrate how ready the ignorant are to attribute cures to the one who happens to be present when the crisis occurs. A physician was attending a very severe case of pneumonia. Being a fairly wise physician, and recognizing that there was nothing to be done beyond keeping food away from the patient, and using judicious hydrotherapy and common sense, hygienic measures, he awaited developments. By the sixth day, the family became dissatisfied, discharged the physician, and called in a mental scientist of a popular cult. That night, the crisis occurred, and the patient began his recovery. The mental scientist received the credit for the cure. Had the physician used his wisdom to the extent of carefully explaining to the family the nature of the condition, and what was to be expected, he could have held the case and taken the credit. The crisis was due to occur, and, as long as he was doing nothing to prevent or retard it, would have taken place just the same. In this case, it was the family that required the mental treatment, and the family got it—not the patient. There is a moral to this illustration: In severe, acute conditions, always treat the patient's family; the patient will recover with reasonable care if surrounding conditions are made favorable.

We realize that we are committing the unpardonable sin here by taking the public into our confidence, and exposing some of the secrets of the medical profession. But we are willing to stand the consequences if we can succeed in allaying the fear which patients and families usually have of acute diseases.

There is no such thing as vicarious atonement for the violation of nature's laws, and the rapid increase of chronic ailments gives evidence of the fact that **something** happens whenever nature's healing efforts are suppressed. Acute conditions, allowed to run their course, with the patient receiving proper care, will never result in chronic disease.

People who are ignorant of the fact that so-called acute diseases run a definite course and are self-limiting, are too hasty in attributing the recovery of the patient to the remedies or measures used in treatment. Those who fail to realize that all acute conditions are natural healing efforts of nature, and are necessary in order to promote the destruction, oxidation and elimination of morbid matter from the body, will continue to look for remedies and measures to counteract these natural reactions.

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EDITORIAL: IMMUNITY

BENEDICT LUST

A COURSE IN BASIC DIAGNOSIS

WILLIAM F. HAVARD, N.D.

A COURSE IN BASIC DIAGNOSIS:

BASIC PRINCIPLES

WILLIAM F. HAVARD, N.D.

A COURSE IN BASIC DIAGNOSIS:

DETERMINATION OF BASE AND INCLINATIONS

WILLIAM F. HAVARD, N.D.

A Healthy New Year to You!

By WM. F. HAVARD

WE wish you a healthy new year, because we know that if you are healthy, you cannot be other than happy.

The miserable man is sick. No person who is well can possibly be unhappy, for health is the greatest of man's enjoyments.

With health, everything else is possible. We can be without a cent in our pockets, and yet, having health, know that the future is provided for.

Health breeds optimism and assurance. Disease fosters pessimism, doubt and despair.

In health, aspiration soars, and the heights—the goal of attainment—stand forth, bathed in a glory of sunshine.

In disease, the mind totters, and the eyes stare into the bottomless pit of despair.

Happiness is a state of mind promoted by a healthy body, and maintained by wholesome living.

Happiness is man's birthright, and any doctrine which teaches otherwise, is false.

Man was ordained to be happy, and if his state is any other, who is to be blame?

For the new year, then, we wish you that which is your natural heritage—Health in Abundance.

William Freeman Havard submitted many poems and this one appeared in January, 1919 in *Herald of Health and Naturopath*.

EDITORIAL: IMMUNITY

by **Benedict Lust**

Herald of Health and Naturopath, XXIV (3), 113-114. (1919)

If we throw out of our minds the false idea regarding acute diseases—i.e., that they are due to an invasion of bacteria—and for a moment consider the more rational idea—i.e., that they are Nature's means of cleansing the body of accumulated morbid matter, the germs merely playing the role of oxidizing agents—we can reason properly on this subject.

The human body in the natural course of life will tolerate accumulations of waste products for about six years, but during the seventh year will cause a reaction to take place in order to purify the blood and tissues. This reaction takes the form of an acute disease, its characteristics or symptoms depending upon the nature of the accumulations, the site selected for eliminating the poisons, and climatic conditions. After a person has experienced such a reaction there remains in the blood traces of what are erroneously called immunizing bodies, but which are in reality ferments capable of chemically changing the character of the poison generated during this particular reaction. Should the individual accumulate waste products during the next period of six years they would not be able to assume the same character as on the first occasion, due to the presence of the ferment, consequently the reaction which would follow would have to assume a new form and the body select a new site for the eliminating process.

If we study these reactions from childhood up, we find that they occur in the earlier periods as skin eruptions and would most likely continue to assume that form, were it not for the suppressive treatment usually employed. However we find the body making recurrent attempts to bring about surface elimination, even after repeated suppression, where the individual possesses superb vitality. The following periods usually bring reactions to the internal parts, with a consequent elimination from mucous membranes lining the respiratory, digestive, or genitor-urinary tracts.

Disease becomes chronic when the vitality reaches such a low ebb that the body has not the power of reaction. Reaction requires vitality to produce the reaction.

Reactions will continue to occur in the body as long as the body has sufficient vitality to produce them, but seldom assume the same form if the poisons producing them are of the character to require the presence of a special oxidizing agent (germ).

Some conditions, such as acute inflammatory rheumatic, which are caused by slightly soluble crystalline irritants (imperfectly formed normal wastes) may recur frequently and become chronic and are ultimately eliminated in the form of boils and carbuncles if at all.

All other acute reactions are caused by wastes in a colloid form, which must be reduced (oxidized) and later chemicalized into soluble crystalline form, when their elimination will be facilitated.

The doctrine of immunity from small-pox, typhoid, paratyphoid, etc., through injections of specific serums can be used to strengthen our argument against their use.

The victim may get a reaction after the injection of these vaccines and serums, if his vitality is good, that may enable him to eliminate the poison, leaving a ferment that will change the character of any like poison that may be generated and which will have to be eliminated in another manner, giving different symptoms to the reaction.

Our high mortality in the army from influenza may be due to the fact that the natural channels of elimination were blocked by the use of serums given to prevent small-pox, typhoid, paratyphoid, etc., and that the overburdened system found no other channel through which to throw off poisons except the lungs, consequently a too large percentage developed pneumonia quickly. Maltreatment of this condition did the rest.

The medical theory of immunity is false from the foundation because it assumes that acute diseases are produced by infecting agents and that they are specific in nature. When pathologists begin to realize that the specific character of acute diseases is determined more by the condition of the body and climatic conditions than by any invading organism, they will be able to tell us truly why we are not likely to “catch” small-pox twice in a lifetime. They will know then that one good cleansing of such accumulations from the body should be sufficient to last any fairly rational being a lifetime.

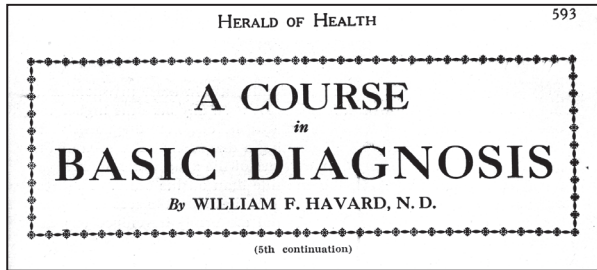
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A COURSE IN BASIC DIAGNOSIS

by William F. Havard, N.D.

Herald of Health and Naturopath, XXIV (8), 379-381. (1919)



William F. Havard, N.D.

Did you ever inquire why two individuals living under identically the same conditions will contract different diseases?

Do you know the fundamental differences in individuals?

Do you know exactly why one person grows fat on a certain diet and another gets thin on the same diet?

If you do not know these things, this course in Basic Diagnosis will enlighten and interest you.

INTRODUCTION

Association with people of our acquaintance has no doubt shown us that no two of them are alike. Each individual manifests certain characteristics that distinguish him from his fellows even as do his facial features. Each person has tendencies, inclinations, tastes, likes, dislikes, and habits which are peculiar to him alone. These things go to make up his character. Character may be true or false, however. True character is the expression of deep impressions which are in reality a part of the individual, while false character is in the nature of affectation or imitation and is the result of environmental suggestion.

Character Analysis teaches that all true tendencies and deep impressions are reflected in the appearance of the person as shown by form, size, shape, color, structure, etc.

Biology tells us that structure is governed by function, that the use to which an organ or part is to be put determines its make-up, size, shape, and capacity.

Physiology and psychology show us the workings of body and mind, and when studied conjointly the student can determine the relationship of body and mind.

Basic Diagnosis relates body functions to mind functions and outlines an easy method of determining an individual's predisposition toward disease. It is founded upon physiological and psychological laws and for the first time lays down the laws governing pathological sequence. The facts it discloses are the result of a close study of the history of the human race coupled with the known facts of biology, physiology, embryology, psychology, and pathology.

Basic Diagnosis classifies human beings according to the predominance of one or another of their vital organs. It cites as a fundamental fact that there are only three primary functions necessary to the maintenance of life: digestion, breath, and reproduction, and that all other functions are secondary to one or more of the three primary functions. It further declares that the three primary functions operate in varying degrees in individuals. In one person the breath function may be the strongest, in another the digestion, and in still another, the reproductive function may take the lead.

Each of the three fundamental functions is related to one of the three Basic Principles of man, the digestion to the physical principle, the breath to the mental principle, and reproduction to the moral principle.

Each person contains a certain mixture of the three basic principles: physical, moral, and mental, and the fundamental reason for individuality lies in the fact that no two persons have exactly the same mixture of these three basic principles. To illustrate, let us take the three primary colors, red, blue, and yellow. Is there any limit to the shades, colors, and tints that can be obtained by blending these three primary colors in varying proportions? Yet in each case is it not possible to classify them according to the color which predominates in each?

In Basic Diagnosis the principle which predominates in the individual determines which of the three primary organ systems has the greatest strength, and the degree to which the other two principles are represented will determine the relative strength of the two remaining organ systems.

From a physiological standpoint one would naturally assume that all organs normally possess an equal degree of functional ability, but this is because the function of each part of the body is studied separately and not in relation to all other parts and the body as a whole. As a matter of fact a person showing a perfect "normal index" (an exact balance between all functions) would be hard to find.

Basic Diagnosis throws a clearer light on both physiology and pathology, because it bases its conclusion and deductions on the relative degree of functional activity existing in the different organ systems of the indi-

vidual. It takes into consideration the “personal equation” and lays a foundation for rational therapeutics by making the treatment applicable to the patient instead of to the disease.

Why does one person die within three months from tuberculosis while another who apparently had not half the vitality of the first lingers with the disease for years? Must there not be some fundamental difference between these individuals? The reason for this is plain to the one who understands Basic Diagnosis. In the first case the lungs were the individual’s basic organs, while in the other case they were not.

A disease process begins at the point of least resistance and progresses in accordance to the relationship existing between the primary functions until it involves the basic organ. When this point is reached it marks the “beginning of the end” of that individual.

The laws of reflexes have been definitely determined and the laws of pathological sequence are likewise definite. Disease is not a haphazard occurrence depending upon the kind of “bug” you contact with. The manifestation of the body’s reaction may depend upon the character of the irritant causing it, but its location, severity, and progress depend primarily upon the degree of resistance in the organism and the relative degree of functional activity in the three primary organ systems.

The latest conceptions of the more modern schools of healing are coming closer to the idea that most disease conditions are caused by poisons generated within the body. The character of these poisons and the consequent disease symptoms will depend upon which set of organs is failing.

IS BASIC DIAGNOSIS EXACT?

Like everything worth while to attain, proficiency comes only through persistent practice. The encouraging feature is that the deeper you go into Basic Diagnosis the more fascination it holds for you. It leads you to acquire a knowledge of life and human nature that you scarcely dreamed was possible. It opens up avenues of research and leads to paths of attainment; it creates a desire to know more, to do more and greater things. It gives us a more positive knowledge of ourselves and our fellow men.

Basic Diagnosis relates body functions to mind functions and outlines an easy method of determining an individual's predisposition toward disease.

Basic Diagnosis classifies human beings according to the predominance of one or another of their vital organs

Each person contains a certain mixture of the three basic principles: physical, moral, and mental, and the fundamental reason for individuality lies in the fact that no two persons have exactly the same mixture of these three basic principles.

Basic Diagnosis throws a clearer light on both physiology and pathology, because it bases its conclusion and deductions on the relative degree of functional activity existing in the different organ systems of the individual.

A COURSE IN BASIC DIAGNOSIS: BASIC PRINCIPLES (CONTINUATION)

by William F. Havard, N.D.

Herald of Health and Naturopath, XXIV (11), 534-538. (1919)

BASIC PRINCIPLES

While the cerebrum or great brain has many functions, they all fall within three general classes. Each class is presided over by one of the three basic principles of man's nature. These principles are the Physical or Material, the Moral or Spiritual and the Mental or Intellectual.

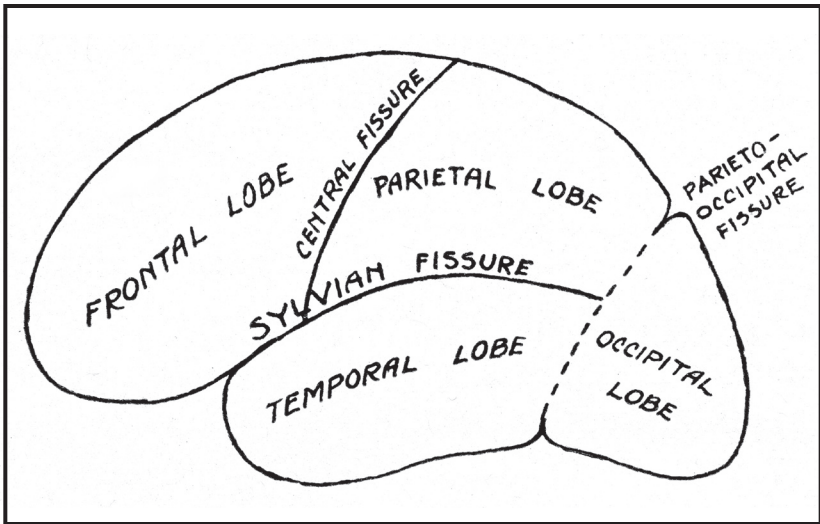


Diagram of a cerebral hemisphere showing lobes and fissures.

THE PHYSICAL OR MATERIAL PRINCIPLE

This principle stands behind the formation of matter and through the laws of evolution, chemistry and physics governs its changes of state, combinations and decompositions. In the animal organism it governs nutrition and through its organic operations supplies the materials for cell growth and repair. Its expression is in form, substance, solidity, physique. It is closely allied to nature and terrestrial operations. The individual endowed with a large proportion of this principle is more in harmony with nature, and consequently lives a more simple and uncomplicated existence. He is more likely to be hardy and physically strong, possessed

of great muscular strength and endurance. The portion of the cerebrum in which this principle operates lies at the base and is confined to the temporal and occipital lobes which are enclosed in the skull by the temporal and occipital bones.

THE MORAL OR SPIRITUAL PRINCIPLE

This principle governs morality, spirituality, imagination, music, art, poetry, invention, and lends the appreciation of religion and infinity. It is the theoretic part of the mind and stands between and binds the ductless glands are the strongest organs in his body and the last to become affected by a disease process.

The Moral Principle operates through the parietal lobes of the cerebrum and receives its support from the generative and other ductless glands. This discussion might be passed over by saying that sex and morality have always been associated, and consequently no explanation is necessary, but that would not satisfy the reasoning mind. The relationship can be explained in a scientific manner, but it would occupy more spaces than is warranted for the purpose of this lesson. The writer realizes, then, that the following explanation is rather brief, but it nevertheless contains facts that are published for the first time.

The generative function includes more than the reproductive processes, for it is largely through the internal secretions of the generative and other ductless glands that the growth of the body is controlled and the metabolism of the cells regulated and stabilized when physical growth and development have been completed. Going back for a moment to a consideration of unicellular organisms, it can be seen that their growth never in reality ceases. Their anabolic process is always greater than the katabolic,* and consequently growth continues in the cell up to a point where complete nutrition is no longer possible, when reproduction (cell division) takes place and growth continues in the two new cells. In the complex multicellular organism, reproduction is carried out by a special group of organs and the reproductive principle has been centralized in a specialized group of cells. It is here that sex enters in. The growth of the sexed creature can not be limited by a direct division of the body, nor can the cells continue to grow and multiply except in special instances for the purpose of repair. The body must then be provided not only with a special mechanism for reproduction, but also one that will regulate the growth of the organism, stopping it at the proper time and then stabilizing the cells by balancing the metabolic processes. The ductless glands through their secretions become the factors in regulating growth and may therefore be considered modifications of generative activity.

* katabolic = catabolic. *Ed.*

The moral faculties are part of the higher nervous functions and are promoted through the internal secretions and particularly through the internal secretion of the generative glands. These conclusions have been arrived at largely through a study of the perversion of the faculties arising as a result of disorders of the generative system. The sexual glands provide the nerve cells of the moral brain with a highly refined substance that is necessary to their growth and development and without which they will fail to expand. Sex is an economic biological development and through it is induced the natural attraction of complimentary elements which forms the basis for the constructive emotions.

Emotional activities are the chief distinguish[ing] features of the individual possessing a preponderance of brain development in the parietal lobes. This individual possesses a nervous temperament, is more highly organized than the one of stronger physical or material propensities and inclined toward theoretic considerations. His generative organs and his material to the intellect, for that which neither alone can comprehend are appreciated through moral understanding. The Moral Principle governs all the constructive emotions, such as love, affection, faith, charity and hope, and such qualities as mercy, respect, veneration. Man's higher ideals all spring from the workings of the moral faculties. This principle extends beyond the realm of human reason, and consequently it is difficult to define it. Its scope is unlimited, indefinite, infinite.

The brain mechanism through which the moral principle acts is located in the parietal lobes of the cerebrum which are enclosed by the parietal bones of the skull. Almost the entire range of psychic phenomena is promoted by stimulation, excitement or lack of sufficient control of the moral brain areas. These phenomena are being investigated today on a very extensive scale by psychologists, spiritualists and even by material scientists, each group offering a different solution which may or may not be explanatory, depending on the point of view. The psychologist sees the solution of these phenomena in the "duality of mind," one of which he calls the conscious mind, and the other the subconscious.

In order to classify mind operations satisfactorily, they must be separated into three groups. In the first group are placed the reflex operations of a purely physical character. These are developed to the highest degree in the animal, and are the result of physical-material demands. They may be termed instincts as the promptings toward action all arise from physical needs of the body. In the second group are the operations of the impulse. The resulting action arises from the stimulation of the emotional areas in the cerebrum by impressions carried in over the avenues of special sense. In the third group are the operations of a purely mental character. The actions resulting from these operations are willful, volitional, and termination of a reasoning process. With such a classification as this, the phe-

nomena of mind are more readily explained and most of the operations attributed by the psychologist to the subconscious mind can be traced directly to the moral areas of the brain.

The Moral Principle, through its brain mechanism, exerts an influence and exercises a control upon the physical brain mechanism, modifying its activities and raising physical operations to a higher plane of action.

THE MENTAL OR INTELLECTUAL PRINCIPLE

All the faculties of reason, logic, judgment, discrimination, deduction, calculation and memory of facts are presided over by the mental principle which operates through the frontal lobes of the cerebrum, which lie behind the frontal bones of the skull. This mechanism takes note of and classifies all perceptions and conceptions of a definite character. It is the objective portion of the mind. It prompts all volitional action, and consequently it is the seat of the will. It is the thinking apparatus. It is cold and exact, dispensing justice without mercy. The intellect deals only with things of definition, those having definite qualities and proportions. In order to operate, it must be supplied with facts, figures and dates.

The Mental or Intellectual Principle operates through the frontal lobes of the cerebrum and its activities are supported by the action of the upper lobes of the lungs. The meager physiological knowledge possessed by most persons makes it impossible for them to see the relationship here existing. The lungs are treated only as organs designed for the oxygenation of the blood and the elimination of gaseous wastes. The most important function of the lungs has been completely overlooked by our modern physiologists and it has fallen to the science of physics to expound it. The older systems of philosophy have pointed out this feature, but in such vague terms and so enshrouded in mysticism that its significance has been lost.

The lungs are the dynamos* of life, supplying from out of the universal storehouse the dynamic power necessary to animation. The animal body derives no dynamic power from food. Food supplies only the crude material for growth and repair, and to produce the required amount of heat to make a congenial environment in which the protoplasm can functionate normally. Heat is not dynamic energy, but acts as a medium or agent in the body.

Dynamic energy must flow through the body in a continuous stream. Its flow in the body could be compared to the flood and ebb of the tide. Energy is a constant. Like time and space and substance, it is without beginning or end. It is not created, generated or made, but it may be collected and transformed. A dynamo is not a creator of energy, it is a collec-

*Dynamo originated in 1882 as an abbreviation for dynamoelectric, a machine that produces energy. *Ed.*

tor. It intercepts the lines of forces traveling around the earth and causes them to be transmitted through a different medium. It puts electricity in harness.

The lungs, by their rhythmic action, collect from out of the etheric domain the electric energy which, when transformed and transmitted through the body, supplies the spark of life to the cells.

Breath is the basic principle of life and the lungs its mainspring. In their action, therefore, they represent all three of man's basic principles, the material, the moral and the mental. The lower or abdominal action corresponds to the material principle, the middle or diaphragmatic action to the moral, and the upper or chest action (the complete breath) corresponds to the mental principle. Mental activity requires the expenditure of the highest degree of energy, and the mentally active individual demands the greatest supply of it, which can only be obtained through complete use of the lungs. In other words, this individual, in order to support his mental operations, must use the *complete breath* which requires the expansion of the upper lobes of his lungs.

The person having the greatest brain development in the frontal lobes of the cerebrum naturally possesses strong lungs. His lungs are his stronghold and will be the last organs in his body to be affected by a disease process.

THE MAKE-UP OF MAN

Man is a mixture of the three basic principles. Through the possession of moral and intellectual faculties he is distinguished from the other creatures of the animal kingdom. Each human being has the three principles incorporated in him to some degree. His ideal makeup would be the one consisting of equal proportions of all three principles. In the present state of development this condition is rare, and it is doubtful if the perfect individual has yet been evolved. No civilized individual, however, could be entirely lacking in any one of the principles without being marked as a defective. The person lacking in intellect is an idiot. If lacking in the moral principle he is not tolerated by society. The individual lacking the physical principle would be an impossibility.

The apportioning of the three principles in an individual not only determines his temperament, likes, dislikes, habits, inclinations and occupation, but also the track over which a disease process will travel in his body. It also determines his susceptibility to disease of one character or another. The reason for this lies in the fact that the degree of functional ability existing in each of the three basic organs is in direct ratio to the degree of development of their corresponding cerebral lobes.

THE ASSOCIATION BETWEEN BASIC PRINCIPLES, BASIC FUNCTIONS AND CEREBRAL DEVELOPMENT

PRINCIPLE	ORGAN	FUNCTION	CEREBRAL LOBES
Physical or Material	Liver	Nutrition	Occipito-Temporal
Moral or Spiritual	Ovaries or Testes	Generation (Internal Secretion)	Parietal
Mental or Intellectual	Lungs (Upper Lobes)	Respiration	Frontal

The Material Principle, operating through the occipito-temporal lobes of the cerebrum, is supported by the activity of the liver and the digestive organs, and consequently there is a direct relationship between the functional ability of the liver and the activity of the cells of the occipital and temporal lobes. The quantity of work demanded of any organ or group of cells determines its size. This is a biological fact. The size and development of the occipital and temporal lobes will be in direct ratio to the size and strength of the liver, and consequently they will be an index of the liver's ability.

The individual in whom the physical principle predominates is one whose liver and digestive apparatus is capable of performing a greater amount of work than either of the other two basic organs. His liver is his stronghold and will be the last organ in his body to succumb to disease. In fact, it will be his main support in disease, in that it will compensate for deficiencies in other organs until it becomes impaired by disease.

The portion of the cerebrum in which [the Physical or Material] principle operates lies at the base and is confined to the temporal and occipital lobes which are enclosed in the skull by the temporal and occipital bones.

The Moral Principle operates through the parietal lobes of the cerebrum and receives its support from the generative and other ductless glands.

The ductless glands through their secretions become the factors in regulating growth and may therefore be considered modifications of generative activity.

The moral faculties are part of the higher nervous functions and are promoted through the internal secretions and particularly through the internal secretion of the generative glands.

All the faculties of reason, logic, judgment, discrimination, deduction, calculation and memory of facts are presided over by the mental principle which operates through the frontal lobes of the cerebrum, which lie behind the frontal bones of the skull.

The Mental or Intellectual Principle operates through the frontal lobes of the cerebrum and its activities are supported by the action of the upper lobes of the lungs.

Breath is the basic principle of life and the lungs its main-spring.

Mental activity requires the expenditure of the highest degree of energy, and the mentally active individual demands the greatest supply of it, which can only be obtained through complete use of the lungs.

A COURSE IN BASIC DIAGNOSIS: DETERMINATION OF BASE AND INCLINATIONS

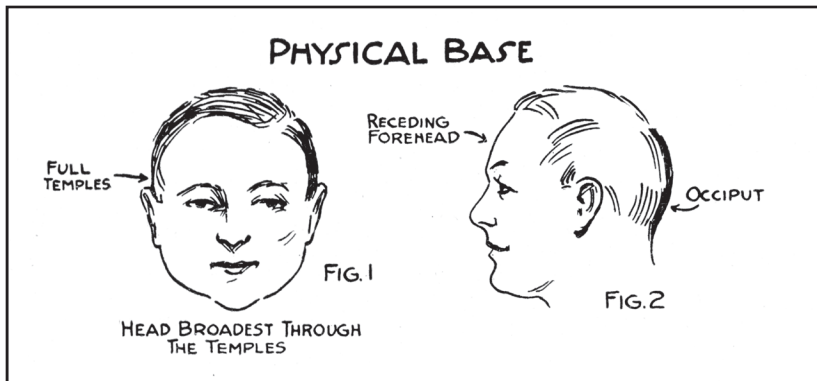
by William F. Havard, N.D.

Herald of Health and Naturopath, XXIV (12), 593-597. (1919)
(5th continuation)

Every individual is based upon either the Physical, the Moral or the Mental Principle. The two remaining principles constitute the Inclinations, the stronger being called the First Inclination and the weaker the Second Inclination.

The skull conforms to the shape of the brain and accommodates itself to cerebral development, and consequently the contour of the head will be our guide in determining the relative degree of development in the several cerebral lobes. The base is the area of greatest development.

THE PHYSICAL BASE



Figures 1 and 2 above. The head of the physically based is broadest at the base, just above the ears, the temples are full and the occipital region well developed. The top head may or may not be high, depending upon the degree of development in the parietal region. The forehead recedes, but the exact angle of recession will depend upon the relative strength of the mental inclination.

The above points stand out most prominently in those in whom both the moral and mental inclination are low. In any base the higher the one or both inclinations, the more difficult becomes the diagnosis. The following will aid greatly in establishing a diagnosis: The area of the base is developed uniformly on both sides of the head while the inclinations are

developed more on the one side than on the other. The first inclination shows more prominently on the left side, the second inclination on the right. The region that is not uniformly developed on both sides can not be the base.

In the physically based the liver is the strongest, most capable organ, the digestive system is highly efficient, and consequently likely to be abused. The liver however will be the last organ to manifest symptoms of disease.

CHARACTERISTICS OF THE PHYSICALLY BASED

It must be born in mind that all fundamental characteristics, or those belonging to the base, are modified by the inclinations. The truth of this is shown in those persons who have one very high and one very low inclination. These individuals exhibit more the characteristics of their first inclination.

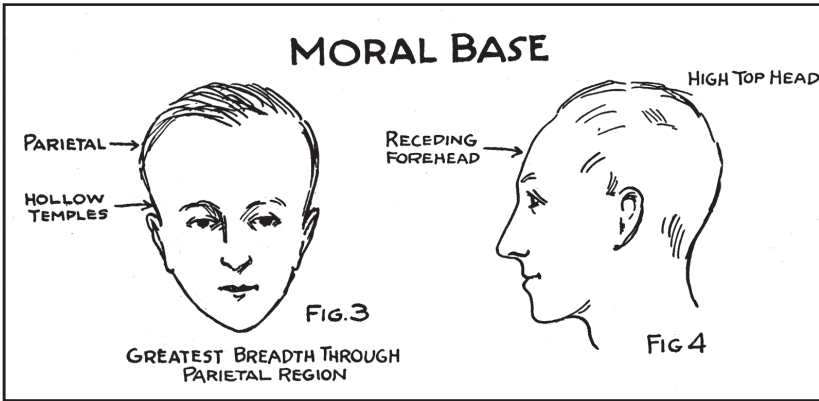
The fundamental characteristics of the physical base are classed as material. The physically based individual is dependent on food. He likes big meals at regular intervals but is not very particular about the quality or the combination of dishes. In fact, he has a preference for the coarser foods. His digestion being excellent he is inclined to brag about it. In work he prefers physical action and thrives best upon it. He has a great capacity for work on account of his great muscular strength and endurance. He is inclined to be overweight, particularly after he passes middle life and then if he gives up physical work and exercise, cardio-vascular degeneration is apt to set in.

If his first inclination is moral and the mental is low he is superstitious and inclined to become fanatical on religion. Spiritualism and spiritualistic phenomena exert a strong appeal for him and he is more likely to be guided by "signs and tokens," messages from the "beyond" and dreams than he is to follow the path of reason.

If the first inclination is strongly mental and his moral inclination is low, he lacks feeling and sentiment as well as mercy and charity. He is a great lover of detail and demands accuracy in material things. His scheme of things is based on order and definite values but he is likely to become anarchistic and develop destructive tendencies when conditions are not to his liking. He is found largely among the class of skilled mechanics.

The balanced type is the one in whom the two inclinations are more nearly equal, whether the inclinations are high or low. The physically based individual whose both inclinations are low rarely becomes diseased. He lives a simple life close to nature, being guided largely by his instincts. This type is found among the savage and semi-civilized races.

THE MORAL BASE



Figures 3 and 4 above. The morally based person presents a receding forehead, high top-head, hollow temples with the greatest development in the parietal region. His generative organs are the strongest and his ductless glands the most active organs in his body. The nervous organization of this individual is of the highest type. The generative organs being particularly strong are likely to be abused but will be the last to show symptoms of disease.

CHARACTERISTICS OF THE MORALLY BASED

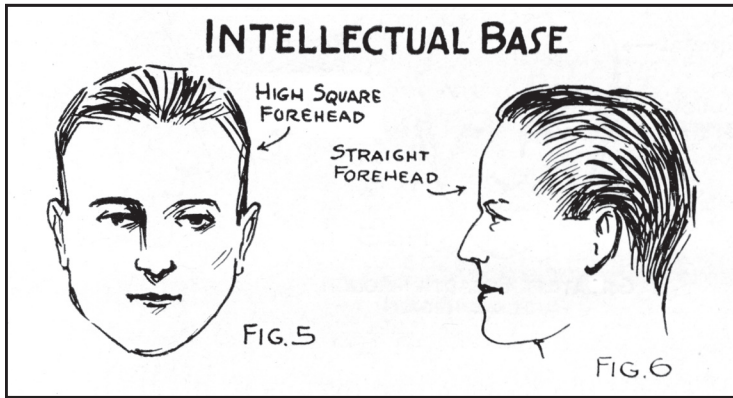
Morally based individuals are guided largely by their feelings, sentiments, affections and emotions. They are intuitive, “sensing” rather than reasoning for an answer. They are artistic and decorative and are affected by their surroundings. They are helped or hindered in their activities by their environment. They are fond of society and attach themselves readily to congenial people. They are dependent to a large extent for their inspiration upon their associates but demand periods of solitude in order to recover their equilibrium. They are inclined to be “moody” and are subject to attacks of “blues” but are readily carried to the highest pitch of enthusiasm by a satisfactory change of environment.

If the physical inclination is strong and mental weak they enter the business world as salesman and small merchants. They are clever tradesmen having a natural aptitude for buying and selling at a profit. They dislike to deal in articles possessing a definite value but prefer to settle prices by bartering.

If the mental inclination is strong and the physical weak they become teachers, preachers, reformers, writers, journalists, orators, doctors, lawyers, advisors and statesmen.

The balanced type is that in which the physical and mental inclinations are nearly equal.

THE MENTAL BASE



Figures 5 and 6 above. The mentally based person presents a high straight fore-head, rising straight with the line of the face while the face itself has a square appearance showing more straight lines and angles than the two former bases. There are two types of the mental base; the small type with the high narrow forehead on which a perfect square can be drawn and the large type with the broad head whose forehead is rectangular. The lungs are the strongest organs of this base, the individuals depending on their dynamic action for their chief support.

CHARACTERISTICS OF THE MENTALLY BASED

Mentally based persons are guided by their reasoning powers. They are cool and calculating, demanding mathematical exactness in all dealings. They require a plan of operation before undertaking any piece of work. They are mathematicians, scientists, managers, directors and executives. They do better work and accomplish more when left to work on their own initiative than when under the direction of others.

If the physical inclination is strong and the moral weak they are apt to be ruthless in business, wiping out competitors and establishing monopolies. Lacking the moral qualities they have little consideration for the "other fellow." They are not inclined to be religious but go to church nevertheless for "appearances" and are very often known for their large and munificent donations. This type will be found in big business and among the captains of finance and industry.

If the moral inclination is strong and the mental weak they are more imaginative and often talented, adopting music, art, literature and the stage. They readily become interested in occultism and metaphysics, using their intellects to solve the riddles of the shadow universe. They are scientific students but failing to gain satisfaction they begin investigation of the more subtle phenomena and often lose themselves in the realms of

psychic vagaries. They are successful as writers, speakers, lecturers and teachers. Our best fiction is produced by the mental-moral type.

The balanced type of mental base is that in which the moral and physical inclinations are nearly equal to each other.

TEMPERAMENTS

The temperament of an individual depends upon the base and upon the order and strength of the inclinations. From each base are derived six general temperaments.

The following is an example taking the physical as the base, giving it an arbitrary value of ten:

<i>Base</i>	Physical	10	Physical	10	Physical	10
<i>First Inclination</i>	Moral	4 both	Moral	9 both	Moral	9 one high
<i>Second Inclination</i>	Mental	2 low	Moral	8 high	Mental	4 one low

Then reversing the order of the inclinations:

<i>Base</i>	Physical	10	Physical	10	Physical	10
<i>First Inclination</i>	Mental	4	Mental	9	Mental	9
<i>Second Inclination</i>	Moral	2	Moral	8	Moral	4

This scheme followed out with each of the bases gives eighteen general temperaments but as it is possible to derive an unlimited number of shades and tints from various mixtures of the three basic colors, red, yellow and blue so is it possible for every individual to possess a shade of temperament different from all other persons. It is not our object to dwell on the temperament or character in these lessons except in so far as they are capable of helping us to establish a diagnosis of physical disorders. The next lesson will deal with Pathological Sequence.

Every individual is based upon either the Physical, the Moral or the Mental Principle. The two remaining principles constitute the Inclinations, the stronger being called the First Inclination and the weaker the Second Inclination.

The following will aid greatly in establishing a diagnosis: The area of the base is developed uniformly on both sides of the head while the inclinations are developed more on the one side than on the other. The first inclination shows more prominently on the left side, the second inclination on the right.

In the physically based the liver is the strongest, most capable organ, the digestive system is highly efficient, and consequently likely to be abused. The liver however will be the last organ to manifest symptoms of disease.

The physically based individual is dependent on food.

Morally based individuals are guided largely by their feelings, sentiments, affections and emotions. They are intuitive, "sensing" rather than reasoning for an answer.

Mentally based persons are guided by their reasoning powers. They are cool and calculating, demanding mathematical exactness in all dealings.

A CAREFREE FUTURE

THE GOSPEL OF NEW LIFE, PHYSICAL IMMORTALITY, SUN, TROPICS, LIFE RENEWING DIET, ETC. A GLIMPSE INTO THE DEPTH AND DISTANCE FOR THE SELECTION OF MANKIND—FOR THE REFLECTION OF ALL—FOR CONSIDERATION AND STIMULATION

By August Engelhardt

In der Sonne ist das Leben gewonnen. In the sun is life won. This is the motto of the author of this work which preaches heliotherapy in its intensest form. Two young and enthusiastic Germans resolved to flee the so-called civilized life of beer, pork, tobacco and bread to live naturally on tropic fruits on the island of Kabakon, in the Bismark Archipelago, in the romantic South Sea, and this work is the fruit of their meditations and the storehouse of their recommendations. They unequivocally declare that to live naturally on living fruits, means to accumulate life, strength and beauty. To do this in a land in the tropics where the sun-rays are vertical, means receiving the greatest amount of energy from the sun.

Besides the abundance of fruits, the warmth of the tropics precludes to a very great extent, the need for clothing, so that by living in a more or less nude state the body is continually bathed in air and light and like a vegetable, reaches its greatest



stature and finest development in the lands of the sun. The vigor and beauty of the native races in the tropics prove this. The area of their bodies exposed to the sunlight is the measure of their physical vigor.

The writer regards the coconut tree as the tree of life and identifies it with that tree of life that grows in the paradise of God. Tropical life is a

combination of sunlight, nudity and coconuts, and they contrast this with the life of fur coats, frost and roast meat of the temperate regions. Man was generated in the tropics. He feasts on flesh and fat in polar regions, on grains and vegetables in the temperate regions and on fruits exclusively in the tropics, therefore he is distinctly a frugivorous animal.

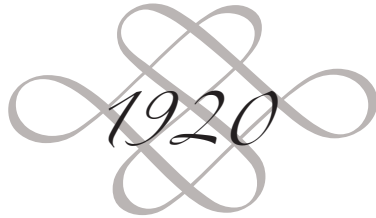
The book is further an appeal to all fruit eaters and friends of the natural way of living to establish the fruit-eating kingdom of the world, first in the islands of the South Sea and Cuba, and from thence throughout the tropical world.



Price, in cloth, postpaid, \$1.50; paper cover, \$1.10

THE NATURE CURE PUBLISHING CO., BUTLER, N. J.

August Engelhardt's book, *A Carefree Future* was a classic and found on most Naturopath's book shelves.



A COURSE IN BASIC DIAGNOSIS:
SUMMARY OF PRECEDING LESSONS

WILLIAM F. HAVARD, N.D.

A COURSE IN BASIC DIAGNOSIS:
I. TREATMENT ACCORDING TO BASE AND INCLINATION

WILLIAM F. HAVARD, N.D.

A COURSE IN BASIC DIAGNOSIS:
II. TREATMENT ACCORDING TO BASE AND INCLINATION

WILLIAM F. HAVARD, N.D.

TONSILS AND ADENOIDS

WILLIAM F. HAVARD, N.D.

Breath Is Life

By WM. F. HAVARD

MAN'S greatest fear is starvation. But for every case of food starvation, I will show you one hundred of oxygen starvation. Yet, air is still free, and food costs money. — Oh, how it costs!

It is the same old story—what is free, is unappreciated; what we pay dearly for, we prize. Man can go many days without food; in fact, cases of from forty to sixty days of fasting are on record.

Life can be counted in minutes, if oxygen is withheld. People do not die of starvation when deprived of food. They die of fear.

He who breathes consciously, knows no fear. He can support life for many days without food. Then fill your lungs with this life, which is free. Breathe it in to the utmost, and consciously. He who breathes consciously, knows life, and the secret chambers of knowledge are open to him.

Breath is the force which called you into being. It is the force which supports you.

Learn to know it, and life will be filled with a new meaning.

If you want life, arise with the sun, throw open your windows, or walk in the garden and breathe, breathe, breathe. Hold your chest high, stretch every nerve and fibre of your body, and breathe. Draw in the breath to the utmost, and breathe it out slowly. Throughout the day, remind yourself to breathe consciously—if only for a minute or two at a time.

In the evening, before retiring, stretch your body, and breathe out to the utmost. Breathe out a prayer of thankfulness for what life has revealed to you.

The proper attention to conscious breathing, with the aim in view of acquiring a longer, deeper, freer breath, and, what is most important, a rhythmic breath, will promote all organic operations. Digestion, metabolism, circulation, elimination and nerve action will improve beyond the most sanguine expectations.

Remember, man does not live by food alone. Breath is life.

More breath to you!

Breathing and the Breathing Cure formulated one of the core modalities for the early Naturopath.

A COURSE IN BASIC DIAGNOSIS: *SUMMARY OF PRECEDING LESSONS*

by William F. Harvard, N.D.

Herald of Health and Naturopath, XXV (4), 178-180. (1920)

A summary of the foregoing lessons discloses the following facts: every individual is a mixture of three principles, to wit: the physical, the moral and the mental.

These principles exist in each individual in varying proportions. The strongest forms the base, the next stronger the first inclination, and the weaker the second inclination. Each principle operates from a certain, well defined portion of the great brain or cerebrum. The physical principle is located in the occipito-temporal lobes, the moral in the parietal lobes, the mental in the frontal lobes.

The basic diagnosis is made in accordance with the degree of development existing in these brain areas as shown by the shape and conformity of the cranium. Each of the three principles is represented in the physical organism by one of the three great fundamental functions of life. The physical principle governs digestion, the moral principle generation, the mental principle respiration. For this reason the direct correspondence between principle, brain area and organ is shown to be:

<i>Principle</i>	<i>Brain Lobes</i>	<i>Organ</i>
Physical	Occipito-temporal	Liver
Moral	Parietal	Testes and Ovaries
Mental	Frontal	Lungs

The basic organ, that the organ corresponding to the basic principle, is the strongest organ in the body. It is the body's main support and the last to be diseased.

The organ corresponding to the second inclination is the first to shows signs of weakness and is the point at which a disease process starts.

The organ corresponding to the first inclination shows the most acute symptoms and is the organ selected to handle acute reactions. Supplementing basic diagnosis by a thorough examination of the patient will enable the physician to determine the extent to which the disease process has gone and will point out to him the necessary steps to promote a process of cure.

THE PROCESS OF CURE

The principles of Naturopathy show us that disease is a process, and that while the primary cause is uniformly the same in each case the mani-

festation will vary in accordance with the temperament of the individual. Violation of natural law, abuse of the body, lays the foundation for disease by changing the environment in which the cells of the body are obliged to live. This eventually constitutes a state of encumbrance and an interference with normal function. The weaker parts suffer first and the process is gradually reflected to the stronger parts and finally to the stronghold—the base. The manner in which this is brought about was described in the lesson on Pathological Sequence.

The process of cure is a return to the normal order of function and can only be accomplished by normalizing the environment of the cells. But since the function of every organ contributes in some way toward making or maintaining normal blood, and since in a disease condition one or more organs are functioning abnormally, it is necessary to some degree to correct the abnormal function before the cells' environment can be restored to normal. The problem even in Naturopathy is to find out where to break into the "vicious circle". Remedial measures there are in plenty, but the question is, which to use first and how to use it.

Before the recognition of temperament as a determining factor in disease manifestation, Nature Cure adopted a curative procedure to be followed out with every case, beginning with measures for prompting elimination and following them up with strengthening measures for raising the patient's resistive power. Since the advent of Basic Diagnosis it has been made possible to individualize the treatment and make natural measures more effective in each case.

It is a recognized fact that the cells' environment is a reflection of the body's environment because there is a direct correspondence between every part and the whole. What is done to the body is done to every cell in that body. As a general proposition in Naturopathy, in order to change the character of the cells' environment from abnormal to normal, it is necessary to change everything having an abnormal bearing on the body. This means normal food, air, water, light, clothing, thoughts, work, associations, etc. If the body is in a position to have been reduced, if there is a great amount of encumbrance and if structural changes have taken place, then compensation is demanded and corrections must be made before the normalized environment will be sufficient to restore health and normal function.

Acute disease is a state in which the body has already started to return from an abnormal to a normal condition. It is a reaction. The cells have recognized the presence of abnormal substances in their environment; substances which would seriously interfere with the cells' function if they were not removed. Consequently, the "cure" of any acute disorder is strictly a matter of allowing nature to continue her process of purification uninterrupted. Strictly speaking, such a condition is nature cured. All

that is required is rest, comfort, an absence of food which is rest for the digestive organs, and a little assistance with elimination. Acute disease is not a disease process, but may be the beginning of one if the cause is allowed to persist or if the reaction is suppressed or aborted. It may also mark the termination of a disease process there where a chronic condition has retraced itself through a process of cure. In the older Nature Cure philosophy acute diseases were referred to as healing crises.

It is chronic disease then which presents the problem to the physician. Chronic disease is progressive if the cause persists. Nature may make several attempts through acute reactions to restore order in the body, but ultimately something must give way under the increased burden. Some function due to over taxation, insufficient rest, circulatory disturbances or mechanical interference will fail, and with that failure comes lowered vitality and chronic disease is an established fact. The failure of one function demands compensation, and as long as the body can supply it the individual can keep going. The end of the way is reached when all sources of compensation are exhausted or when extensive, destructive, structural changes occur in any vital organ.

The first steps to be taken in the cure of any chronic ailment is to remove the environmental cause or causes by making the surrounding conditions as natural as possible, stop all abuses of the body, and then treat the body with such natural measures as will increase elimination of waste products and institute compensation for organs whose functions are failing.

If therefore we are called upon to treat an individual in whom the disease process has progressed through the organs of the weaker inclination and is manifesting symptoms in the organs of the stronger inclination, we know that besides stopping the environmental cause and attempting to remove the obstruction to the function of the organs of the stronger inclination, we must maintain compensation in the basic organ until such a time as the organs of the stronger inclination can assume their own work. When this stage is reached the ultimate cure is only a matter of time, for with both the basic organs and the organs of the stronger inclination to depend upon for compensation, the obstruction can be removed from and the function restored to the organs of the weaker inclination.

The means of accomplishing these results will be discussed in our next lesson.

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The problem even in Naturopathy is to find out where to break into the "vicious circle".

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A COURSE IN BASIC DIAGNOSIS:

I. TREATMENT ACCORDING TO BASE AND INCLINATION

by William F. Harvard, N.D.

Herald of Health and Naturopath, XXV (7), 332-335. (1920)

While fasting and dieting are the greatest factors in resting, depleted, fatigued organs there is more to be said on the subject of rest in the cure of disease. Sleep is the natural antidote for fatigue and a diseased body needs more sleep than a healthy body. The problem of nutrition and oxidation is greater when the body is handicapped by obstructions to its normal action. Nutrition is easier, consequently repair changes are more readily accomplished, during sleep. For this reason the patient in the earlier stage of the process of cure must cultivate sleep. Twelve or more hours a day should be spent in bed and as much of that time as possible should be employed in sleep.

The total inactivity advocated in some rest cures is not recommended except in some cases of severe nervous disorder, and in the early part of the treatment of cardiac insufficiency. Exercise should be taken daily in amounts proportionate to the strength of the patient. Breathing exercises are particularly to be recommended together with brisk walking and light calisthenics. Rest is gained principally through changes that lighten the burden of overworked organs or parts. Too much monotony is to be avoided in all activities as it has a tendency to induce fatigue and lessen nerve response.

APPLICATION OF BASIC DIAGNOSIS IN THE CURE OF DISEASE

The study of pathological sequence has shown us that the major symptoms of disorders manifest themselves through the organs of the stronger inclination or their dependents. The reason for this being that there must be fatigue or partial failure of some function before a disease process can be instituted. The first to fail would naturally be the weakest organ or the organ of the second inclination. Symptoms of acute disorders early in life are about the only marked symptoms that manifest in the organs of the weaker inclination. The organs of the stronger or first inclination being forced to carry a greater burden when the organs of the second inclination weaken, become the seat of the most pronounced symptoms. These symptoms are very often the result of the effort which these organs are making to maintain the body, consequently it is against the principles of natural healing to treat for the subjugation of symptoms as with the disappearance of discomfort the patient assumes he is well, whereas the disorder has only been masked. It is therefore to the base that we turn our

attention. It is upon the base that the body maintenance depends when there is a disease process and it is the function of this organ that must be conserved and encouraged. With the basic organ maintaining good compensation, by relieving stress and strain on the fatigued organs with assistance in the removal of obstruction and encumbrance, the body will recuperate and the full degree of its operation be restored. We can then outline a plan to follow in the treatment of the individual once his basic principle has been determined. The basic organ being the stronghold is the last organ to have its function reduced by disease, therefore it remains in a better state of function to the last and must offer sufficient compensation to prevent the failure of the entire organism.

A fatigued, encumbered organ cannot be driven to a higher state of function consequently stimulation is of little or no avail as a curative measure. In the initial stage of cure when we are seeking to eliminate the fundamental cause of the disease, it is better to let badly affected parts alone and direct our treatment to the maintenance of compensation and to clearing the system of encumbrance. This idea revolutionizes the whole scheme of therapy inasmuch as every system of specific therapeutics directs its attention to the seat of disease manifestation and succeeds only in subduing symptoms and suppressing disease. Therefore, after summarizing the natural means of treatment at our command we will take up their application to treat the different bases.

NATURAL MEANS OF TREATMENT

Water is a natural agent at the disposal of everyone. Inside the body it is the prime solvent for all the materials of nutrition. On the outside of the body used with consideration to its temperature, it is valuable in instituting necessary changes in the circulatory current and in regulating the quantity of blood flowing to the various parts of the body. By dilating or constricting the blood vessels of the skin the quantity of the blood in the deeper tissues can be diminished or increased and since the degree of activity in an organ or part is in direct ratio to the quantity of blood supplied to it, activity in a part can be diminished or increased by the scientific application of water over the corresponding external area of the body. Thus as everyone knows congestion or inflammation in any of the deeper tissues can be relieved by dilating the blood vessels of the skin of the corresponding area through the use of hot water. Cold water by constricting the blood vessels of the skin drives a greater quantity of blood internally. Water applications are general and local. General applications can be disposed of in a few words but a large volume could be written on the various local applications and their effects. The general application of hot water increases the circulation to the skin and consequently increases perspiration. It likewise reduces blood pressure and reduces the tone in the tissues. Long continued hot water applications are therefore enervat-

ing and contra-indicated in cases of extreme weakness and low blood-pressure. General cold water applications of short duration are tonics and serve to exercise the blood vessels of the skin and to bring greater tone and elasticity to that organ. General cold applications are contra-indicated in cases of high blood-pressure and hypertonicity.

Sunlight and more particularly the direct rays of the sun serve to increase activity in the skin and to improve the oxygen-carrying power of the blood thus increasing oxygenation in the tissues. The sun exercises a favorable action on all secretory glands and through the ductless glands gives greater strength to all the nervous system.

Colors likewise play their part in altering activity in the body but their effects are more specific and will be dealt with later. Briefly—the red rays promote digestion, the blue rays improve the action of the ductless glands while the yellow or light rays promote oxygenation and respiration.

Manipulations may be employed to assist sluggish circulation in the tissues, to regulate the blood supply to organs and parts by influencing the vaso-motor nerve mechanisms and to correct abnormalities of structure caused by injury or disease processes. The latter includes the restoration of normal motion to joints, adjusting the position of parts to their proper relationship, releasing tensions and constrictions caused by shrunken tissues.

Exercises are valuable and indispensable in the treatment of practically every disorder. They must however be adapted to the individual and directed toward some definite specific purpose in order to produce good results. For this reason various kinds and types of exercise have been designed ranging from light breathing exercises and calisthenics to heavy physical exercises and strenuous athletic games.

Non-toxic herbs may be employed in some instances to assist elimination.

TREATMENT ACCORDING TO BASE

The treatment of physically based individuals must be directed toward the strengthening of the liver and the conservation of its function. Here diet plays the chief role with acid fruits holding first rank. Coarser fruits and vegetables, particularly those of a red color, should also be used in sufficient quantities to provide bulk for alimentary elimination. A strictly eliminating diet and fasting if necessary should be carried over a period of from three weeks to three months. The alimentary tract should be thoroughly cleansed at the start of the cure using enemas if there is a tendency to constipation that is not readily overcome by the diet. The skin activity must likewise be encouraged using warm baths before retiring. In cases where the skin action is very poor, a pound of Epsom salts may be dissolved in the bath.

Morally based individuals require such treatment as aims at the conservation of the generative organs. They must abstain from sexual intercourse and endeavor to prevent all losses of generative fluids. The absorption of these fluids into the circulation must be encouraged. This can be accomplished through exposure of the sexual organs to sunlight and various forms of sun bath. Sun rays from a therapeutic lamp, or hot applications of three to five minutes duration, to the pelvic region serves to increase the activity of the sexual glands. These measures should be followed by a cold sponge bath or a cold sitz-bath of one minute duration. The diet of the morally based individual should consist of blue or dark green fruits or vegetables to induce the best elimination and exert the most favorable action on the body as a whole.

In mentally based individuals it is through the activity of the lungs that compensation must be adopted to keep up their efficiency. Cold friction baths, sunbaths and breathing exercises together with a properly regulated diet consisting largely of yellow and light green fruits or vegetables are the necessary means. Breathing exercises must tend to increase the lung capacity and to lengthen the breath. The respiratory act must be as complete as possible. The expiration during the breathing exercises should aim at the expulsion of all the air while the inspiration begins with the swelling outward of the abdominal muscles, the intermediate action is the lateral expansion of the lower part of the chest, while the final action is brought about by drawing in the abdominal muscles and raising the entire chest as high as possible. This is the most complete breath filling as it does every air-sac in the lungs.

The organs of the stronger or first inclination being forced to carry a greater burden when the organs of the second inclination weaken, become the seat of the most pronounced symptoms.

In the initial stage of cure when we are seeking to eliminate the fundamental cause of the disease, it is better to let badly affected parts alone and direct our treatment to the maintenance of compensation and to clearing the system of encumbrance. This idea revolutionizes the whole scheme of therapy inasmuch as every system of specific therapeutics directs its attention to the seat of disease manifestation and succeeds only in subduing symptoms and suppressing disease.

A COURSE IN BASIC DIAGNOSIS:

II. TREATMENT ACCORDING TO BASE AND INCLINATION

by William F. Harvard, N.D.

Herald of Health and Naturopath, XXV (8), 384-388. (1920)

In our last lesson we discussed the treatment of individuals according to base. In this lesson we will also take the inclinations into consideration. This will enable us to outline both the basic and symptomatic treatment. In this respect we can only consider general types of which there are six, each base contributing two types.

Type Number One is a physical base with a moral first inclination and a mental second inclination. The organs of this type in their order of strength are functional ability are (a) the liver and digestive system, (b) the generative organs and ductless glands, (c) the lungs and respiratory apparatus. The respiratory apparatus is the first to weaken while the most pronounced symptoms will emanate from the generative organs, ductless glands or the nervous system. Fatal diseases would be those which produced destructive changes in the liver.

TREATMENT

The cure of disease in this type depends upon the liver, consequently the liver must be relieved of all but its necessary work and its function aided and conserved in order to afford it the opportunity to rebuild the blood. It and the digestive apparatus must be kept free of encumbrances. The diet must be so regulated as to afford the maximum of elimination with occasional short fasts of from three to seven days. Do not check diarrhoea should it develop in the course of treatment as that is one of the quickest means of relieving the systemic encumbrance. The activity of the skin should be carefully looked after in order to relieve the kidneys. During this time, the affected organs or parts must be given rest and through proper manual, mechanical and thermal measures their circulatory disturbances corrected. When the symptoms have entirely subsided, the fatigued parts must be "educated" back to a state of greater functional activity. In the type under consideration this part of the treatment will consist in breathing exercises to build up the lungs, sun baths followed by cold water, sitz baths to tone up the generative organs and a rational, reconstructive diet.

Type Number Two is a physical base with a mental first inclination and a moral second inclination. The organs of this type in their order of strength and functional ability are (a) the liver, (b) the lungs and (c) the

generative organs. In this type as the result of a disease process, the generative organs, ductless glands and nervous system are the first to fatigue and weaken, while the presenting symptoms will be in the respiratory apparatus.

TREATMENT

This is practically the same as for the preceding type. Conserve the liver function during the eliminating stage of the cure and then direct the body energies toward the restoration of the fatigued and affected parts.

Type Number Three is a moral base with a physical first and a mental second inclination. The organs in their order of strength and functional ability are (a) the generative organs, (b) the liver and (c) the lungs. The respiratory apparatus is the first to weaken, but the prominent symptoms are in the digestive organs. Diseases fatal to this type are those in which destructive changes occur in the ductless glands often producing degenerative changes in the nervous system.

TREATMENT

The cure of disease in this type depends upon the activity of the generative organs and ductless glands. The function of these organs and nervous activity must therefore be conserved. During the process of cure this type must abstain from all sexual excitement that would lead to the loss of sex fluids. Sexual excitement is a drain on the nervous system and this one suffering from disease cannot afford. Remember that all chronic disease has fatigue of some organ or organs at its base. The morally based invalid dare not endanger his chances of recovery by wasting his nervous energy. Reabsorption of the finer generative fluids must be encouraged. This latter is accomplished by maintaining a free circulation of blood in the entire pelvic region. Hot fomentations in the region of the groin and over the sacrum for three minutes, night and morning, followed by a cold sitz bath of one minute will aid materially in maintaining good circulation to the generatives. The liver and digestive organs require rest; consequently fasting is of primary importance. This must be followed by a very strict eliminating diet of either fruits or vegetables for a sufficient period to accomplish complete relief from all symptoms.

During the second stage of cure, attention must be given to such exercises as will increase the activity of the lungs. Food must be of such a character as to tone up the digestive organs and rebuild the body without the overproduction of dangerous waste products. Milk is the standard builder. A limited number of eggs may be used, the average not to exceed two a day. Whole grain cereals and nuts or nut oils should also be given in moderate quantities. Whatever quantity of the above is used during the day, two or three times as much fruit or vegetables must be added.

Type Number Four is a moral base with a mental first and a physical second inclination. The organs in the order of their strength and functional ability are (a) the generative organs, (b) the lungs and (c) the liver. During a disease process the liver and digestive organs are the first to weaken while the most pronounced symptoms emanate from disorders of the respiratory apparatus.

TREATMENT

Practically the same as for type three. Conserve the generative function and direct the energy acquired during the eliminative stage of cure toward a restoration of the function of the digestive organs and the lungs.

Type Number Five is a mental base with a first physical and a second moral inclination. The organs of this type in their order of strength and functional ability are (a) the lungs, (b) the liver and (c) the generative organs. As the results of a disease process the generative organs, ductless glands and the nervous system are the first to fatigue, while the prominent symptoms arise from disorder in the liver and digestive apparatus. Fatal diseases in this type are those which produce destructive changes in the lungs.

TREATMENT

In this type the cure depends upon the lungs. The respiratory function must be aided, encouraged and exercised. In this and the next type, more mental effort is required to affect a cure than in any of the preceding types. Patients of this type must be free from worry and in a cheerful, clean, invigorating environment. The air they breathe must be pure and free from all contamination. The rarer atmosphere of the elevations is better suited to them. They require mental relaxation and rest. Their chief activity during the first stage of cure should be the exercise of the breath function.* These exercises should first have as their objective the lengthening of the expiration and the complete emptying of the lungs. Blowing wind instruments like the bugle or cornet, reading aloud, singing or even whistling until the breath is completely expelled are excellent exercises for this purpose. The second objective is that of increasing the capacity of the lungs and lengthening the inhalation. The liver and digestive organs require rest through fasting and an eliminating diet. An exclusive fruit diet proves very beneficial in this type.

*This notion that deep breathing practices are healthy was based upon a science that had not yet determined respiratory physiology. Dr. Konstantin Buteyko (1923-2003) had discovered deep breathing contributing to pathological processes in the body resulting from hypocapnia. *Ed.*

In the second stage of the cure a light building diet should be substituted for the eliminating diet. Continuation of the breathing exercises with a moderate amount of physical work should accompany the reconstruction of the generative and digestive organs.

Type Number Six is a mental base with a moral first and a physical second inclination. The organs in their order of strength and functional ability are (a) the lungs, (b) the generative organs and (c) the liver. The liver and digestive organs of this type are the first to weaken under stress of a disease process while the prominent symptoms arise from disorders in the ductless glands and gain expression through the nervous system. Nervous disorders are very common to this type.

TREATMENT

In the first stage practically the same as in type five. In the second or reconstructive stage of the cure, greater attention must be directed to correcting the defects of internal secretion. Attention to the generative organs must be carried over a longer period of time and the diet so regulated as to introduce into the body the finer elements needed to build and tone the nervous system. This type is greatly benefited by mental treatment. Usually they are highly imaginative and inclined to be emotional, consequently are open to suggestions of the right kind.

CONCLUSION

In the foregoing lessons I have endeavored to outline the subject of Basic Diagnosis without elaboration. It has been my intention to present only the salient, essential features, in the hope that it would lead the readers to further investigation of the subject and find for themselves the wealth of information that can be gained through the study of man and his ailments from this standpoint.

Those who have already applied these principles are no doubt meeting with many difficulties. These difficulties arise mainly from the endeavor to reconcile the new philosophy of health and disease with the old. It naturally leads to as much confusion as it does when we change from our old "foot-pound" measurements to the metric system. In Basic Diagnosis, we are dealing with new values; values which are infinitely more fundamental than the old values and which possess more meaning to the individual. When you change your viewpoint and begin to look upon disease as a process and not as a "thing"; when you begin to give the individual instead of his ailments primary consideration you will find a place for your old values and all will fit together like stones of the arch. But as the arch must have a "keystone" in order to make it a stable structure, so your knowledge of disease manifestations requires a knowledge of individual temperaments in order to hold the facts in their proper relation.

The outline of treatment which I have given I realize is far from being complete. It was added to the diagnosis merely to show the use of our diagnostic findings in mapping out the conduct of a case through the process of cure.

Good diagnosticians are first of all good observers. Their minds are impressed with all the details of whatever is presented to their notice. Secondly, they are possessed of good judgment, otherwise they could not sort out their facts and place the proper relative value on failure to observe or his inability to value all the points of the case.

To become a real diagnostician you must first develop a higher power of observation and a sense of values. The rest is easy, inasmuch as the collection of data has become a matter of routine and is very often mechanical.

Anyone can become a keen observer through persistent practice. The following method has been used successfully by many:

Upon entering a strange room, take one quick glance at all objects and immediately retire to the hallway or another room and make a list of all the objects you saw. Now go over the list you have made and described every object you have mentioned. Give its color, size, shape, dimensions and the material of which it is made. Now return to the room and compare your list with the objects themselves. Do not be discouraged if on first trial you have only remembered twenty percent, as that is a very good beginning. Likewise while walking along the street, take a quick glance into a store window, and pausing out of sight of the window, make a descriptive list of all the objects your eyes encountered, then return and compare your list with the contents of the window. Good judgment can likewise be cultivated by judging the weights and measures of familiar objects and then checking yourselves by actually weighing and measuring them. Another exercise can be made with an ordinary pack of playing cards. Deal yourself a hand of five cards. Take a quick look at them and lay them face down on the table. Now name the cards and then verify your observation by looking at them a second time. Now deal yourself six cards and proceed as before. Repeat the six card deal several times until you are absolutely perfect. The next day begin with seven cards and practice until perfect. Continue this day after day until you can quickly run through the entire pack and remember every one of the fifty-two cards in the order in which they occurred. If you can accomplish this you will have as fine a power of observation as any man ever possessed. Then a quick glance at any individual will tell you nearly everything you need to know as a basis for your diagnosis of him.

My final word is to warn you against doubt and discouragement. Doubt is a destroyer of reason. Satisfy your mind at all costs. An error in judgment can be corrected, but when doubt fastens itself firmly in the

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This ad appeared in *Herald of Health and Naturopath* in the January issue, 1920.

mind, it is sometimes as difficult to eradicate as thistles from the wheat. Discouragement is another enemy to accurate thinking, which can only be wiped out by successful accomplishment and this is only possible through persistent practice.

Do not check diarrhoea should it develop in the course of treatment as that is one of the quickest means of relieving the systemic encumbrance.

Hot fomentations in the region of the groin and over the sacrum for three minutes, night and morning, followed by a cold sitz bath of one minute will aid materially in maintaining good circulation to the generatives.

When you change your viewpoint and begin to look upon disease as a process and not as a "thing"; when you begin to give the individual instead of his ailments primary consideration you will find a place for your old values and all will fit together like stones of the arch.

TONSILS AND ADENOIDS

by William F. Harvard, N.D.

Herald of Health and Naturopath, XXV (9), 441-446. (1920)

INTRODUCTION*

It is surprising to one who has observed the workings of the medical profession, to note with what tenacity it will cling to a popular fad long after the authorities have repudiated the practice. It is also interesting to the observer to see with what artfulness the rank and file will invent every possible excuse for continuing to perform a certain operation, and to overcome the objections offered to it by the authorities in medicine. Prophets of old were never stoned with more fanatical zeal than the profession hammers an authority who attempts to rob it of one of its false notions.

Focal infection backed by the germ theory is being exploited today as the cause of disease. Surgical operations are in vogue for the removal of the tissues in which the "infection" has focalized. It jumps from one part of the anatomy to another. Not long since ovariectomy was a popular pastime among surgeons, and the old stand-by appendectomy, is still practiced by the young surgeons or those in need of money.

Tonsils, adenoids, appendices, gall-bladders and teeth are daily being removed by the thousand in the hope of curing disease by destroying foci of infection.

Tonsils, adenoids and appendices are lymphoid structures, and as long as the function of these structures was unknown, the medical profession felt safe in declaring that they had no function, and that in reality such structures as the tonsils, adenoids and appendix caused disease. In the light of recent investigations, it will no longer be possible for the medical profession to trade on its own ignorance. The function of lymphoid glands is now definitely known. It has been proven by the great authorities in medicine that tonsils and like structures serve a very useful purpose.

The successful surgical removal of tonsils, adenoids or appendix does not necessarily endanger the life of the individual. But this is a lame argument to prove their uselessness.

In 1913, Richard B. Faulkner, M.D., brought to light some startling information in support of his contention that tonsils were most useful organs. In his book, *Tonsils and the Voice*, he brought together the opinions of the world's most celebrated physiologists and surgeons, and by

*Reprint from the New Book: *Tonsils and Adenoids; Cause, Cure and Prevention*. Price post-paid \$1.00. Benedict Lust Publishing Co., 110 E. 41st St., New York.

these authorities proves his case for the retention of the tonsils. But he is as one "crying in the wilderness" as far as the medical profession gives heed to his advice; the average surgeon goes merrily on ripping out lymphoid structures without let or hindrance. In one army hospital, during the days of concentration, an attendant informed the writer that they removed a pailful of tonsils every day.

While the law does not sanction the mutilation of human bodies, even for the cure of disease, it cannot be invoked to punish a surgeon who does irreparable damage. Surgeons have a free hand and exercise it whenever a victim can be persuaded to undergo an operation. There was a time, however, when surgeons were punished for making mistakes, but that *black day* has passed, and in this enlightened age the surgeon's word is law.

This booklet is written with the aim of pointing out the proper measures of treatment and prevention of disorders of the ear, nose and throat, and to preserve the integrity of the structures. It is written as a warning against the popular pastime of removing tonsils and adenoids. It is written for parents who have young children in the public schools of America that are under the dominion of boards of health controlled by allopathic medicine. The children of America are being exploited in order to give employment to young and inexperienced doctors. The political doctor has become a serious menace to Young America. Much irreparable damage is being done to their bodies through the removal of tonsils and adenoids, and by the injection of filthy disease-producing vaccines and antitoxins into their blood in the name of prophylaxis.

This booklet is written for singers and speakers, to warn them against the evil results that only too frequently ensue from surgical operations on the nose and throat, or improper medical treatment which interferes with the free use of the voice.

LYMPHOID STRUCTURES—THEIR FUNCTION

LYMPH GLANDS

The circulation of the blood is conducted by three sets of vessels: the arteries, the veins and the lymph vessels. The arteries carry blood laden with food material and oxygen to all parts of the body to nourish the cells.* The veins return blood to the heart.

The lymph vessels collect from the intercellular spaces that portion of the fluid part of the blood which has flowed out from the capillary walls, and return it to the main blood circulation just prior to the emptying of

*The unit of the body is the cell. A cell is microscopic in size and the tissues of the body are made up of countless millions of them. Each little cell is a living, breathing organism. The cells are fed from the liquid portion of the blood which, leaking out from the walls of the smallest blood vessels (capillaries), flows through the spaces between the cells. *Ed.*

the venous blood into the heart. The fluid thus collected from around the cells contains the waste products of cell activity. These wastes are for the most part poisons, and would cause considerable damage to the tissues if circulated through the body in the form the cells excrete them.

Situated at intervals along the course of the lymphatic vessels and grouped in certain localities of the body are little glands generally referred to as lymph nodes or nodules. They are the commonest of the lymphoid structures. It is through their action that the waste products (poisons) of the cells are neutralized before they are turned back into the blood stream. It is, therefore, the function of lymphoid glands to so chemically alter the poisons from cellular metabolism as to render them non-irritating. In other words, lymph glands are of primary importance as detoxifying plants protecting the body from the effect of poisons of its own manufacture.

Formerly lymph glands were looked upon by physiologists as mechanical organs which strained the lymph of insoluble materials. Later it was thought that germs were waylaid in them and destroyed by the phagocytes (a type of white-blood corpuscle). If this latter is true, it is a very secondary function, and presupposes the entrance of germs into the tissues from the outside. As a matter of fact, lymph glands will act upon any organic matter that would prove irritating or harmful to the cells of the body. Germs and their products are poisonous protein material when considered from the chemical standpoint. Lymph glands have a much more difficult task to perform when confronted with the necessity of destroying poisons that are introduced into the body from outside sources than when dealing with poisons that are the result of the body's own activities.

The primary function of lymphoid glands in general is a protective one. First, they protect the cells of the body against poisons of their own manufacture; secondly, they protect the body from the action of organic poisons that may be introduced as such from the outside.

TONSILS

For the purpose of destroying organic poisons that may gain entrance to the body from the outside, nature has provided lymph glands of a highly specialized character. It is through the mucous membranes of the respiratory and alimentary tracts that foreign substances are the more liable to be absorbed, consequently the entrances to these tracts, the nose and throat, are the parts that are the most heavily guarded.

In the nose, the rear of the mouth and the throat are situated a number of lymph-adenoid glands called tonsils. Grouped together, these structures form what is known as Waldeyr's ring. Behind the soft palate on the posterior wall of the pharynx is situated that which is erroneously referred to as "adenoids," but which is properly called the pharyngeal tonsil. Still behind the soft palate, but on either side wall of the pharynx are the

tubal tonsils, so called because they circle the opening of the Eustachian tube (a small canal which communicates with the middle ear, balancing the air pressure on both sides of the ear drum). Below the soft palate on either side-wall are the faucial tonsils, so named because they are situated in the fauces, being protected on either side by the pillars of the fauces. On the posterior portion of the tongue is the lingual tonsil. There are other patches of lymphoid tissue in the membranes of the nose and throat, but the ones here mentioned are the important structures composing the "ring." The pharyngeal and tubal tonsils connect with the faucial tonsils by means of lymphatic vessels, as well as does the lingual tonsil. The two faucial tonsils communicate with each other by means of lymphatic vessels which cross through the floor of the mouth. The faucial tonsils may then be said to be the receptacles of the fluid which has passed through the pharyngeal, tubal and lingual tonsils.

There are other lymphoid glands situated along the alimentary tract, but it is not the purpose of this article to deal with them. However, in passing the Peyer's patches of the small intestine might be mentioned, as well as that structure which has made so many surgeons both rich and famous, the appendix. The Peyer's patches protect the body from poisons of putrefaction generated in the intestine, and when overworked and inflamed, typhoid fever results. The appendix secretes a substance into the caecum which neutralizes poisons which reach this point. If such poisons in the feces remain unneutralized, and are absorbed into the body through the mucous membranes of the colon, very serious systemic conditions result.

THE FUNCTION OF TONSILS

Reasoning from the facts as stated regarding the general function of lymph glands, and considering the location of these special lymph glands called tonsils, it must be concluded that they protect the body from the poisoning that otherwise might ensue from the absorption of toxic substances through the membranes of the nose, mouth and throat by neutralizing them before they enter the blood stream proper.

Organic poisons which are introduced directly into the blood very often prove fatal, while the same poison introduced into the tissues and taken up by the lymphatics results in a temporary reaction from which the individual usually recovers. Without the lymphatic glands the body would succumb, not only to the poisons absorbed from without but from the poisonous wastes generated by cellular activity.

With the exception of the faucial tonsils, the lymph-adenoid structures of the nose and throat are capable of absorbing. Although it is generally supposed that the faucial tonsils absorb substances from the mouth, it has not been scientifically demonstrated that they have any "portal of

entrance". In fact, the contrary has been proven—that they are incapable of absorbing.

In fact, the chief argument in favor of their retention in the body is that they do not, as is commonly claimed by their medical profession, serve as a portal of entrance for germs and toxins. A superficial view of the faucial tonsils reveals a number of fissures or crypts which appear to extend down to the tonsils, and for a long time it was taken for granted that these crypts communicated with the interior of the tonsils. These tonsils consist of a number of lobes which are, in reality, small lymph glands. Surrounding and completely covering the tonsil is a tough fibrous capsule, which dips down between the lobes, protecting the glandular substance and preventing any communication with the outside. Over this capsule lies the mucous membrane of the mouth, which conforms to the contour of the fibrous capsule and likewise dips down between the lobes of the tonsil. This accounts for the curious formation known as the crypts of the tonsils. These crypts in no way communicate with the tonsil tissue itself. Consequently, most affections which are designated as tonsillar diseases are merely affections of the covering membrane.

The tonsils are penetrated on their inner side by blood vessels, lymph vessels and nerves. They receive the lymphatic drainage from the other structures of Waldeyer's ring, the posterior portion of the upper and lower jaws. Therefore, when actually diseased, it is because of the toxins brought to them by the blood stream or by the lymphatics from the pharyngeal tonsil, or from abscessed back teeth.

Physiologically considered, the tonsils as well as all other adenoid structures are most useful and essential organs, and in the light of recent investigation, it is hard to believe that medical practitioners and surgeons still persist in looking upon them as atavisms and in believing that nature made a great blunder when she placed them in the human body. But let it be noted that up to the present, no surgeon has made one single improvement upon the normal human body, either by adding to it or by taking from.

The average nose and throat specialist, when asked the question, "Are tonsils and adenoids of any use?" will invariably answer, "They serve no useful function that we know of, or if they have some minor function, it is easily compensated for by other structures." He may add that they are "breeders of disease", "foci of infection", "easy portals for entrance of bacteria", "a menace to health", or some like expression that conveys the idea that their removal should always be considered in the way of being a blessing.

Some surgeons are sincere in this belief, and as long as the removal of tonsils and adenoids is a paying business, they will never trouble themselves to discover the truth concerning their function. Other nose and

throat specialists stand in the position of the one who said, "Although holding views hostile to its performance, I am forced to remove the tonsils from every patient, in order to satisfy the popular craze and to save my practice from destruction."

Dr. Faulkner says:

There are many such cases. The same unlawful practice is in style all over our land. Professor John N. Mackenzie (Johns Hopkins University) expresses that hope that not only the profession, but that the public shall demand that this senseless slaughter be stopped.

Under the fake theory that 'tonsils are full of holes, absorb germs, poison the blood, and cause rheumatism and heart disease,' the public has been scared into the false belief that tonsils and adenoids have no right to exist; and that in every instance they should be removed.

By whom has the public been scared?

The Metropolitan Life Insurance Company, New York, advises removal; illiterate doctors in the public schools force operations upon children; popular magazines, through mis-informed writers, advocate removal, and so does the daily press, through ignorant commentators.

The slaughter is opposed at every leading university in the world, by such distinguished educational authorities as Professors A. Jacobi, Columbia; Henry L. Swain, Yale; John N. Mackenzie, Johns Hopkins; E. L. Shurly, Michigan; Charles P. Grayson, Pennsylvania; Price-Brown, Toronto; Von Chiari and Von Schrotter, Vienna; Marage, Castex and Lermoyez, the Sorbonne, Paris; Escat, Toulouse; Moure, Bordeaux; Frankel, Von Levinstein and Richard Lowenbert, Berlin; Brieger and Gorke, Breslau; Sir Felix Simon and Sir St. Clair Thomson, London; Massei, Naples; Schmiegelow, Copenhagen; Barth, Leipsig; Von Baggen, The Hague.

The public deserves and should receive of our universities and their experienced sons, plain statements of facts, to guide and protect it from an unskilled army of operators. The public has a right and should demand to be informed as to the operations that are proper and of the many that are not. It should be plainly advised in favor of treatment that is safe, sane and successful, and

upon the contrary, thoroughly warned against operations that kill.

If Dante were alive, he would undoubtedly add a tenth cycle to his Inferno, deeper and hotter than the other nine, to which he would confine surgeons who are willing to shed your blood for the sake of a fee.

LYMPH, ADENOID SECRETION

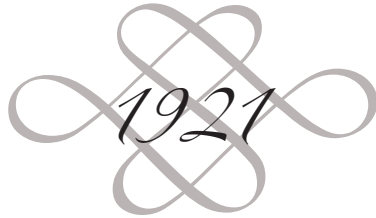
There are some physiologists who believe that lymphoid glands to possess an internal secretion similar to that of the thyroid gland or suprarenals, and having a bearing on the regulation of the blood pressure, but experiments along this line have given unsatisfactory results. All lymphoid glands have a secretion, and it is through this means that poisons are neutralized, but it is of a vastly different character from that of the ductless glands. The exact chemical composition of adenoid secretion has not been definitely determined because of the difficulty of collecting it in its pure state. It is only secreted upon the demand, and its quantity depends upon the amount of toxic material in the blood and lymph carried to the glands. The glandular secretion attaches itself to the toxin presumably forming a new chemical compound. The toxin is the stimulus to lymph-gland activity. The only safe conclusion that can be drawn from the experiments that have been made is that adenoid secretion is a detoxifying agent.

The successful surgical removal of tonsils, adenoids or appendix does not necessarily endanger the life of the individual. But this is a lame argument to prove their uselessness.

Much irreparable damage is being done to their bodies through the removal of tonsils and adenoids, and by the injection of filthy disease-producing vaccines and antitoxins into their blood in the name of prophylaxis.

. . . lymph glands are of primary importance as detoxifying plants protecting the body from the effect of poisons of its own manufacture.

Without the lymphatic glands the body would succumb, not only to the poisons absorbed from without but from the poisonous wastes generated by cellular activity.



CAUSE OF LYMPHOID HYPERTROPHY

WILLIAM F. HAVARD, N.D.

EDITORIALS

BENEDICT LUST

THE TREATMENT OF ACUTE DISEASES

WILLIAM F. HAVARD, N.D.



Day by Day

By WM. F. HAVARD

LIFE is a big thing.
It is a tremendous business.
We can't learn it all at once.
Most of us are born in ignorance, and brought
up without knowledge of life's problems.

*The things we are taught are largely those which
have a bearing on earning our daily bread.*

*The other important things we must learn in the
school of experience. Many, in their eagerness to
learn, stub their toes again and again on the rocks in
the path.*

*Some plunge headlong into the mudholes and
quagmires.*

*The one who learns the most of life is he who plods
steadily along the path, taking time to observe every
step of the way.*

*Make it a point to learn something every day, and
ask yourself at night what conclusion your day's bal-
ance shows.*

Day by Day, we live—and grow.



CAUSE OF LYMPHOID HYPERTROPHY*

by William F. Harvard, N.D.

Herald of Health and Naturopath, XXVI (1), 23-28. (1921)

A persistent low-grade inflammation or the improper treatment of colds, sore throat or acute tonsillitis will send the condition into the chronic stage. This is in reality nothing more than a chronic catarrhal disorder of the nose and throat.

The pharyngeal and faucial tonsils are enlarged, and membranes of the nose and throat are passively congested and thickened. In children (usually under fifteen years) the pharyngeal tonsil (adenoids) is considerably enlarged, making nasal breathing difficult; consequently, mouth-breathing becomes a habit. Children so affected are thin, anemic, flat-chested and mentally dull. The nostrils are pinched. Cough is a common symptom, with frequent attacks of bronchitis. This condition is most common among the children of the poorer classes living in the crowded quarters of the larger cities. They are deprived of the eliminating foods, of sunshine and fresh air, and fed largely upon starchy foods and proteins. Oxygenation is deficient in the system, waste products accumulate in the blood, and whenever Nature attempts to throw them off through acute reactions, they are suppressed. These catarrhal conditions become chronic, the lymphoid structures become overworked. The hypertrophy of the "adenoids" is likely to interfere with breathing, in which case the blood will be improperly oxygenated and general metabolism suffers. The child becomes thin, pale and inactive. Only a change of habits and rational treatment will effect a cure.

The writer has demonstrated the beneficial effect of rational treatment upon the worst clinical cases of this character, without resorting to surgery in a single instance. Proper food and bathing, fresh air, sunshine, breathing exercises, light-therapy and manual treatment were the only measures employed. It is a great satisfaction to see pale, dull, undernourished children blossom out into active, healthy individuals, after a few weeks of rational treatment. In the majority of these cases, the senses of smell, taste and hearing were dulled, all of which symptoms disappeared with the relief of the catarrhal condition and the improvement of general health.

TREATMENT

As this is in reality a chronic catarrhal condition of the membranes,

*Extract from the New Book: *Tonsils and Adenoids; Cause, Cure and Prevention of Nose and Throat Disorders*. Price postpaid \$1.00/. Benedict Lust Publishing Co., 110 E. 41st St., New York.

with lymphoid involvement, the treatment must be general, because it is first necessary to improve the general health and increase the tone of the body.

Cleanliness of the alimentary tract, good bowel action, and a proper diet to assist elimination as well as to afford good nutrition are of primary importance.

DIET

Largely fruits and vegetables with very little starch or protein. Meats, fish, eggs, cheese, white bread and pastry must be entirely eliminated from the diet. Whole wheat products should be substituted for ordinary bread. A moderate amount of gruel and cereals, fresh milk, honey, olive oil and plenty of fresh fruits and vegetables are all that is needed. Children will thrive on such a diet, once good elimination is affected. Adults with this affection may eliminate milk.

Catarrhal discharges are compensatory for an inactive skin, and for this reason attention must be directed toward restoring that organ to normal activity. The writer has found that Epsom salt baths at night, using about a pound of Epsom salt to a bath, with the water comfortably warm, and remaining in it from twenty to thirty minutes, and a cold sponge bath or spray in the morning, followed by vigorous towel rub and five minutes of exercise is the quickest method of increasing elimination and of bringing the skin back to a healthy condition. These Epsom baths should be taken every night for the first week, every other night the second week, and every third night the third week. The cold morning bath should be continued indefinitely. If the skin is hard and dry, the body should be rubbed with a small quantity of oil after the evening bath. The Russian oil of petrolatum is the best to use for this purpose, as it does not gum in the pores.

NASAL DOUCHE AND GARGLE

Experience has taught us that a normal salt solution is the best for cleansing the nasal passages and throat. This is made by dissolving a level teaspoonful of common table salt (Na Cl) in a pint of water. The throat should be gargled with this solution several times a day and the nasal passages douched night and morning. For this purpose get a small glass nasal douche at the drug store. The method of procedure is to fill the douche, insert the nozzle in one nostril while holding the other closed, then tilting the head back allow the solution to flow through the nasal passage into the throat. When the douche is empty, the water which has been caught in the throat can be spit out. Two or three douche loads is sufficient for each nostril.

Fresh air and sunshine are absolutely essential to a cure. The patient must be out of doors as much as possible, and sleep in a well-ventilated

room or on a sleeping-porch. Where and whenever possible, the nude body should be exposed to the sunlight.

OFFICE TREATMENT

All the lymphatic vessels and glands of the cervical and submaxillary regions should be thoroughly drained by lymphatic massage. The tonsils and adjacent tissues should be drained by light finger pressure, and the crypts irrigated with a normal salt solution where necessary, using a small glass syringe with a curved nozzle for the purpose. "Adenoids" require mechanical treatment, but as the technique is rather difficult, it will be omitted from this discussion. It seldom has to be resorted to, as drainage of the tonsils is very often sufficient, except in very bad cases of adenoid hypertrophy.

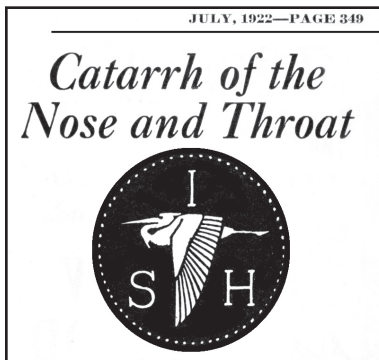
The Kromyr [Kromayer] Lamp* is a valuable aid in the treatment of all chronic nose and throat troubles, particularly when there has been a hardening of the adenoid structures from hyperplasia and shrinkage, or where there is necrosis of tissue. This lamp generates a powerful actinic ray, and is only safe in the hands of an expert.

Bowel activity should be carefully watched, and any tendency to constipation should be overcome by a regulation of the diet, abdominal massage and spinal treatment, as indicated.

CATARRHAL DEAFNESS

HOW THE HEARING IS AFFECTED BY CATARRHAL CONDITION OF NOSE AND THROAT

The middle ear communicates with the pharynx by means of a canal called the Eustachian tube, which serves the purpose of equalizing the air pressure on both sides of the ear drum. Situated around the pharyngeal opening of the tube is a ring of lymphoid tissue known as the tubal tonsil.



It not infrequently happens that though the swelling of the tubal tonsil, occasioned by acute or chronic catarrh of the nose and throat, the Eustachian tube is closed, and the ear drum prevented from vibrating properly, thus causing an imperfection in hearing. The catarrhal condition may be communicated through the Eustachian tube to the middle ear, the Eustachian tube may become choked up with mucoid

matter, and even adhesions form which completely and permanently close the tube. This condition usually comes on gradually, the hearing becoming more and more impaired. Temporary deafness, noises or "ringing" in the ears or dullness of hearing are often accompanying symptoms of an acute cold or sore throat which disappear as the congestion subsides.

It has been possible to restore the hearing in many cases of so-called catarrhal deafness by reducing the swelling in the neighboring lymphoid tissue and breaking up the adhesions by rational treatment.

SINUS INFLAMMATION AND MASTOIDITIS

Inflammation of the sinuses seems to be on the increase. It is never a primary condition but follows inflammation of the membranes of the nose and throat. Inflammation in the antrum is often occasioned by abscessed upper teeth.

Nasal inflammation may be communicated to the frontal and ethmoidal sinuses. Inflammation of the posterior nares and throat may be communicated to the mastoid by way of the Eustachian tube and the middle ear. This latter condition often follows grippe (influenza), tonsillitis, sore throat, and the surgical removal of tonsils, adenoids or polyps. The inflammation of the middle ear results in the filling up of that cavity with a watery exudate which frequently turns to pus. It sometimes escapes by the rupture of the ear drum. If the condition is recognized at this stage, it is safest to lance the ear drum and allow the middle ear to drain. In spite of this drainage, the inflammation may spread to the mastoid sinuses. This condition is better prevented than cured, for the inaccessibility of these parts makes the treatment problem a difficult one. If disorders of the nose and throat are properly treated, sinusitis, otitis media and mastoiditis would never develop. While the treatment for these conditions can not be given here, they are mentioned as a *reason* for the rational treatment of nose and throat troubles.

TEETH AS A SOURCE OF TROUBLE

The discussion of nose and throat troubles would not be complete unless something were said about teeth.

Decayed teeth, unclean teeth and dead teeth are always detrimental to the health of the possessor of them, and might be mentioned as one of the causes for sore throat and swollen, inflamed tonsils. A filthy mouth is a poison vat, generating toxins which overwork the lymph glands leading to their hypertrophy and disease. A filthy mouth provokes stomach and intestinal disorders as well as diseases of the respiratory organs.

One of the first and foremost rules of natural hygiene is to keep clean the orifices of the body. The individual who will obey this rule at the same time exercising care as to what he puts into the body, eating only clean,

wholesome food, breathing fresh air, will have little need to employ the surgeon, and seldom requires the services of a physician.

If the teeth are in bad condition, we are duty bound to consult a dentist. It is difficult, sometimes, to determine just when the teeth need attention, as one should not wait for a toothache to develop before giving them attention. It is well for everyone to submit to a dental examination at least once in six months, and this examination should be part of a general physical examination for determining the exact state of one's health. In this way; many disorders could be prevented, if their forerunners were discovered in time.

MEDICAL AND SURGICAL TREATMENT OF TONSILS AND ADENOIDS

The routine medical treatment of nose and throat disorders is in most cases an insult to good judgment and common sense. The belief in germs and "infection" as the primary cause of disease has so supplanted reason that all local manifestations of general disorders are looked upon as local diseases, and as a consequence only symptoms are treated. In the great majority of cases, the poisons are driven back into the system to cause more serious trouble at a later date. The use of strong antiseptics and astringents in the form of sprays and gargles is to be condemned, for not only do these substances damage the membranes, but are often absorbed, adding further encumbrance to the lymphatics and the blood.

Every local manifestation of disorder has a deep, underlying cause, which must receive attention if the local condition is to be permanently cured. The suppression of any acute disorder is particularly dangerous, as it leads to the establishment of deeper seated chronic disorders, resulting in the further impairment of function and the lowering of general vitality.

Local treatment alone is never adequate to effect a cure, and where given must be accompanied by general treatment to eradicate the fundamental cause. The fundamental cause of disease is always the same—an alteration in the quality of blood and lymph which makes them uncongenial to the cells. The blood that is either deficient in necessary ingredients, or which contains foreign substances or accumulations of waste products, is an uncongenial environment for the cells. Secondary causes are numerous, in fact, almost too numerous to mention. Beginning at birth, the individual is subjected to changes and alterations in his environment to which he must adjust himself or suffer disease. His ability to adjust himself to adverse conditions and circumstances depends upon the freedom of his internal operations (his vital functions), and this in turn depends upon the state of the blood. This follows a primary law of life which says, "Every created thing will continue to perform the function for which it was designed throughout its entire life cycle, as long as its environ-

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BENEDICT LUST, N.D., Publisher
110 E. 41st STREET, NEW YORK, N. Y.

William F. Havard did not author and leave behind any books but did write a booklet, *Tonsils and Adenoids*, which Benedict Lust published and distributed.

ment remains congenial to it." In this consideration, we must, of course, eliminate injury through violence or extremes of temperature. The cells of the body have a very high power of resistance, and will readily react and adjust themselves to changes in external conditions that would otherwise interfere with their activity.

Acute diseases are nothing more than the concerted reaction of the cells of the body in order to readjust their condition. An acute disease is a revolution within the body. How different and how much more sensible is this conception of acute diseases than the "germ theory"! Think of a wise creator making a counter creation to destroy his greatest and best constructive efforts!

Nothing was ever created without a cause. There is absolute law and order in Nature. There is no wanton destruction in Nature. Man, the free agent, is the only wanton. Everything else follows the law of necessity. How, then, shall we account for the presence of the germ in the human body? Is Nature intentionally destroying the human body? If so, for what cause? There must be cause; there are no accidents. Is the germ there to

destroy? If so, what is it destroying—the body, the cells or something else that has no business there? Now we are getting close to the truth. The germ is an oxidizing agent. He is called upon whenever there are dangerous poisons accumulating that through the ordinary processes of the body have not been oxidized, and consequently undergo decomposition. Here, then, we have the reason for the presence of the germ. He is attracted by the presence of matter undergoing decomposition. His mission in life is to assist organic matter that has outlived its usefulness, back to the inorganic realm. The germ, then, is an agent, and assists in the eradication of poisons from the system. The attending reaction, which we call an acute disease, is a *beneficial*, not a detrimental, process.

The germ can be readily eliminated by Natural Hygiene, because it has been definitely determined that germs will not “attack” a body which is free from waste products and poisons undergoing decomposition. A body which is strictly clean inside and living in a clean environment is not a subject for “infection”. The practice of medicine has come to mean “the killing of germs in their nests and the removal of germ-infected parts of the body”, but such a practice will never eradicate disease.

Surgical treatment of “Tonsils and Adenoids” is only mentioned to be condemned. Rational treatment renders surgery unnecessary in ninety-eight percent of cases, and the other two percent are not children. Outside of this two percent, nothing is to be gained through surgical interference. The two percent constitute old chronic cases of recurrent abscess, in which instance the tonsillar tissue has broken down and decay has set in. Such a mess should be thoroughly cleaned out.

In spite of the fact that nose and throat specialists, youthful “school” doctors and unwise “press” doctors advise operations on tonsils and adenoids, and treat the matter lightly, considerable danger attends the operation. Besides death from hemorrhage, the list of sequelae (after effects) from these operations would make a list a yard in length. A few that might be mentioned are sinusitis, mastoiditis, deafness, bronchitis, pneumonia, tuberculosis, stomach and intestinal disorders, appendicitis, rheumatism.

Surgical removal or interference with tonsils and adenoids deprives the body of very necessary organs. It breaks down one of the body’s strongest defenses, thus allowing poisons to enter the blood without being properly neutralized.

EDITORIALS

by **Benedict Lust***Herald of Health and Naturopath, XXVI (2), 61-62. (1921)*

DIAGNOSIS

We are rather surprised at the way in which the average drugless physician shuns the modern advances in diagnostic methods. One of the chief arraignments of drugless physicians by courts and legislatures is the accusation that they cannot or at least do not make a diagnosis of their cases. Of course, we are willing to admit that medicine has made a fetish of diagnosis and has almost entirely allowed this feature to overshadow treatment. A patient goes to the physician principally to be cured, but he has greater amount of confidence in the doctor who makes a careful examination in order to determine his ailment.

Asking a patient a few perfunctory questions, listening to his heart, counting his pulse and respiration, looking at his tongue and possibly examining his urine for the presence of sugar and albumen, and then telling him his ailment is caused by "auto-intoxication", subluxation, eye strain, and telling practically every patient the same thing is either laziness, ignorance, or fanaticism on the part of the doctor. Doctors are affected with mental "bugs" more than any other class. They are prone to chase fancies. Someone thinks he has an easy solution to the cause of disease, writes about it, talks about it and soon Mr. Average Doctor falls for it. It may be germs, it may be intestinal toxins, it may be orificial nerve impingements or vertebral nerve impingement, or mental aberration, or psychosis, or focal infection, or what-not. Whatever it is that the doctor adopts as his "theory" of cause leads to laziness in making examinations. One reason for this condition among drugless physicians is that they rarely charge a sufficient fee for examination to warrant their spending the required amount of time to make a thorough diagnosis. Another reason is that in some States the practitioners believe they are evading the letter of the medical practice acts by failing to examine or diagnose their cases. This, of course, is ridiculous. One may as well be hung for a sheep as a lamb. Recognition of the drugless work can only come through the thoroughness and efficiency of the practitioners.

My advice is: Do not avoid making a diagnosis for any fear of the law. The law will respect you more for your knowledge, thoroughness and efficiency than for your fear, ignorance or what they might term criminal neglect. Do not narrow yourself down to attributing disease to some petty secondary cause. Find out everything you possibly can about the patient's condition; for remember your examination is not only made for the purpose of determining causes, but also the extent of the effects—the

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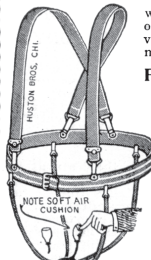
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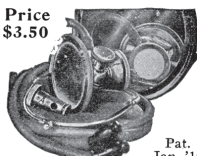
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An interest in diagnostic tools and more effective clinical outcomes never stopped Naturopaths exploring new inventions.

state of function of the various organs or the structural changes that have taken place in the tissues. Meet the medical man on his own ground and prove the superiority of your work. Prove that you know all that he knows about disease and that you have better methods for assisting nature to cure it. Don't sneer at diagnosis and don't avoid it because it requires skill. Acquire the skill.

DISEASE WASTE

"It has been estimated that more than 600,000 people die each year in the United States from preventable diseases; that at least half of the 3,000,000 sick beds constantly kept filled in this country are unnecessary; that the financial loss from earnings cut off by preventable diseases and premature deaths amounts to \$1,500,000,000 annually; and that over 15 years are lost to the average life through the lack of application of knowledge which already exists, but which simply has not been disseminated and applied."

This statement appeared in a recent advertisement of the Life Extension Institute. Consider these figures from the standpoint of economic waste. Are they not appalling? An average of 15 years lost out of each life through ignorance of the care of the body.

There is no excuse for it. Knowledge of health, the laws of nature, is to be had for the asking. It is simple and easily applied. The problem is how to get this information to those who need it.

It is much easier to keep well, to prevent disease, and less costly to the individual and the nation than to maintain sick beds, hospitals and institutions for the cure of disease.

A very small percentage of disability is caused by accidents, less than 10 percent we would say, while 90 percent is the result of improper living habits—too much and the wrong kind of food, insufficient or improper exercise, breathing impure air, lack of sunshine, sexual excesses and deliberate poisoning with alcohol, tobacco and medicine. These are the things that build disease in our body. Therefore the things necessary to prevent disease are a clean, pure, wholesome environment and a regulation of our living habits to conform to our requirements.

It sounds simple, it looks simple and it is simple, but the hardest thing on earth is to change the fixed habits and customs of a people through persuasion. No wonder that even some naturopaths stop trying to teach people how to live and settle down treating their ills.

The older generations are hopeless. They can only expect to be patched up. It is hard to teach an old dog new tricks. Education must begin with the very young.

My advice is: Do not avoid making a diagnosis for any fear of the law. The law will respect you more for your knowledge, thoroughness and efficiency than for your fear, ignorance or what they might term criminal neglect.

One reason for this condition among drugless physicians is that they rarely charge a sufficient fee for examination to warrant their spending the required amount of time to make a thorough diagnosis.

Find out everything you possibly can about the patient's condition; for remember your examination is not only made for the purpose of determining causes, but also the extent of the effects—the state of function of the various organs or the structural changes that have taken place in the tissues.

Don't sneer at diagnosis and don't avoid it because it requires skill. Acquire the skill.

THE TREATMENT OF ACUTE DISEASES

by William F. Harvard, N.D.

Herald of Health and Naturopath, XXVI (5), 225-227. (1921)

HEAT REGULATION

The temperature of the body is maintained normally at about 99° F. Heat is generated as a result of the combustion—burning up of carbonaceous matter (sugars and fats)—which takes place in the cells. Heat is distributed by the blood and is radiated from the surface of the body and from the lungs. The degree of heat radiation depends on the quantity produced, but must always be sufficient to keep the temperature from rising above 99° F. The temperature of the external atmosphere has considerable bearing on heat dissipation. If the external temperature rises, either heat production within the body must decrease or heat radiation must increase. Heat production cannot always be reduced immediately, but heat radiation can be readily increased by a dilatation of the blood vessels of the skin. The blood vessels of the skin, when dilated, will hold at least one-third, possibly one-half, of the entire quantity of blood in the

body. The greater the amount of blood going through these vessels, the greater will be the heat radiation. Persons with inactive skins secure the greater degree of heat radiation through the dilatation of the blood vessels of the membranes of the respiratory tract. This causes overheating of these membranes and is responsible for much catarrhal trouble. Nasal and bronchial catarrh is always associated with dry, inactive skins.

The balance between heat production and heat radiation is maintained through the activity of a very delicate nerve mechanism which is influenced by the thermo-sensory nerves of the skin and the temperature of the blood which comes in contact with it. This heat center, or heat regulating mechanism, is

Curative Diet

By
Wm. Freeman Havard, N.D.

A little treatise on the curative value of foods with an outline of diets for different specific purposes, the same being a condensation of Dr. Havard's lecture course on the subject.

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This makes a suitable booklet for physicians to present to their patients. Saves many hours of the physician's time otherwise taken up in instructing patients. Special price when ordered in quantity.

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Wm. Havard's dietary knowledge was succinct and exceptional.

located in the medulla and communicates directly with the mechanism controlling the circulation and distribution of the blood, namely the vaso-motor mechanism. A chilling of the surface of the body thus produces a constriction of the skin blood vessels. This lessens heat radiation. To accommodate the blood driven from the skin by the constriction of its vessels the internal blood vessels are compelled to dilate which increases heat production. If the surface of the body is heated the reverse takes place.

If combustion in the cells is excessive due to irritation or a preponderance of sugars, fats or proteins in the blood, the temperature of the body tends to rise and would rise were it not for the fact that the heat center in the brain senses the condition and by reflexing its findings to the vaso-motor mechanism brings about a dilatation of the skin vessels. If the body or blood temperature has a tendency to fall due to low heat production the skin vessels are immediately constricted to conserve the heat. Heat production should be greater in winter and lesser in summer but heat radiation is lesser in winter and greater in summer. From these facts it is seen that heat regulation is automatic within a normal range and is successful in maintaining an even body temperature.

In acute diseases heat production is, and of necessity must be, excessive in order to keep up the greater activity in the cells. Heat dissipation is therefore reduced sufficiently to maintain the higher temperature. Fever is natural in acute diseases. In fact there would be no acute disease without it.

RESPIRATION AND CIRCULATION IN ACUTE DISEASES

If we look upon the body as an automatic, compensating machine with all parts and functions bearing a relationship to each other we will immediately see that increased cellular activity (molecular activity in the protoplasm) calls for an increased quantity of blood, demanding many alterations in functional activity. Oxygen is demanded in greater quantities to support the combustion taking place in the cells, which can only be supplied by bringing extra blood to the cells. This can be partly accomplished through the dilatation of the blood vessels, but inasmuch as this very action reduces the blood pressure (the constriction of the skin vessels affording insufficient compensation) and would cause the blood to flow at a slower rate, the heart is compelled to beat with greater rapidity. The blood flows through the systematic vessels, consequently the respiratory movement must increase in proportion to the heart beat in order to insure sufficient oxygen to the blood. Thus we find that the cells demand for more oxygen causes a dilatation of the internal blood vessels, a compensatory constriction of the external vessels, an increased heart rate, and a more rapid respiratory movement. In acute diseases the tempera-

ture, pulse and respiration are all increased proportionately, the degree of increase depending on the activity of the cells and the extent of compensation.

INFLAMMATION

Inflammation is a state or condition brought about through increased circulation and oxidation. It has five cardinal features: heat, redness, swelling, pain and alteration of function. Inflammation is present in all acute diseases, being greater in the part or parts of the body where the irritants causing the disorder are concentrated or from which they are distributed. Every acute disease has a focus which is usually in the organ or part making the greatest effort to destroy or eliminate the poison. This focalization of systemic poisons leads to considerable confusion regarding the nature and origin of acute diseases. The medical profession has adopted the theory that all acute diseases are caused by an infecting organism inasmuch as these organisms are usually found at the focus of the disease and the acute symptoms develop after the focus is formed. At first sight and without delving very deeply into the matter this seems to be a reasonable conjecture. It is rendered more plausible by the fact that if pathological matter is injected into an apparently healthy person the symptoms of acute disease may be produced in him. Naturopathy, although admitting that an individual may be poisoned and a reaction produced by infecting him, views an acute disease as that process of nature by which poisons already accumulated in the system are driven to a focus for the purpose of being destroyed and eliminated. Therefore Naturopathy makes a distinction between acute disease in which the whole body is reacting to accumulated poisons, and local inflammations the causes of which are essentially traumatic.

LOCAL INFLAMMATIONS

A cinder in the eye will cause a local inflammation of that organ. Remove the cinder and the inflammation disappears. Red pepper or other irritants taken into the stomach with food will produce local inflammation which will subside when the irritant is removed. Poisonous gases or vapors breathed into the lungs will cause irritation and even inflammation of the respiratory membranes. In fact any abnormal irritant, whether mechanical, thermal, chemical or electrical, will cause inflammation of the part of the body to which it is applied.

Inflammation is a constructive and protective process. The blood contains all the healing elements, and wherever tissues are irritated or damaged, blood is rushed there in greater quantities to carry away the debris and repair the part. Local inflammations quickly subside when the irritant is removed and the damage repaired if the blood is pure, but

a blood stream loaded with waste matter is poor repair material and it often happens that a local injury produces a focus very similar to that of an acute disease because of the excess of impurities concentrated at the point of injury by the inflammation.

The blood vessels of the skin, when dilated, will hold at least one-third, possibly one-half, of the entire quantity of blood in the body.

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MEDICINES

BENEDICT LUST, N.D., D.O., M.D.



GETTING BACK TO NATURE

JAMES M. TARSY, N.D., D.C.

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a safe and sane view of the question.

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Questioning the safety and implications of drugs resulted in such books as this.

MEDICINES

by Benedict Lust, N.D., D.O., M.D.

Herald of Health and Naturopath, XXVII (1), 5-6. (1922)

The delusion that health can be restored by swallowing drugs is so widely spread that one doubts the sanity of people who spend large amounts of money for medicines, inasmuch as their experience gives them usually, if not always, unsatisfactory and often fatal results. The whole tendency of popular pharmacy, has been in the direction of introducing to the public a great variety of powerful medicines put up in convenient form and advertised in such a manner as to produce in the unthinking a belief that they may be safely and rightly administered at all times and seasons for some real or supposed malady.

These medicines have been extensively advertised in the newspapers; but the medical profession must admit that it cannot be held free from some amount of blame in the matter, or from some responsibility for the way drugs have been popularized and brought into common use, as articles of domestic consumption.

Medical men have failed sufficiently to impress upon the public and upon patients that their aim should be to keep themselves in health, rather than to be always seeking assistance from drugs.

The over-eating, the lack of exercise, the excessive use of tobacco, excessive eating of meat and starchy foods are the producers of uric acid, which seems to be one of the underlying troubles the drugs are supposed to cure, but, which at the very best, only temporarily relieve or suppress the disease and gradually lead to the degeneration of the tissue and to premature death.

The various alkaline solutions which are given for gout or rheumatism cannot be taken very long without serious disturbances of nutrition; but the aim of treatment in cases of all derangements should be to cure them by changing the condition under which they arise, not to palliate them for a time by the neutralization of acid which may give temporary relief, but which leaves the original diseased condition unaltered.

Among the most pernicious and dangerous of all the drugs and patent medicines are the so-called 'headache powders,' the almost instantaneous effects testify to the potency of the drugs they contain. Such powerful agents are dangerous to health for they cannot remove the cause of the pain. Hence their action is limited to narcotize the nerves. The disease continues and the damage is done. Headache powders increase deaths by heart failure, therefore it is necessary to warn the public against them.

Medicines used for children are detrimental to their health. Mothers very often use cooling medicines for their babies when a little feverish.

Many of the best doctors believe that no medicines can cool fever. Common sense however can surely tell anyone that cold water will cool. Doctors know this, and cold baths are daily used in the great fever hospitals throughout the world. Rheumatic fever, typhoid fever and small pox have been found to yield to cold baths when no other treatment would save life. Cold water is only dangerous when the body is cold, always remember that. Also remember that unless the body warms up well after a cold bath it must not be repeated; but when the body is hot, cold water can only do good; and when very hot and feverish often nothing else will save life.

After taking a cold bath be careful that the feet get warm. Warm feet always relieve headache, if they should remain cold too long after the bath put a warm bottle to them well wrapped in flannel. Cool abdominal packs give excellent results in fever. With weak people frequent washing of the whole body is best after the bath; or if they are afraid of a cold bath then start with a warm bath and gradually cool it off. With very weak children who are often hot and cold by turns, a better plan is to use a handful of salt in a warm bath and afterwards wash the body with cool water. I advise mothers and nurses not to use fever drops for babies and growing children, but regulate the diet and use water. Microbes cannot breed if the nest in which they incubate is cooled down below the breeding heat.

Pure water to drink, pure water to cool the surface (hot or cool as vitality calls for), no foods that induce fever, pure non uric acid making foods, afterwards, pure air through the house and fever will be no longer regarded as a plague but as a beneficent servant to remind us of neglected duty and self-indulgent greed.

The delusion that health can be restored by swallowing drugs is so widely spread that one doubts the sanity of people who spend large amounts of money for medicines, inasmuch as their experience gives them usually, if not always, unsatisfactory and often fatal results.

GETTING BACK TO NATURE

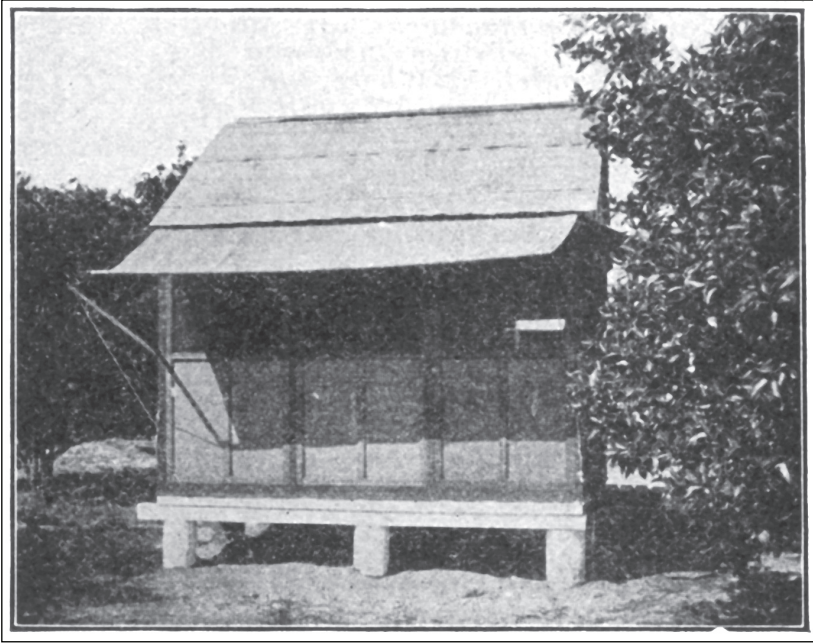
by James M. Tarsy, N.D., D.C.

Herald of the Health and Naturopath, XXVII (2), 68-70. (1922)

In your estimation, is health a condition of well-being brought about solely by external influences, or a condition due to proper physiological activities of the body organs? To be more explicit, is health the direct result of taking care of the human machine, or is it regulated entirely by outside forces such as germs, drafts, and the taking of innumerable crazy concoctions represented by the word "scientific", serving the principle and primary purpose of enriching the coffers of the drug manufacturers? The question is this: am I going to have health because I take care of myself, or because I concentrate my attention on how best I can avoid germs? Am I going to have health because I eat good, simple, unadulterated food, or because I take my daily tonic? Will I be healthy because I exercise, breathe in good, fresh air and get the proper amount of sleep, or because I have been vaccinated with small-pox virus, or typhoid fever, diphtheria, tetanus and typhus? Am I going to live to a ripe, old age because my spine is straight and supple, or because I have twisted the main beam of the house all out of shape? Will I have rich, red blood, vim and vitality coursing through me because I breathe in all the fresh air possible and try to be as much out in the sun as I can, or because I shut out the "night air" from coming in, never going out to get the wonderful vibratory and healing effects of the sun? Will I keep my system inwardly clean because I pay attention to my food, and eliminative organs, give my skin a chance to breathe and get used to the changes of temperature, or because I bundle myself to the capacity that I begin to feel top-heavy, and take all precautions not to get in the way of a draft?

These are some of the questions which confront us in dealing with health. Some of the questions which most of us through normal intelligence have entirely disregarded. We have caused our eye-sight to become bleared by the purblind modern concepts of disease. We have become too lazy to think for ourselves, have let misguided men, money-grafters and a hundred other kinds of incompetents paralyze our thinking caps with pretty sounding advertisements, pet theories and the rest.

Now frankly speaking: do I get sick if my machine is in proper working condition? Does my automobile stop running if its mechanism is in proper running order? Do I get consumption if my lungs are healthy because of good nerve and blood-supply? Does the engine of my car refuse to work if the gas is of the proper quality and the mechanism is in shape? Will I get colds and diarrheas, catarrhs, skin eruptions and the like, if my eliminative organs are taking out the poison in the body?



Light and air hut for outdoor sleeping.

Will my furnace become chocked-up if the ash and clinkers are taken out regularly? Now coming to the first question again: is health the result of a conscious effort of man to keep himself well, or is this health a will-o-the-wisp regulated by the amount of germs in the atmosphere, the amount of dirty pus shot into a clean body, the quantity of drug preparations ingested, and the number of drafts exposed to? Does disease come from the inside out or from the outside in? If we can answer this question we can then know what disease is and how we can meet it. When I say that disease comes from the inside out and not from the outside in, I do not mean to infer that outside influences do not leave their ravages upon the human body, I mean this in the sense that so long as we do take care in the body such diseases as consumption, rheumatism and typhoid fever can never find a lodging place.

I agree that in the scheme of evolution medicine has served its purpose. I am liberal to even admit that germs or the germ theory has had its swing in being of help to humanity. It has shown the way to cleanliness. But it has been overdone, and carried to a generous extreme. It has saved a thousand lives and killed a thousand more! It has cleansed our homes and left our bodies dirty. We have travelled the gamut of the two extremes. When germs were not known, it is true that people died of plagues, and

BACK TO NATURE

SEEKERS of health are gradually drifting to **DRUGLESS** methods of healing to get well.

Those who enjoy good health place themselves under the guidance of Drugless Doctors to conserve their health. 35 years ago in America there was one College that was giving a course in medicine of 2 years of six months each year. The others less. 20 years ago you could become a Dentist in less time.

All healing sciences have graduated in the same manner.

You can become a **DOCTOR of NATUROPATHY** receiving a thorough training in all the Drugless Therapies, including Nature Cure, Diet, Osteopathy, Chiropractic, Hydrotherapy, Massage, etc. in two years of nine months each.

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119 West 74th Street, New York City

By 1922, Benedict Lust had expanded the length of naturopathic training to a minimum of a four year program or 2,400 hours of instruction.

now that germs are known, they die of plagues too, only different kinds, not so quick in their rapacity, but in the long run quicker. There is more sickness in the world today than ever before! Just hang around in a X-ray office for one day. Syphilis, consumption, pyorrhea, chronic appendicitis and many more file in with surprising rapidity (which is good for the doctor). Isn't there a cause for all this? Isn't there a logical explanation? Why cancer of the breast, of the stomach? Cancer! Cancer! Cancer! Imagine, one out of ten dying of cancer, not calculating consumption for a good measure: consumption of the lungs, of the skin, of the bone, of the kidneys, etc. I cannot begin to speak of the innumerable other diseases which are ever on the increase.

These last few days we have been hearing very much about a certain Doctor Lorenz from Vienna, Austria, hip and joint specialist. The author has had opportunity of witnessing the clinics and the lines of deformed children waiting for hours outside the Hospital of Deformed in order to get in. The papers have been raving about this tall, tired, unassuming man. There has been a great deal of talk about this man and his methods. Most of the talk as usual is about the methods employed after thousands of poor suffering children have become deformed, but about the measures which could be employed from stopping these diseases from ever appearing, one hears nothing. If we would only pay a little more attention to prophylaxis a great deal of these children would be healthy and well; a great deal of frantic mothers would be happy!

I am a doctor of Chiropractic and a Naturopath, in the broad sense of the word a physician who eliminates disease by natural and consistent measures, without medicine or surgery or use of any other method which does not conform to being natural. My business is to make people well and keep them well by teaching them the forgotten and disregarded laws of nature. I tell them all about the best and quickest way of getting well and keeping so. During my work I visit all kinds of houses. Nice houses, swell houses, poor houses, filthy houses. As I go up and down the stairs of some of them, my nostrils get the unmitigated smell represented. Stewed kidneys à la Viennese, fried liver and onions, pig knuckles in vinegar, boiled tongue on toast, pigs guts well filled, scrambled brains with ragout and other of such dainty dishes prepared with gusto. The air is fairly redolent with these mixed essences of long departed souls. But my question is not one of diet, it is one of common-sense! The common-sense of knowing and doing is healthy and natural, and knowing and not doing what is unhealthy and unnatural.

Now do not misunderstand me, I don't mean to convey the idea that disease is caused solely by meat eating and the adoption and practice of the germ theory. Meat eating and the germ theory though I admit, are big factors in producing the thousand and one diseases of today. The germ

theory has attracted the attention of humanity specially upon the poor germs and away from the human body and the laws of nature. It has taught that germs are the cause of disease, and not carelessness in obeying natural instincts. It has taught that tonsillitis, pneumonia, typhoid fever, typhus fever, consumption, diphtheria, scarlet fever, influenza and other toxic diseases are brought about by germs; that these diseases cannot be controlled by man voluntarily. For every diseases of today there is a germ to dove-tail with it. Even cancer has been blamed upon a germ.

My idea in writing this article is to show you that disease is something which comes from the inside out and not from the outside in. Before we can have health, we must learn to observe nature's laws.

Disease principally is one, and this one is caused always by inattention to the dictates of the result of accidents, great exposure, etc. Disease is a process which can be controlled by knowing the law. Knowledge and observance are wonderful antidotes for all human ills. They show that disease is a process which can be controlled most certainly with the proper measures; that literally all diseases can be done away with. There is no foundation for the terrible fear which most people have of disease. We should rest assured in knowing that the only remedy is a simple and inexpensive one: that of getting back to Nature.

We must learn the law of cause and effect: that nothing happens without some primary cause to produce it. That disease, aches and pains do not come of their own accord. When we learn to relate this rule to our bodies suffering will vanish as by magic.

My advice is this: **be natural!**

1. Eat natural food—not meat, not fish, not poor adulterated acid-forming food, but the food which nature made for us to eat.
2. Think of health, don't invite disease. Every time you "think" you have some disease you are, through your fear, actually inviting that disease to you. This is illustrated in the cancer specialist who dies often—of cancer, and alienist often of insanity or some nervous condition.
3. Get enough sleep, your body when asleep does not "sleep" but works to bring about recuperation. It can only do this while you sleep. If sleep were a passive state we would be just as tired in the morning as at night time: our body poisons would not be eliminated and the cells of the body not freshened and strengthened. This shows that sleep is not rest, but action. But we must rest in order to get this action.
4. Bathe regularly; when you bathe you get rid of accumulated poisons. The body breathes better, and the fire of life burns brighter. But remember, that the bath must be a natural one. Not a hot whole

body bath, but only a sort of hip bath in which the abdomen and the genital organs get wet. This bath should be cool and to be followed by brisk rubbing. The wild animals never take a whole body bath but follow their instinct in bathing only the hind part of their bodies.

5. Think of health as a business, as indispensable item of your business affairs which can mean real matters lost or gain to you.

The writer feels that if the purpose of this article would only be followed a great deal of suffering could be avoided. This is of course means sacrifice on the part of the doer, but the returns would abound in happiness and contentment with one's self and the world at large. From time immemorial a great deal of the world's trouble have been caused by forgetting nature and learning to be artificial. Knowing what nature is and following her should be the ambition of all who strive for happiness and spiritual elevation.

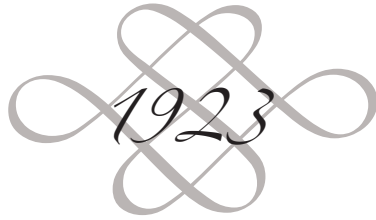
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YOUR GREAT LIFE WORK: PART I

BENEDICT LUST, N.D.

YOUR GREAT LIFE WORK: PART II

BENEDICT LUST, N.D.

**HENRY LINDLAHR, M.D.,
THE FATHER OF SCIENTIFIC NATURAL THERAPEUTICS**

HENRY LINDLAHR, M.D.

HOW DISEASE IS BUILT

DR. B. STANFORD CLAUNCH, N.D.



Benedict Lust, N.D. D.O., D.C., M.D.

Founder and President of the American School of Naturopathy and the American Naturopathic Association, Editor of *Naturopath* and *Der Hausdokter* Magazines. Director of the Naturopathic Health Resorts, "Yungborn," Butler, N.J. and "Qui-si-sana," Tangerine, Fla.

YOUR GREAT LIFE WORK: PART I

by **Benedict Lust, N.D.**

Naturopath, XXVIII(1), 5-10. (1923)

The most important decision a man ever makes, with regard to success or failure in life, is the choice of a life work.

Choose the right occupation, get the right preparation, and you may reasonably expect a notable career of usefulness with honor, fame, large financial rewards, and a wealth of inner satisfaction.

Choose the wrong occupation, get the wrong preparation, and what you may look for is a wasted life, wretched with poverty, misery and despair.

Vocational experts who have analyzed thousands of successes and failures declare that more than 70 percent of the adult workers of the United States are in the wrong kind of work. They can't succeed, no matter how hard they try. Instead of choosing a vocation with their eyes open, they merely happened into a job. Out of the ranks of these misfits come the poor unfortunates who fill the almshouses, police courts and public asylums.

On the other hand, the great men of this country, who have achieved most for the nation and themselves, were determined as young men to select their own vocation, which they did with forethought, care and discrimination. A preparatory study of the possibilities of the life work each man chose had much to do with the success of John Wanamaker, John D. Rockefeller, Judge Gary, President Eliot, Luther Burbank, Thomas A. Edison, Judge Taft, Senator Depew, Charles M. Schwab and Herbert Hoover.

These men chose their occupations not by chance but by science. All young men, all young women, could and should do the same.

Have you found the right vocation? Do you know it is the right one? Are you following it, or preparing for it? Have you analyzed its possibilities keenly and fully? Are you sure its professional and financial rewards will satisfy you, and its opportunities grow with your growth? Is it the work you would love to do, and feel you can do best?

The aim of this booklet is to help you answer for yourself questions like these, and on your answers build a splendid future. No other similar publication for correct vocational guidance was ever published before, to our knowledge. By means of this you can, for the first time, analyze your prospective life work and discover whether it would satisfy you or not.

Any business, trade or profession that you may think of entering can be safely judged in advance by the twelve-point satisfaction test here given. All you need to do with regard to any occupation is to check up on

each point, and see if all twelve are completely covered. Then you will know whether you are likely to succeed or fail in that occupation.

Frankly, we believe that the practice and profession of Naturopathy will be found to meet these requirements more fully than does almost any other modern vocation. You are asked, however, to use your own judgment absolutely, and form your own decision regarding Naturopathy or any other life work, without urging on the part of anybody.

Our students think and act for themselves. We prefer that kind. We don't want students who can be hypnotized into joining a professional school. They do not make good Naturopaths. Hence, in these pages you will find no impassioned oratory that reminds you of a political speech or a circus parade advertisement. The appeal of Naturopathy is to young men and women of intelligence, refinement and discernment. Plain facts, plainly put, are all that a great cause needs. And to straight-forward men the simpler statement is the better.

Coming back to our theme, let us enumerate the twelve points that fix the merits of an occupation, as follows:

- Breadth of field
- Variety of opportunity
- Quick but thorough training
- Chance to earn while learning
- Demand for your services
- Help in getting established
- Good income, long continuing
- Congenial associates
- Influence and prominence
- Health, comfort and longevity
- Future possibilities
- Happiness in your work

Over a thousand occupations in the United States are listed by vocational experts. Out of all this number the first, the only one thus far, to meet the foregoing twelve-point test is Naturopathy, as taught by the *American School of Naturopathy*.

Most of these thousand occupations would include, we judge, not over six or eight of the twelve points. A very few might reach ten. But Naturopathy covers the whole twelve, as you will see by reading on.

Put the matter graphically this way. Suppose you were invited to go at noon tomorrow to receive a rich legacy, and were given your choice of one clock to tell you the time. Suppose each occupation was a clock, and they were all standing in a row for you to pick from.

A majority of the clocks would go dead by six or eight a.m. A few would run till ten—and stop there. Naturopathy would strike twelve—and speed you on to the rich legacy. Naturopathy *will* speed you on to a magnificent life work, which beats any rich legacy all hollow.

Consider the test, point by point.

1. BREADTH OF FIELD

The ideal vocation is unlimited to scope, extent or locality. You would like to work and live where you choose, and climb as fast and far as your ability and industry will carry you. But the average occupation restricts you to a narrow field of enterprise. If you are an employee, the location of the business forces you to live in a certain city or neighborhood, regardless of the climate, the surroundings, the professional, commercial and social advantages, the wishes of your family and friends, the learnings and longings of your own talents and tastes. You aren't free—you must obey "the boss", and reach a high place only as he or the business permit.

Suppose, however, you decide to be a professional man of the old type—a teacher, preacher, editor, scientist or banker, affiliated with some institution, and depending on its growth for your advancement. Here also you are limited, by the size of the community, character of population, and other features beyond your control. You may have to pull up stakes and move, repeatedly—at great cost and inconvenience—before you gain professional eminence.

Naturopathy, however, means liberty. As a graduate of this School, you may practice anywhere. Your field is the whole world. You can settle where you please, and stay there till you build a far-reaching, long-enduring reputation. Our graduates who have opened offices where the need was greatest and competition least have won remarkable success in a very short time.

Naturopathy is now legalized in twenty-seven States, on the same footing with medicine as regards license to practice. But there is no law in any State preventing the Naturopath from healing and teaching the sick, provided he gives no medicines and uses no fraudulent advertising. The graduates and diplomates of this School, more than 9,000 in number, are located in all parts of the United States, Canada, Central and South America, Europe, Asia, Australia and Africa.

2. VARIETY OF OPPORTUNITY

The most talented men are usually versatile. They can do, want to do, more than one thing. When tied down to one line of work and a dead level of monotony, they become restless, miserable, unproductive and ineffective. Some of the most brilliant men have failed in life because their job denied them full and varied channels of expression.

Most occupations are of the one-track type. You get started, and you have to keep going just on the one track. If you train to be a merchant, a manufacturer, a farmer, an accountant or an engineer, you must be that one thing all your life, unless by some extraordinary opportunity or endeavor you manage to combine your occupation with some other, and have to work twice as hard in doing it.

A notable advantage in the profession of Naturopathy is that during the course of training you have a wide choice of special fields of activity before you, to select from and prepare for. And that when graduated from this School you can, if you wish, turn your talents in a variety of directions. You can be a regular Doctor of Naturopathy and conduct a general practice; or you can specialize and become a Dietician, a Chiropractor, a Health Teacher and Lecturer, a Sanitarium Superintendent, a Gymnasium Proprietor, a Director of Physical Education, a Health Resort Manager, a Sanitary Engineer, a Welfare Consulting Expert, or a Magazine Writer and Editor.

Example of vocational opportunity: more than 500 health institutions throughout the country are managed by graduates of this School, and the demand is constantly growing for Naturopaths to serve as specialists and department heads in drugless schools, resorts and sanitarium.

3. QUICK BUT THOROUGH TRAINING

Preparation for your life work should be thorough, to make you master of your profession; but quick, to enable you to enter upon your career as early as possible. There are two bad extremes in technical courses of study; the first is that of delay and a mass of wearisome details, that you must learn but don't need; the second is that of undue haste and incomplete one-sided instruction that omits many of the subjects you will have to know in order to succeed.

The first bad extreme is that of the old-style medical college. It refuses to grant you a diploma till you have completed a four-year medical course, preceded by a long period of university studies. By that time you have wasted probably an aggregate of two years on subjects trivial or superfluous, that not even a medical doctor could use to advantage.

The second bad extreme is that of the new-fangled schools of healing cults, popular examples being Chiropractic and Christian Science. These institutions, managed by ignorant or unprincipled heads, may offer to turn you out a healer of some kind in a few months, by neglecting to teach you hundreds of things that every good physician must know, and failing to recognize that Chiropractic or Metaphysics is but a single branch of therapeutic knowledge out of scores of essential branches.

The *American School of Naturopathy* avoids both extremes. It requires of all full graduates a minimum of four years or 2,400 hours instruction, leading to a degree of Doctor of Naturopathy or Doctor of

Chiropractic. The course includes all the principal subjects taught by leading medical colleges, and the same text books are used. No other school of drugless therapy offers complete instruction of this approved character.

But the actual time you spend at the school is only 24 months—about half that required at medical schools for a diploma less valuable. This achievement in saving your time is accomplished by intensive, co-operative instruction and elimination of all useless teaching; no long vacations.

For example, we do not teach the sort of pathology, etiology and medication taught by allopathic schools. They treat symptoms and require a knowledge of several thousand drugs for that purpose. We study, treat and remove causes of disease, for which purpose drugs are not indicated.

Neither do we include in our curriculum the old-fashioned medical systems of diagnosis, because they are unreliable and perilous. Dr. Richard Cabot, a leading medical man of the country, showed by careful tests at the Massachusetts General Hospital that 47 percent of the diagnosis made by medical doctors are absolutely wrong. Sir James Mackenzie and Dr. Andrew Roward, making a survey of about 1,000 typical cases of medical diagnosis, under the auspices of the famous Institute of Clinical Research, found that approximately 70 percent of the diagnoses were incorrect and fallacious. We do not approve or teach faulty methods of this kind. We prefer not to endanger the lives of your future patients, in telling you how to prescribe poisonous drugs for diseases they haven't got.

4. CHANCE TO EARN WHILE LEARNING

Many students at professional schools are unable to finance themselves, and must either borrow or earn money to finish their course. A large number would rather be self-supporting. Others being foresighted, look ahead and want a cash reserve on hand when they finish college and are up against a hard, cold world.

To meet the situation, progressive schools allow time during the course for students to fill outside jobs and pay their own way to success. Departments of large universities have arranged with owners of shops, mills, stores, offices and factories to employ the university students at good wages.

The *American School of Naturopathy* welcomes, and provides for, ambitious students of limited means. The school year is only six months. You can spend the other six earning money; or you can hold a regular position that pays well, and study in the evening, attending our night classes instead of the usual day sessions.

Applications often come for student helpers in sanitarium, doctors'

offices and health stores, institutes and resorts. We can thus place many of our students who seek employment opportunities.

5. DEMAND FOR YOUR SERVICES

Before choosing a profession, a young man should ask if it is overcrowded, and what chance he will have against competition. Otherwise, after long years of study he may find that a host of rivals, in the field already, will shut him out, or that some of them having better training and equipment will seize the business or clientele he wants.

Among the overcrowded professions today are those of law, theology and medicine. The average American lawyer, preacher or doctor can't make a decent living at his profession. There are too many of them—the supply far exceeds the demand.

But the rich, unoccupied field for Naturopaths is many times greater than the supply of graduates to fill it can possibly be for years to come! There are in the United States more than 40,000,000 believers in drugless healing—and hardly more than 9,000 qualified practitioners of Naturopathy. The forty million constitute a potential following and clientele of the nine thousand.

There are supposed to be approximately 150,000 medical doctors in the United States, with about 70,000,000 people still adhering to drug medication. Each allopath or homeopath must live on a clientele averaging about 500 of the population, sick and well together; while each Naturopath may gather a following of eight thousand people, if he knows how!

The national publicity gained in recent years by Physical Culture, New Thought, Psychotherapy, Food Science, Osteopathy, Chiropractic and other single schools of health is only educating the people of this country who are progressive and sane, to a final appreciation and adoption of Naturopathy as the only complete system of therapeutics and hygiene.

. . . Continued in Part II.

Naturopathy is now legalized in twenty-seven States, on the same footing with medicine as regards license to practice. But there is no law in any State preventing the Naturopath from healing and teaching the sick, provided he gives no medicines and uses no fraudulent advertising.

YOUR GREAT LIFE WORK: PART II

by Benedict Lust, N.D.

Naturopath, XXVIII (2), 57-61. (1923)

6. HELP IN GETTING ESTABLISHED (*continued from Part I*)

Professional men of middle age know that the hardest pinch comes in the first year after graduation. It is often a period of semi-starvation. The young lawyer, doctor, engineer, architect or accountant, must equip and maintain well a good office—then wait and wait for enough income to meet the bare cost of operation. Business and trade schools ought to co-operate with their graduates in finding excellent locations and incomes the first year, but they don't.

The *American School of Naturopathy* has connections all over the United States and other countries that frequently provide, or lead to, splendid openings for graduates just beginning practice. Furthermore, the heads of the school make a special point of advising graduates where to locate and how to conduct a successful practice from the start. Close acquaintance with hundreds of graduates who have built up a fine practice in a short time enables officials of the school to offer counsel of great value, both professional and financial.

7. GOOD INCOME, LONG CONTINUING

Do you know that over 80 percent of the men past 65 years of age are either partial or total paupers? They must depend on public charity, or the mercy and pity of their friends, for support. Why? Because they had poorly paying jobs or professions and couldn't save money enough to keep them in the necessities of life when too old to work.

You should not think of entering a vocation where the average income is less than \$2,500 a year, and the upper limit less than \$5,000 a year. Your self-respect should demand the first figure as a minimum, your ambition the second. The man who renders a large service to the public should be able to earn a large income doing it. When he can't, something's wrong.

Real Naturopaths don't put money first. However, the graduates of this school earn \$3,000 to \$5,000 a year on the average; while the gross income of a practitioner of Naturopathy has reached as high as \$70,000 in one year.*

Also bear in mind that a Naturopath is able to maintain a consulting office practice up to extreme old age, long after men whose liveli-

*The potential income earned of \$5000 by Naturopaths in 1923 calculated in today's dollars would be the equivalent of \$70,000 today. \$70,000 in 1923 would be a million dollars today. *Ed.*

hood necessitated active work are forced to retire and cease earning. The Naturopath is a teacher of health even more than a physician; hence the older and wiser he becomes, the greater value is attached to his work as a consulting expert.

8. CONGENIAL ASSOCIATES

The men and women who are leading members of your business or profession do the most to make it pleasant or unpleasant. You have to meet them right along, give regard to their mental, moral, commercial and social characteristics, be helped up or pushed down by their standing in the community. Everybody choosing a vocation ought to size up first the nature, mentality, force and reputation of the people at the head of it.

Among the officials, professors and instructors of the *American School of Naturopathy* are directors and specialists of leading sanatoria and hospitals in New York, well known contributors to hygienic and medical journals, proprietors of health institutes, and authors of standard health books. You will be proud to know these recognized authorities.

But we have gone still further to place at your disposal the world's best in the healing art. We have searched Europe for improved therapeutic methods, and are the official, exclusive representatives in America for such famous European specialists as Kneipp, Kuhne, Ehret, Bilz and Just. No other school of drugless healing can offer you acquaintance with so many authorities of national and international reputation.

9. INFLUENCE AND PROMINENCE

What can you do to make a name for yourself? A normal young man of talent, power and ambition wants to carve his name high on the scroll of destiny. The way to do it is to get a real message of truth and service into the minds and hearts of the greatest possible number of people. Give them what they need most, in a way they like best.

Health is what they need most. And Naturopathy offers the way that people like best. No painful surgical operations, no bitter drugs, no senseless fads of diet or exercise, no costly traveling or moving for a "change of climate", but health assured by methods quick, easy, pleasant and permanent. A true physician has the confidence and respect of the community perhaps to a greater degree than any other citizen.

Read the names and records of the teachers and practitioners of Naturopathy who have won the genuine fame of wide and effective service. You will find the stories of their achievements in the *Universal Naturopathic Encyclopedia and Directory*. No other school of drugless healing ever issued such a book—no other school ever had enough graduates of influence and prominence to fill such a book.

10. HEALTH, COMFORT AND LONGEVITY

A large proportion of occupations are subject to hazards that end to lower the vitality and shorten the life of people who engage in them. Sources of danger include exposure, accidents, nerve and eye strain, excessive fatigue, poor food, air and light, bad working conditions and surroundings, and the so-called "occupational diseases". A man should investigate the life expectancy of the average worker in his line, before he decides on it; or he may die ten or fifteen years too soon, from illness that his job will produce.

The business of a Doctor of Naturopathy is to know how to live long, happily and well. He learns in this school all about the foods and drinks, baths and exercises, clothing and appliances and utensils, rules and principles and habits of life, that mean abundant health and vigor. To reach a hale and hearty old age, a Naturopath merely applies to himself what he teaches and prescribes to others. We doubt if there is another vocation in the world of which this can be truthfully said. Our school diploma is a health insurance policy for the graduate himself, to be had only here.

11. FUTURE POSSIBILITIES

Ten or twenty years from now, will your vocation be in a more, or less, prosperous condition than today? Is the progress of the world likely to render it obsolete or unpopular?

Every industry is on the upgrade, or the downgrade, according to whether its greatest development lies ahead of it or behind it. Cases in point: electrical engineering, household management and the automobile business are on the upgrade, while candle-making, medicine and the livery stable business are on the downgrade. Tallow candles, medical men and buggy horses have lost much of their former popularity, and will lose more. They represent a past age of inefficiency, as do the waning features of many other occupations. Why get ready to move backward?

Naturopathy, however, is one of the fastest growing professions. Since the founding of this school in 1896, the number of faculty members has grown from 1 to 25 at present; the number of graduates from 5 the first year to 110 last year; the number of State branches of the American Naturopathic Association from none to 28; and the number of drugless healing schools in America from none to more than 500, all following our lead. Make it a point that we have no large classes, but count on quality first, therefore limit our classes.

A fact still more impressive: during these less than thirty years, the number of believers in drugless healing throughout the country has grown from a few hundred to more than 40,000,000. Let this rate of growth continue, and in twenty years from now, when you should be at the height of your practice, more than half the entire population of the United States



In 1907, Benedict Lust moved into this entire building of 55 rooms that was utilized as the American School of Naturopathy, clinic, hospital and Naturopathic Institute in NYC

will be ready for Naturopathic teachings and ministrations! By enrolling in this school now, you will be prepared to occupy a place of leadership, honor and reward in middle life.

12. HAPPINESS IN YOUR WORK

That is, after all, proof that it *is* your work. When you enjoy doing a thing, just for the sake of doing it, you are likely to do it well and thus both give and take satisfaction in the outcome. All great men love their work.

Among the professional gatherings in New York, the lectures, banquets, meetings and conventions of Naturopaths are notable for enthusiasm, congeniality, fraternal spirit and progressive ideas. The same feeling of delight in their work distinguishes our graduates everywhere. Talk with, or write to, some of them and you will realize what this school does for its graduates.

Think of all the sources of satisfaction you, too, will find in your achievements as a Doctor of Naturopathy, and decide to enroll now.

You will be a member of one of the most advanced professions of the age.

You will be a fraternal associate of some of the keenest thinkers and finest humanitarians of Europe and America.

You will be a great champion of medical freedom, and a liberator of the world from ignorance, error, fear and superstition.

You will be a potential leader of community thought, welfare and progress, with many opportunities for public service.

You will be a well-armed foe of the many cults, fads and sects in drugless healing that are false and harmful.

You will have a sphere of enterprise almost unlimited, with no competition to speak of.

You will command your own destiny, with no blind or selfish employer to hold you back.

You will occupy a field capable of yielding ample income, far into old age.

You will relieve human suffering, prevent human ills, banish human woes and cares.

You will teach and practice the great truths of life, most uplifting and inspiring to yourself and others.

You will help to demonstrate that no disease or trouble is incurable, and that man is unconquerable.

You will make your life a power for good, with esteem and honor coming to you more and more as the years advance.

Make your decision, make it right, and make it now!

If the literature you already have does not answer all the questions you want to ask, write them fully in a personal letter to the President and you will receive a special answer.

A true physician has the confidence and respect of the community perhaps to a greater degree than any other citizen.

To reach a hale and hearty old age, a Naturopath merely applies to himself what he teaches and prescribes to others.

You will teach and practice the great truths of life, most uplifting and inspiring to yourself and others.

HENRY LINDLAHR, M.D., THE FATHER OF SCIENTIFIC NATURAL THERAPEUTICS

by Dr. Henry Lindlahr

Naturopath, XXVIII (9), 438-441. (1923)

[The life of Dr. Henry Lindlahr is virtually a chapter from the history of Nature Cure. We cannot, therefore, present a more graphic picture of this great Nature Curist than to give the following excerpts from the vivid autobiographical account of his life as recorded by him in his booklet, "How I Found Nature Cure". —Benedict Lust, Ed.]

In our halcyon days of youthful vigor we are apt to look upon health culture, mind culture and higher philosophy with contempt and derision, but suffering is the great awakener, revealer and teacher. So long as we are prosperous and suffering does not overtake us, we are content to jog along in the old ruts and to live in "the good old ways" to the very limit of Nature's endurance.

In my youth I had learned the Ten Commandments, but neither in church, school, nor college had I been taught that there is a Decalogue and a morality of the physical as well as of the spiritual. Left in total ignorance of the laws of natural living and boon companions, I imagined that the highest philosophy of life is "to have a good time while it lasts" and to "let tomorrow take care of itself".

I accepted the popular belief that life and death, health and disease are largely matters of chance or dependent upon drafts, wet feet, germs and bacteria or upon the will of a capricious Providence.

My friends of the medical profession assured me that eating and drinking and the use of liquor and tobacco had little to do with physical condition. Their advice was "Eat and drink what agrees with you (that is, what tastes good and makes you feel good), satisfy your physical appetites and cravings to the fullest extent; it is only natural to do so. If you get into trouble, come to us and we will fix you up all right." Again the comfortable doctrine of "do as you please" and of vicarious salvation. Such advice is administered constantly and indiscriminately to the youth of our country, in private consultations and in open clinics by physicians of good repute.

As a result of all these teachings and examples of personal irresponsibility and ethical and moral nihilism, chaos filled my mind and soul. I did not know what to believe or what to disbelieve and as a natural result, ceased to care how I lived. My only concern was the gratification of my physical appetites and my desires for diversion and amusement.

My early life was a sort of experiment to see how far I could go in



Dr. Lindlahr's Chicago Sanitorium.

violating the rules of wholesome living without suffering immediately and intensely Nature's penalties.

Finally, however, I reached the limits of Nature's endurance and began to suffer greatly from the results of my ignorance and foolishness.

Following the advice of my friends, the doctors, I sought relief and cure in drugging. But though I consulted one after another of the "best" physicians, their pills and potions gave only slight temporary relief. At the age of thirty-five I found myself a physical and mental wreck without faith in God, in Nature or myself. Many times the desire to end my miserable existence threatened to overwhelm me. The terror of it all was my utter ignorance and helplessness. I failed to see the causes of my troubles, much less the way out of them. However, the darkest hours are just before dawn.

One day I confided my deplorable condition to a sympathetic friend. He handed me a book and expressed the wish that its perusal might do me some good. It proved to be one of the first publications dealing with the laws of natural living and healing and was written by Louis Kuhne, an humble weaver, the great pioneer of Nature Cure.*

In simple but convincing language it taught that all disease, barring accidents and surroundings hostile to human life, is due to violations of nature's laws in habits of living; and that, therefore, the fundamental principle of true healing must consist in a return to natural habits of living.

* Louis Kuhne wrote *The New Science of Healing* in 1891 which became the roadmap for Henry Lindlahr and others to craft Nature Cure and Naturopathy in North America. *Ed.*

His simple means of cure consisted in pure food diet, free from morbid matter of the animal carcass; water, air and sun baths, massage and systematic exercise.

As I read the book, it was as though a great light were arising before me and illuminating my darkened consciousness. For the first time I realized that the process of life and death, health, disease and cure are subject to the workings of natural laws, as definite and exact as the laws of gravitation and chemical affinity; that there is a decalogue and a morality of the physical as well as of the spiritual, and that if I would faithfully comply with laws of my physical nature, there was still hope of regeneration and the recovery of health—physical, mental and spiritual.

I read on eagerly through the night and into the morning hours, until I had absorbed the contents of the book. The next morning at my bath and at breakfast I began to practice the natural regimen and have carried it out to the best of my ability from that time to this.

The results were most gratifying. There were ups and downs and healing crises, but all along, to my great joy, I experienced a steady improvement. The satisfaction and happiness this gave me were indescribable. I was conscious that I was working out my own salvation through my own knowledge and personal effort. I realized that I had arisen out of utter ignorance and helplessness and become independent of the quacks of philosophy, religion and medicine—that I was indeed the master of my fate.

While the home regimen of natural living wrought a decided improvement in my health, it was not sufficient to entirely overcome the deep-seated chronic ailments from which I was suffering. The same was true in the case of my wife. She had been an invalid for years before our marriage and several years later she had been rejected by the New York Life Insurance Company as a victim of Bright's disease. The examining physician for the Company assured me it was no use to try again and pronounced her case incurable.

At that time I had already become acquainted with Nature Cure and we were living strictly in harmony with its teachings; therefore I could not accept the verdict of the doctor, and I said to him: "You will take her within two years." "Never," he insisted, "Once albumin, always albumin." He had to retract his prognosis, however. After another year of natural living, not a trace of albumin was to be found and the New York Life Insurance Company accepted the risk without hesitation. I may add that she has ever since enjoyed perfect health.

MY EXPERIENCES IN EUROPEAN SANITARIUMS AND SCHOOLS FOR NATURE CURE

About six months after I became acquainted with Nature Cure philos-

ophy, I disposed of all my possessions, severed my business connections, and with my family departed for Europe, principally to seek treatment for both my wife and myself in the Nature Cure sanitariums. I had intended to remain in Europe about three months, but became so enthusiastic over the improvement we both experienced and the wonderful things I learned about Nature Cure that I lost interest in everything else. I realized that commercial pursuits, no matter how remunerative, could never again satisfy me. Money-making had lost its charm. Higher and finer ideals had taken its place. I had grasped the law of service which ordains that we achieve content and happiness only as we make others happy. "Freely ye have received, freely give." In compliance with this injunction of the Master, I decided to make Nature Cure my life work.

Instead of three months, I spent a year in Nature Cure schools and sanitariums, studying as well as benefiting by treatment. At the end of the first really happy year of my life, I returned to this country and began the study osteopathy and medicine.

After I had obtained my diploma and become a licensed osteopath physician, I continued the study of medicine, practicing natural methods of treatment in my leisure hours. In that way I had the opportunity of comparing the results of my own work with those obtained by medical and surgical treatment in the clinics and hospitals of the medical schools I attended.

In the class rooms and the clinics I listened with two ears and saw with two eyes. That is to say, all I heard and saw had for me two meanings—the one intended by books and professors on the lecture platforms; and the other my own interpretation of their theories and practices in the light of Nature Cure philosophy. I reserved the right to be the judge of all that transpired before me.

Though already well advanced in years, I thoroughly enjoyed these belated school days. The study and research proved so intensely interesting that I would not have foregone the pleasure of a lecture or clinic for the best "show" in Chicago.

Compare my experience with that of the average student on the benches of our great medical schools, drinking in, as gospel truth, every word uttered by the teachers; not able to judge between truth and error; not allowed to entertain an independent opinion; helplessly swayed by the power of suggestion. In four or five years, he is hopelessly hypnotized and obsessed by the one-sided theories of a particular school.

This explains why we find it easy to convince any person endowed with common intelligence and good sense, of the simple truths of Nature Cure, and why we find it almost impossible to change the dogmatic beliefs of the trained nurse, the medical student or the practicing physician. Their brains are so stuffed and befuddled with the "theories of the schools" that

they have lost the power of common sense reasoning. As an old proverb puts it, "for the many trees they cannot see the forest".

In due time I graduated in allopathy, homeopathy and eclectic medicine, passed the examination of the State Board of Health of Illinois, and obtained my license to practice as allopathic physician and surgeon.

NATURE CURE TRULY ECLECTIC

During my search for health and knowledge in European Nature Cure schools and sanitariums I found that all these institutions were teaching and practicing only a part of the truth. They would emphasize one or more of the natural methods of living and treatment and ignore other just as important. Some of the things they did were all right, others all wrong. Not one of them measured up to my ideal of an all-round Nature Cure institution.

THE RETURN TO AMERICA

These experiences inspired me with the idea of founding in this country an institution that should teach and practice all that is good in natural living and healing.

For the last sixteen years I and my good helpers have been trying out, sifting and selecting the true and practical from that which proved irrelevant, harmful and destructive. We are determined to continue this process of natural selection indefinitely. It is this which makes Nature Cure the only evolutionary and truly eclectic system of therapeutics ever formulated.

In our Nature Cure institutions representatives of the allopathic, homeopathic, osteopathic, neuropathic, chiropractic and naprapathic schools of healing work side by side in the practice of Nature Cure, magnetic, mental and spiritual healing, year in and year out in perfect harmony, without a shadow of misunderstanding, jealousy or intolerance. There is not another institution on earth that exemplifies true eclecticism in a similar way.

My early life was a sort of experiment to see how far I could go in violating the rules of wholesome living without suffering immediately and intensely Nature's penalties.

It proved to be one of the first publications dealing with the laws of natural living and healing and was written by Louis Kuhne, an humble weaver, the great pioneer of Nature Cure.

HOW DISEASE IS BUILT

by Dr. B. Stanford Claunch, N.D.

An address delivered before the Common Sense Health Club,
San Francisco.

Naturopath, XXVIII (9), 469-481. (1923)

I am indeed grateful to the members of The Common Sense Health Club for having been selected as their representative to present to you what I think is the most vital subject that has ever been discussed on a public platform—the subject of **How Disease Is Built**. (Please note this is not a discussion of how disease is “caught,” acquired or contracted, but how it is **Built**.)

There is no subject that so vitally concerns humanity at the present time as that of health and disease.

In the beginning, there are three points that I wish to impress clearly upon your minds:

First, that enervation—nerve-weakness—precedes all forms of disease. In fact, it is the primary disease.

Second, that physical man is primarily a digestive apparatus and normal health can only be regained and maintained through improved nutrition.

Third, and most important, that death is impossible from acute disease when it is correctly managed.

You have, this evening, the opportunity to listen to one who is perhaps the most unpopular speaker ever introduced on this platform; unpopular, because of the fact that I oppose everything that is popular in the healing art. It is my belief that none of the claims and theories of medicine, and few of those of the drugless professions, can be proven by science or substantiated by reason or experience.

It is my contention that all the present day “systems” of healing, drug and drugless, rest on a false premise and are hindering, rather than helping, mankind to health. Furthermore, I claim to have learned the true premise of the healing art, the natural laws of health and a system of living that will restore every patient to normal health, who is at all curable, without assistance of “treatment” of any kind. So you readily understand that I am the smartest man in the world, and in order to keep from having to prove it, I will just admit it. So that settles it. (Laughter.)

Before going further, I wish to state that given a premise, one can reason just as logically and just as scientifically from a false premise as he can from a true premise, hence doctors of all schools reason logically and scientifically. Some of them are sincere and really believe in drugs, serums and surgery. Most, however, do not. Still they must earn a living and must practice something they know to be false in order to do it.

The vital thing is the ability to distinguish the true premise from the false.

In opposing orthodox principles of healing, I have no personal axe to grind. I hold no personal enmity toward any physician; I am simply attacking what I believe to be false systems that are harmful to humanity. It is my purpose to expose the false premises on which the various schools of healing rest and explain the true one that should take their place. The evidence is overwhelming that none of the present healing systems are scientific or successful, for there are more “diseases”, more “complications”, more and fuller hospitals—in fact, the physical condition of civilized man is worse today than ever in the history of the world.

I have promised to give you, in understandable common sense language, an insight into the building of disease—an explanation of the chief influences that enter into the impairment of health, or the building of disease. I will take you, with your kind attention through your own experiences of life, so that you may deduce, step by step, how your daily habits of living have weakened your nervous systems, perverted your nutrition and established your diseases.

You have been educated to believe that disease is an entity—that it is a specific something that you can “catch” or contract by exposure to some virulent germ or some person or thing that is harboring such germs. Before I finish, I shall prove the fallacy of this theory and the fallacy of such education.

At the beginning of life—in fact, before life really begins—medical science (?) has made a pathological (disease) condition out of what was once a natural physiological one—that of child-birth. Child-birth is a perfectly normal function and would seldom be attended by disease and death if it were not for medical interference with Nature’s processes. In truth, it is man’s interference with Nature’s processes that is very largely responsible for the short life, increasing disease and high mortality rate of the race at the present time.

Before you are ushered into the world nowadays, it is both custom and law that one or more physicians or surgeons must be present to tear, cut, lacerate and mutilate either, or both, mother and infant if the procedure is not progressing to suit his inclinations. As the result seven in every thousand mothers, and a far greater number of babes, lose their lives in the process.

Invalidism in the mother and a weak constitution in the infant are often built in this way. The child enters into life with a serious physical handicap as a result of mal-treatment in a great many cases. Thus the baby is born under conditions of disease instead of health.

If both the mother and babe survive the “ordeal”, the mother often finds that “something” has made it impossible for her to nourish her babe

with the milk from her breast—the natural and healthy way—and she is compelled to resort to the use of cow's milk or the different patent preparations that "science" has concocted to take the place of the natural product. Thus the baby is more or less artificial (diseased) from birth.

Every mother knows instinctively that cow's milk and the different "Baby Foods" of science are very inferior to her own milk, but her doctor tells her that her milk is not sufficient in quantity or nutritive elements for the child and she ignorantly submits to the will of "His Highness" and feeds her baby on the cooked, refined, sterilized and devitalized product. No wonder the poor babe suffers from constipation, dysentery and other diseases before it is able to talk.

Nature's plan is to take the milk directly from the nipple of the mother. No milk that has been exposed to the air is fit for food. Once exposed, it becomes a favorable medium for bacterial propagation, and decomposition makes it unfit for human nutrition.

Exposing milk to air kills its organic structure—its life-giving principles. The life-giving elements of all the patent preparations on the market have been destroyed by exposure to air, cooking and processing.

If the child survives this interference with its natural feeding (a large percentage of them do not), and reaches the age when it can eat solid food, it is fed on "breakfast food", porridges, pastry, candy, "Eskimo Pie", ice cream, and other deficient, denatured substances instead of the natural fruits and vegetables that Nature intended should be its food.

These are the things that clog the tissues of the child and cause it to suffer from constipation, catarrh, tonsillitis, adenoids and many other "children's diseases".

There are nearly 700,000 species of animal life, and every one of the species except man—the highest—lives exclusively on live, uncooked, organic food. No other animal except man eats devitalized foods that have been rendered inorganic—reduced from their organic structure to dead, inorganic substances.

It is the custom of recent years to instruct children between five and ten years of age to drink all the milk they can. In fact, under the direction of our present Boards of Health—or Boards of "Disease"—it is quite common to have the school child drink a mid-morning and mid-afternoon bottle of milk in order to "keep up its weight and strength". This, in connection with other devitalized, disease-building foods that children are being fed nowadays builds more catarrh, more adenoids, more "infected" tonsils. These "effects" are later removed by surgeons without ever a thought of existing cause.

Practically all the so-called children's diseases—diphtheria, whooping cough, measles, scarlet fever, etc.—are caused by feeding the child upon wrong foods from infancy. The cooked (soluble) starches that the child

eats are assimilated but not utilized by the body. When more of these acid-forming substances have accumulated than the body can endure, Nature, being unable to longer tolerate the abuse, sets up a crisis, a reaction, in an effort to “kick-out” the offending poison.

These crises (symptoms) are what doctors call disease, and they direct practically all their efforts toward the suppression of the healing efforts of Nature. The poisons that would have been eliminated, had the crisis been properly conducted, are pent up in the body through stopping the reaction by the use of depressing drugs, and the patient dies. If he is vital enough to live in spite of the poison of both food and drugs, he often has what the physician calls “after effects”. These “after effects” are nothing more nor less than “chronic disease”.

Chronic disease is the condition that results from medical interference with Nature’s curative methods. The strain or shock from such a treatment is more than the vitality can withstand; consequently, it is lowered to the point where it is no longer able to react acutely and chronic ill health (lowered vitality) is the result. If the acute disease (Nature’s healing crisis) had been permitted to run its course, instead of being suppressed, recovery would have been complete, vitality would have been restored, and there would have been no “after effects”.

The age of ten to fifteen years, I will call the habit-forming age. It is at this time that the habits that largely determine the health of the future are developed; the habits that determine whether the boy or girl will grow to maturity a weakling or with a healthy, robust constitution.

This being the age of puberty, the child begins to feel the first urge of sex. If his parents have taught him the laws of sex and the vital part the sex function plays in life and health he will know how to conduct himself and how to fortify himself against the pitfalls of life. But if, as in the majority of cases, he is compelled to obtain his sex knowledge from the gutter, he is very likely to develop vicious habits that will waste his vitality and he will reach the age of maturity a weakling, wholly unfit to cope with his fellows in the game of life. He will also be susceptible to any type of disease that comes his way.

I will explain to you how the abuse of sex function weakens the body. I have a theory, and believe that someday it will be a proven fact, that runs something like this: The bones, muscles, skin and all coarser tissues of the body are nourished by the food that is absorbed from the intestines by the blood and carried directly to these tissues; but the brain, spinal cord, and nerves—the tissues through which the energy of life is manifest and directed to all parts of the body—are far more delicate, more refined, more sensitive and more highly organized than the coarse tissues; hence they require a more refined and potentized food substance than do the less delicate structures.

Preparing this highly nutritious substance is the office of the glands of the sexual organs. The sex glands extract the most vital and nutritious properties from the blood and refine them so they may be used as food by the nervous system. Food for the nerves and brain must be highly phosphorized and potentized with the most nutritious elements before it is suitable for their use. Thus, when the secretion of these glands is wasted through abuse of the sex function, the nerves become devitalized—actually starved from lack of nourishment.

If parents would wake up to the fact that “ignorance does not always mean innocence”, and teach their children the truth about sex instead of permitting them to pick up perverted information from questionable sources, much misery, sickness and suffering would be spared them in future life.

During the period of adolescence we usually find such “diseases” as grip [grippe or flu], influenza, pneumonia, smallpox, typhoid, etc. These are Nature’s most strenuous protests against habits of living that cause enervation and retention of poisons in the body. On the one hand, through sex abuse and other enervating habits, we lower the vitality, while, on the other, we eat foods that do not nourish us but poison us. The weakened system is unable to stand the poison any longer and Nature, always endeavoring to keep us well, strikes us down, takes away our appetites, and “cleans house”—provided we do not permit meddling doctors to interfere.

When these crises come, the patient thinks they are dangerous—thinks they are his enemies instead of his friends—and, through fear, resorts to the first available source to have them stopped, suppressed, “cured”. Little does he know that they are his only means of recovery and that if they are effectually suppressed by drugs or serums, recovery will be impossible. Please keep in mind that I stated in the beginning that death from any of these acute “diseases” is impossible when they are properly managed.

During 1918-19 there were something like half a million deaths from influenza and pneumonia in the United States alone.* In those that were treated medically—those that had the symptoms suppressed by drugs or serums—the mortality rate was over fourteen percent. In those cases that were treated druglessly, and those not treated at all, the death rate was one-ninth of one percent. You can see from these statistics which are on the files of your government, that practically every case that dies was ignorantly, but legally murdered in the name of science by mal-treatment.

The doctors were perhaps sincere, but totally ignorant of the causes of these diseases or the premise on which Nature’s plan of cure is founded.

*The estimated number of deaths from the Spanish Flu in 1918/1919 was roughly 650,000 in the United States. *Ed.*

Instead of assisting Nature, they interfered with Nature, and these valuable lives were sacrificed on the altar of medical superstition.

Where there is one death from the treatment, there were two cases that developed "after effects". Of course, the professional mind regarded these as cases in no way related to the "flu". If the patient developed tuberculosis or other chronic form of disease as the result of the treatment, his physician told him he had been attacked by another kind of germ and an entirely different disease had been "contracted".

During this time I was working in one of the largest drugless sanitariums in Chicago. This institution treated three hundred cases during this epidemic without a death. The Cook County Hospital, two blocks away, using medical methods, lost fifty-four cases out of every three hundred, or a death rate of eighteen percent.

Obviously, it is impossible to expose and explain all the influences that enter into the building of disease. My time being limited, I can only touch on the most important factors.

As I stated before, animals of every kind live on live uncooked food with the exception of man. Incidentally, man is the only species in the entire animal kingdom that is sick, with the exception of a few that have their diet prescribed by man—domesticated animals. They are sick the same as man, because man supplies their food and directs their eating habits instead of permitting them to select their own food.

Cooking foods and processing them—refining, sterilizing, preserving pickling, flavoring and coloring—all tend to devitalize them. When such substances are eaten—these are practically the only kinds obtainable today in the modern eating places—about one-fourth is available as nourishment and the other three-fourths acts as an encumbering poison. About three-fourths of the food is spoiled by cooking; about one-fourth is unchanged. The nourishment obtained from the one-fourth keeps you alive for a few years; the poisons you get from the other three-fourths keeps you sick most of the time.

If you kept poisonous drugs out of your system and lived in accord with the laws of health, and ate the foods as Nature supplies them, it would only be a very short time until it would be unnecessary to resort to doctors or treatment of any kind.

Another of the chief causes of disease is sedentary life—lack of exercise. Activity is just as important a law of life as correct diet. Sitting at a desk all day brings about a congestion of blood in the abdominal region, starving the rest of the body and over stimulating the digestive organs. As a consequence, we find a great many cases of "splanchnic and neurasthenia", which means that the digestive function is impaired as the result of the enervation that followed the stimulation in this region. The law of Nature is to keep active throughout the day and to rest at night.

As you remember, I have opposed everything orthodox in the healing art. I will now give you my greatest reason for this opposition.

I claim, and believe I can prove to any fair-minded audience, that the very measure that most, if not all, of the orthodox schools of healings are using as a means of **eradicating** disease are, by far, the greatest of all influences that enter into the building of disease. I maintain that treatment (I call it mal-treatment) of every kind, drug or drugless, that passively and artificially stimulates the body and causes or forces it to function when it is in no condition to function is followed by a reaction that inevitably lowers vitality and leaves the patient further away from normal health than he was before the treatment was administered.

Life is nothing more or less than action and reaction, impulse and reflex, cause and effect. Every action is followed by reaction; every impulse produces a reflex; every cause has its effect. All the present-day systems of healing are “treating” and “curing” reactions, reflexes and effects, instead of correction actions, impulses, and causes.

All methods of treatment are administered with the intention of stimulating the various organs of the body in order to force them to function better. It is my contention that all such stimulation, whether it be from drugs and serums; from Osteopathy, Chiropractic or other forms of manipulation; from the application of extremes of heat or cold; or from any means whatsoever that are unnatural and artificial, is invariably followed by a reaction that carries down the vitality of the patient and makes it more difficult for the body to return to a condition where it can function normally.

Enervation—lowered vitality—is the one and only disease. All the different reflexes, reactions and effects are symptomatic crises in the manifestation of lowered vitality and retained waste poisons in the system.

When you are suffering from a fever or a congestion (cold), and your physician is called in, what does he do? He prescribes a drug that will deaden the nerves so they will no longer register pain—no longer protest against the offending poisons that Nature is endeavoring to eliminate—the “symptoms” are suppressed, the pain is stopped and the patient thinks he has been “cured”, if, indeed, he comes out with his life. But what really happened? The reaction was checked, elimination was stopped, the poison that was about to be eliminated was driven back into the body. The patient thus treated is very fortunate if he recovers in spite of the drug. He never recovers because of it.

Serums work somewhat similarly. They are supposed to dissipate the disease by setting up a counter irritation. Doctors claim that serums will immunize against one disease by establishing another. Many deaths result from the use of the “immunizing agents”, especially diphtheria anti-toxin. In many cases the disease produced by the serum is worse than the disease

it was intended to prevent. In 1920 there were ten times as many deaths from vaccination in the state of New York as there were from smallpox, and New York was only forty percent vaccinated.

When the inoculations of these filthy poisons into the blood causes cancer, tuberculosis, syphilis, or other dangerous chronic diseases a few months or years later it does not concern the physician. Knowing nothing of the cause of disease, he cannot reason from cause to effect and see how his treatment, while "preventing" small-pox (making impossible one of Nature's healing crises), has ruined the health of patients by developing some practically incurable condition. He can never understand how punching filthy pus into the blood stream could be a cause of disease, especially if done by the "Regulars", in the name of "science".

Laxatives and purgatives are the axis around which the so-called curative value of drugs revolves. Were it not for the fact that these drugs force the bowels to move, thus affording temporary relief from constipation, there would be little toleration left for medicine, even among the credulous laity.

If the layman only knew how the effect of drugs is brought about; if he knew the physiological process set up in the body to get rid of the drug, and the pathological condition that results, he surely would never resort to their use. Contrary to medical teaching, drugs do not act on the body; it is the other way around—the body acts on the drug.

When the drug poison is introduced into the stomach, the innate intelligence of the body knows that it is not food but an irritating substance which has no place in the body economy, and that it will injure the health if permitted to remain. The body, being self-curative, at once marshals all its forces to eject the irritating material.

The blood gives up from five to twenty-five percent of its plasma, pours it into the intestines and washes out the irritant. Naturally, it carries the bowel contents along with it and constipation has been temporarily relieved. The bowels have been forced into action, in spite of their protest against the presence of a heavy burden, by artificial stimulation, which, like all artificial stimulation, reacts and lowers the vitality of the patient. The patient is "cured" of constipation while his health is being ruined. Dr. Trall once drew the analogy by referring to the Irish doctor who rendered a bill: "To curing your wife until she died, \$75.00."

Recently a large number of the profession have skidded off the beaten path and been carried away on the "gland tangent", most likely for commercial reasons. This is another of the constantly recurring "cures" that are "discovered" every year or so by some member of the medical profession and heralded as a universal panacea, "fountain of youth", "elixir of life", etc. Like all forms of artificial stimulation it makes the patient feel better for a short time, but in the end leaves him worse.

In recent years it seems that an epidemic of surgical mania has seized the profession. It ranges all the way from the hypodermic needle to the complete removal of all the sexual organs of women at one fell swoop. No doubt the fee has a great influence in this field also. It is difficult to imagine a greater temptation to perform an operation than the fact that the surgeon can "earn" \$250,000 or more for a few minutes' work and at the same time be protected by the law from any disastrous consequences to the patient.

There is a phase of surgery that is necessary. In cases of traumatism, broken bones, laceration, etc., surgery of the right kind is highly beneficial, and is a commendable art. This is constructive surgery. But when the surgeon seeks to "cure" conditions of organic disease by removing the diseased organ (effect), with no thought of cause, he becomes a very dangerous foe to health and even life itself. Perhaps more lives have been sacrificed on the altar of needless surgery than through any other phase of medical incompetency.

Removing the appendix "cures" appendicitis in that particular individual forever, but it does not restore his health. This again shows of how little value the naming and classifying of disease (diagnosis) is to the patient. It is worth nothing to him to be "cured" of "cystitis" of the gall bladder by having it extirpated if he is to suffer from indigestion, ulceration or intestinal stasis as the result of the operation. What he wants is not to be "cured" of some symptom by having it removed (which procedure, while sometimes giving temporary relief, ruins his health while "curing" him), but to have his vitality restored to normal, so health will be permanent and "symptoms" and "effects" will disappear. This can only be accomplished by right living.

Latest on the horizon of medical "cures" is the Abrams theory of electronic reactions. Dr. Abrams claims that every so-called disease rests on a syphilitic base and that carcinoma, tuberculosis, coli-sepsis and all other diseases are variations of congenital or acquired syphilis. Personally, I think Dr. Abrams is suffering from a worse disease than any of his patients—that of "Syphilo-phobia."

After thorough investigations of Abrams methods, I find that he himself has little or no faith in his own treatment. He claims very little for the therapeutic side of his "discovery". But, in keeping with the rest of the profession, he lays great stress upon the accuracy and reliability of his diagnosis. He seems to think he has revolutionized medicine because he has "discovered" a more reliable method of naming and classifying specific disease, which, in reality, does not exist.

I am suspicious of any one who "discovers" something in the field of medicine. It always occurs to me that the discoverer has gotten just that much further from the truth. It has been so in the past. Dr. Abrams has

“discovered” that “disease” vibrates at a certain rate. He seeks to destroy the “disease” rate of vibration by setting up a counter vibration by the use of his “marvelous machine, the “Oscilloclast”.

Like the vaccinator, he fights disease with disease.

His methods are deceiving not only the lay minds but a great many of the so-called progressive minds among both the drug and drugless professions, for he is dealing with one of the most fundamental laws of Nature—the law of vibration.

The great trouble is that he is reckoning without his host. He seeks in a childish way to control the vibrations of the body while wholly ignoring the fact that the influences that affect, determine, alter and change the vibratory rate of the body are legion, and continually operative, hence the futility and absurdity of trying to establish and maintain a normal rate of vibration in the tissues of the body with a machine. Perhaps if you could carry one strapped on your back and keep it working all the time, you might have a chance.

No, the whole scheme is so complex, so incomprehensible and so out of harmony with the plan of Nature that it seems a parody on reason and an insult to natural intelligence.

Most of the drugless doctors are in the same category with medical doctors when it comes to “treating”. They are all taught to do **something**. It has been my experience that the physician who knows how to **do nothing** intelligently, especially in acute diseases, has a lower death rate than those who live up to the dictum of their Alma Mater: “**No matter what you do—do something.**”

Like surgery, there is some constructive benefit to be derived from Osteopathy, Chiropractic, and other forms of manipulation. But also, like surgery, treatment of this kind is being greatly overdone.

When there is a mal-position of an organ or parts of the skeleton that mechanically interferes with normal function, obviously it should be returned to its normal position, if this can be done without injury to the organ or the adjacent tissues. When this is done, the therapeutic value of manipulation has ended. Continually “adjusting” the spine at certain nerve centers day after day for the purpose of stimulating the function of the organs that are supplied by the nerves emanating from these segments of the spine will give temporary improvement, but it is had at the expense of vitality. The treatment soon ceases to be effective and the patient is worse than before treatment. Every form of stimulating treatment has the same history.

It seems that physicians of all schools have lost faith (if they ever had any) in the healing power of Nature—the ability of the body to cure itself. When the patient eats in such a manner as to charge his body with toxic material and lives in such a manner as to waste his vital energy, and dis-

ease results, his doctors, depending upon what school they represent, tell him to "Cut it out", "Drug it out", "Manipulate it out", "Bathe it out", "Exercise it out",—anything but to stop putting it in.

There is but one thing that stands between the human race and health, and that thing can be named with one short word, spelled with four letters—cure. Could the idea of cure be banished from the mind of man, each individual would soon work out his own health problem. But as long as we believe we can go to some doctor and be "cured" of the effects of our bad habits, so long as we are taught that some one besides ourselves can get us well, we will be floundering in the quagmire of impaired health—disease.

When the lower animals get sick, they are thrown onto their own resources, and they nearly always recover. But man shifts the responsibility on to his doctor and usually dies as the result.

Were it possible (thanks to the immutable laws of Nature, it is not) for us to go to some "specialist" or highlight in the healing world and be "cured" of all our "diseases" in five minutes, it would be the greatest calamity that could befall the race and the doctor would be the greatest malefactor mankind has ever known. When he cured your disease, he would automatically license you to continue with your degrading and disease-building vices. He would encourage you to think and act destructively instead of constructively. Evolution would cease. There would be no incentive for self-improvement and the race would perish through dissipation and degradation. The ultimate goal of evolution must be achieved by each individual thinking and acting for himself.

The prerogative of every physician should be that of teachers only. When man learns to follow the laws of his being, as interpreted by instinct supplemented by reason, he will find that his body is self-curative and will return to a state of normal health. It should be the education of all physicians to learn these laws and then teach them to their patients instead of "treating" their symptoms and "curing" their "specific" diseases. Every doctor who is not capable of teaching his patients how to cure themselves and care for their own health is a parasite and a menace to public health.

Let me reiterate that every form of treatment—passive influences that artificially stimulate increased function—is always followed by a reaction that lowers the vitality of the patient. Thus treatment becomes one of the greatest causes of disease and the doctor who administers it a malefactor. Truly, orthodox doctoring is malpractice.

I will now briefly discuss the greatest fallacy that medical science (?) has ever perpetrated upon a credulous and gullible public. I refer to the germ theory of disease causation.

Conceived in ignorance, born of superstition, unscientific, unreason-

able, and unprovable, this fallacy has been employed as a shield to cover medical ignorance and incompetency.

Even the members of the medical profession themselves are far from being convinced that the germ theory is scientific. They are about evenly divided, about half of their membership denounce it as a fake and a fallacy. But, being unable to tell the people the true causes of disease, they were forced to tell them **something**. So in looking about for a "cause", they fell upon germs in an effort to uphold the prestige and dignity of the profession. They were thoroughly aware that the laity were totally ignorant of bacteriology and it would be an easy matter to "put it over".

But now we know and can prove that the idea of germ causation is false and will not stand either the test of science, reason or common sense. Owing to the dogmatism in science, however, it is rather difficult to get an honest investigation. So some scientists, or pseudo-scientists, are still in the maze of uncertainty. But all those who have investigated openly and without prejudice have proven beyond the shadow of a doubt that the germ theory cannot be substantiated.

It shall be my purpose to tear away the veil of ignorance and the cloak of superstition that enshroud this hypothesis and turn on the searchlight of reason and common sense. I will show you that germs are not only harmless, but bear a very important factor in the maintenance of health.

Germs are ubiquitous; they are everywhere, inside and outside of our bodies at all times, sick or well. The truth of this assertion cannot be gainsaid; consequently, it is **impossible** for germs to be a primary cause of disease. If they were, it would be impossible for us to be well at all, because they are in us all the time.

Germs are one of the digestive ferments of the body. There are two; one is the chemical or enzymatic (unorganized) ferment and the other is the bacterial (organized) ferment. Both are indispensable to health. Germs are just as necessary in the function of nutrition as the enzymes.

The enzymatic ferment is secreted by the organs of digestion—stomach, liver, pancreas and intestines. The office of these fluids is to liquefy the food and prepare it for absorption by the blood to be carried to the cells where it is assimilated by them as nourishment.

When more food is eaten than can be used by the cells, there is a surplus that must be eliminated. It is here that the bacteria come to the rescue of the overworked enzymes. They set up fermentation in the portion that could not be handled by the enzymes, decompose it and prepare it for expulsion from the body.

Filth (the decomposing food—decaying vegetable and animal cells—that could not be used or eliminated), and **not** germs, is the cause of disease. Were it not for the germs decomposing and destroying this filth, it would kill us. Wherever filth is found, germs will be found to be thriving. When they have a plentiful food supply, they increase very rapidly. That

is why we find them in great numbers in all cases of disease. The more filth (disease), the more germs. Stop putting the filth into your bodies and the germs die out from starvation. When filth is all eliminated, the patient gets well. This is not due to the dying out of the germs, but to the withholding from the body of the irritating poisons.

Briefly, the germ situation can be summed up as follows: Medical doctors claim germs cause disease. Most drugless doctors claim the disease causes the germ. Neither is right. There are some germs left in every body at all times, for there is some filth even in a healthy body at all times. Whenever the filth is increased above the regular amount, germs increase in proportion and vice versa.

There are numbers of “unfathomable mysteries” surrounding medical science (?) that cannot be cleared up by dogmatic reasoning, but they all yield just as easily as the germ theory when you reason from a true premise with common sense as your guide.

My interpretation of the healing art—the cause and cure of disease—will stand every test of science or reason. My system lives only by examination and investigation. If it is not investigated, it cannot live. The more it is investigated, the more it is approved.

On the other hand, none of the orthodox systems can stand scientific investigation. To explain them is to destroy them. That is why they are content to let things rest as they are—to keep everything in secrecy and mystery as far as possible.

Another form of misguided, impractical and unscientific “orthodoxy” that is sweeping the field of “cures” at present is the so-called mental or suggestive therapeutics. New psychic and suggestive therapists are springing up on every hand and are reaping their harvest in dollars and cents from the ever gullible public, but they are in no way improving the public health.

Auto-suggestion has met with a warm reception by those who find it easier to lie in bed and parrot to themselves that “Day by day, in every way, I am getting better and better”, than it is to restrain their sensuality and live a wholesome life that requires considerable work and self-denial. It is far easier to follow the suggestion of Prof. Emile Coue than it is to change disease-building habits. Ladies and gentlemen, there is no other way on this earth to have health except by living health.

I hope you do not class me as a materialist when I say that we are living in a material age—a material world—with only a material manifestation of mind, and the only practical workable basis from which we can reason and solve our problems while in this life is through our material minds—our bodies.

Perhaps I can make my meaning more clear by saying that the mental (so-called) is dependent on the condition of the physical (so-called), instead of vice versa.

In my opinion, the great mistake of nearly all psychologists is in the separation or differentiation of mind and body. I regard everything as mind. The body is simply the physical, tangible manifestation of mind that is given us to work with in the solution of our problems while in this life. Truly, "Faith without works is dead."

Of course we realize that there is something, possibly everything, in the occult, but that is to be solved in the next world, on another plane, or in another phase of life. While in this life, it is well to keep our feet on the ground, adjust ourselves to our environment, and not waste too much of our time endeavoring to control the seen by hypothetical use of the unseen.

I contend that the mind—the ability to think, remember and imagine—is the product of and is built exclusively by the impressions received, and registered in the brain, through the five physical senses. The body is the sum total of these impressions in physical form.

The condition of the physical body determines the quality and character of the thought, instead of the reverse. If any one doubts the truth of this assertion, I extend to him or her an invitation to disprove it. If any one in the audience who believe he can control the physical with the mental will follow my dietetic instructions—I care not what methods of auto-suggestion or mental therapy he may employ—for a period of six months, I positively guarantee he will be in a poor state of health, both mental and physical. Then I will further guarantee that he will be brought back to health by following my physical health-building instructions in another six months without the employment of suggestion of any kind.

Children get sick, the same as adults, by disobeying the laws of health. Nature cures them without any "day by day" suggestion on their part, when they follow the laws of health as interpreted by their instincts. This is all that is necessary to overcome any condition that is curable.

Now, my friends, I do not wish to detain you any longer. You have heard a brief explanation of some of the influences that are responsible for the diseased condition of the human race at the present time. There are a great many other factors in disease-building that it is impossible to bring to light in the short time allotted me here.

Consider the statements and explanations I have made for what they are worth. If my presentation of this subject meets your approval—if the truth of my assertions appeal to your better judgment, reason, and common sense—accept it and begin at once to put it into practice, for your health depends upon it. If you cannot approve it, do not accept it. You should not, in justice to yourselves, accept the statement of any one just because he is commonly accepted as an authority. There is no authority higher than your power to reason.

If my statements are true, this is the most vital message you have ever received; if they are not true, some member of the orthodox professions

should come forward and defend his system and philosophy by disproving mine.

In fairness to the exponents of any of the systems I have just denounced as false, I will agree to meet any physician in the world in a ten minute rebuttal debate on this or any other suitable platform on any phase of the healing art.

If my teachings are true, theirs are false; if theirs are true, mine are false. And since this is the most vital problem with which humanity is confronted, the public should have the privilege of hearing both sides at the same time. I welcome the opportunity.

It is the custom of recent years to instruct children between five and ten years of age to drink all the milk they can.

This, in connection with other devitalized, disease-building foods that children are being fed nowadays builds more catarrh, more adenoids, more "infected" tonsils. These "effects" are later removed by surgeons without ever a thought of existing cause.

If he is vital enough to live in spite of the poison of both food and drugs, he often has what the physician calls "after effects". These "after effects" are nothing more nor less than "chronic disease".

If the acute disease (Nature's healing crisis) had been permitted to run its course, instead of being suppressed, recovery would have been complete, vitality would have been restored, and there would have been no "after effects".

The weakened system is unable to stand the poison any longer and Nature, always endeavoring to keep us well, strikes us down, takes away our appetites, and "cleans house"—provided we do not permit meddling doctors to interfere.

I maintain that treatment (I call it mal-treatment) of every kind, drug or drugless, that passively and artificially stimulates the body and causes or forces it to function when it is in no condition to function is followed by a reaction that inevitably lowers vitality and leaves the patient further away from normal health than he was before the treatment was administered.

Germs are ubiquitous; they are everywhere, inside and outside of our bodies at all times, sick or well.

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INDEX

A

606, 247

909, 247

Abatement, 243

Abdomen, 59, 128, 154, 268, 271, 292, 294

Ablution, 271

Abscess, 54-55, 153, 164, 365, 374, 377

Acetanilide, 280

Acetic Acid, 100

Acid/s/ity, 180, 184-188, 191, 197, 304, 387, 393, 418; carbonic, 81, 99, 109, 111, 148, 175, 178, 187; citric, 185; hydrochloric acid, 67, 224; lactic acid, 198, 200, 204; malic, 185; phosphoric, 187-188, 381; tartaric, 185; tide, 185; uric, 81, 112, 189-194, 212, 214, 216, 269, 387-388

Aconite, 157

Acute, 81-83, 101, 118-119, 124, 189, 191, 210, 241-244, 271, 279, 293, 298, 319, 320-322, 325-326, 347, 349, 351, 371, 373-377, 381-384, 413, 417, 427; reaction, 298, 347, 349, 371, 416; suppression, 82, 241, 243-245, 248, 252

Adenoids, 160-161, 310, 361-367, 371, 373-377, 415, 427

Affusion, 51

Africa, 399

Air, 51-53, 71, 84, 88, 96, 99-100, 119, 123, 137, 139, 147, 158, 159, 169-178, 207, 209, 287-288, 311, 320, 348, 405, 410, 415; bad/impure, 69, 71, 88, 105, 160, 179, 211, 287, 297, 380; bath, 207-208, 232, 248 dry/hot, 102, 122; fresh, 53, 69, 71-73, 76, 81, 88, 105-110, 115, 147, 158, 179, 202, 207, 222,

257, 312, 357, 371-373, 375, 388-389; hut, 105, 289, 389; night, 211, 286, 389

Aggravation, 243, 299

Albumin, 109-110, 112, 155-156, 171, 186, 189, 277, 410

Alcohol, 55, 67, 83, 107, 137, 212, 215-217, 243, 261

Alkaline/ity, 185-186, 188, 190, 304, 309-310, 387; tide, 185

Alkaline Salts, 185, 188, 309-310

Allopath/ic/y, 54, 224, 243-244, 270, 362, 401-402, 412

Alterative/s, 247

Amaurosis, 164

Amblyopia, 164

American School of Naturopathy, 396, 398, 400, 401, 403-404, 406

American Health Association, 143

American Naturopathic Association, 405

Ammonia, 100, 143, 178, 190

Amputation, 60, 82

Anabolism, 256

Anemia, 164, 310-311, 371

Antipyrin, 272, 278, 280

Antiseptic/s, 111, 175, 200, 244-245, 247, 249, 375

Antitoxin, 112, 139, 156, 278, 362, 367, 419

Aponeurosis, 291

Apoplexy, 190, 247, 249, 262

Appendicitis, 294-295, 377, 392, 421

Appetite 72, 105, 210, 250, 311, 408, 417, 427; loss of, 105, 118-119, 154, 160, 162, 251, 293

Arsenic, 83, 221, 247, 249, 261, 299

Arteries, 108, 111, 158, 171, 186, 190-193, 264-265, 362

Arteriole/s, 262-264, 270

Arteriosclerosis, 214

Asia, 399

Aspirin, 219

Assimilation, 53, 82, 95, 110, 113,
115, 123, 126, 153-154, 157,
175, 177, 260-261, 308
Asthma, 164, 226
Atropia, 291
Atropine, 120
Australia, 399
Auto-intoxication, 199-203, 260,
378
Auto-suggestion, 96

B

Babies, 69-77, 153, 180, 203, 216,
220, 304, 306-310, 387-388,
414-415
Bacilli, 155, 251-252, 278, 305
Bacillus Gonococcus, 243, 246
Bacteria, 82, 144, 159, 175, 178,
200, 243, 251-252, 277-278,
305, 307-308, 325, 365, 408,
415, 424; putrifactive, 82
Banting Cure, 112
Bath, 51, 179, 207, 264-266, 371,
393-394, 405; air, 207-208, 232,
248, 410; Brand, 272; cold, 120,
161, 207, 268, 269, 372, 388;
cold air, 207; cool, 81, 207; foot,
54; full, 207, 272; half, 81, 101,
266-267, 271; hip, 54, 57, 60,
265, 272-273, 394; hot, 207,
248, 268; hot air, 122; ice, 120;
mild, 53; natural, 207, 393;
sheet, 272; sitz, 81, 265, 272,
354-356, 360, 394, 436; steam/
vapor, 51, 54, 55, 102, 122; sun,
232, 248, 354-355, 410; Turk-
ish, 179, 208; warm, 53, 72, 267
Bicarbonate, 181
Birth, 58-59, 88, 246, 307, 310,
375, 414-415
Blackberry roots, 293
Bladder, 57, 191, 214; fistula/s, 57
Blind/ness, 57, 246, 247, 251
Blood, 51, 55, 57, 76, 95, 99-102,
103, 110-112, 114, 120, 143,
153, 156, 160, 170-171, 190,

196, 210, 216-217, 224, 226,
237, 240, 246, 248, 257, 260-
262, 266-267, 270, 273, 281,
291, 294, 299, 310-311, 315-
316, 325, 334, 348, 355, 362,
371, 375, 381, 389, 416, 418,
420, 424; acidic, 186, 190-191,
212, 304; alkaline, 186, 189,
304; arterial, 108, 190, 192,
262, 264-265, 268-270, 362;
circulation, 93-94, 121, 169,
262, 263, 269, 270-271, 352,
356, 362, 382; deflux, 153;
impurity, 117, 176, 183, 187,
190, 200, 209, 216, 232, 237,
240, 250, 304, 366-367, 371,
420; pressure, 189-191, 202,
262, 265-266, 352-353, 367;
red cells, 266; vessels, 82, 99,
103, 111, 158-159, 174, 186,
190, 263-264, 279, 352, 365,
381-382; venous, 111, 190, 192,
262, 270, 362-363; white cells,
266

Blood Pressure; high, 190

Body; mind, 116, 129, 130, 148,
177, 185, 237, 240, 328, 426

Boil/s, 120

Bone/s, 110-111, 123, 128, 159-
160, 169, 171, 174, 176, 181,
187, 197, 210, 218, 224, 241,
304, 309, 332-333, 392, 416,
421

Bottlefed, 306

Bowels, 81, 102, 105, 149, 231-
232, 260-261, 290-295, 307,
420; movement, 219-220, 372-
373, 420

Brain, 102, 108, 169-170, 187,
241, 260, 273, 416-417

Breakfast, 185

Breast, 60-61, 160, 306-307, 309,
392, 415

Breastfed, 306, 415

Breath, 69, 100, 128, 169, 328,
335, 337; foul, 160

- Breathing, 53, 86-88, 96, 99,
100, 108, 128, 139, 153, 159,
170-171, 201, 211, 297, 310,
346, 351, 353, 355, 357, 371,
375, 380, 389; abdominal, 96;
mouth, 87, 159, 160-161, 371;
nasal, 87-88, 160, 371
- Bright's disease, 82, 156, 410
- Bromides, 261
- Bronchitis, 106, 164, 371, 377
- Bruises, 163
- Burns, 163
- C**
- Caffeine, 189, 214, 216
- Calcium, 109-111, 307
- Calomel, 220
- Cancer, 60-61, 82, 147, 157, 163,
281-283, 392-393, 420
- Cancer, It's Cause, Symptoms, and
Treatment*, 281
- Capillaries, 108, 174, 186, 189-
194, 264, 270, 362
- Carbohydrates, 109-110, 186-187,
381
- Carbon, 155, 186-187
- Carbon dioxide, 81, 178, 187, 192,
257, 268, 287
- Carbolic acid, 60, 100, 103
- Carbonic acid, 81, 99, 109, 111,
148, 178, 187
- Casein, 304, 307
- Catabolism, 256
- Cataract, 164
- Catarrh, 88, 156, 164-165, 190,
209-211, 226, 243-244, 291,
310, 320, 371-374, 381, 389,
415
- Catnip, 291
- Cause, 55-57, 101, 108, 161,
164, 175, 184, 192, 198, 217,
219-220, 223, 232, 243, 278-
279, 297, 303, 306, 381, 419;
disease, 60-61, 81-83, 93, 99,
120-121, 143, 148, 153, 156,
189, 197, 207, 209, 211, 237,
251, 293, 296-300, 326, 349,
371-376, 387
- Cautery, 59
- Cayenne, 294
- Cell Salts, 171
- Chancre/s, 244
- Chemical/s, 81, 101, 108-111, 117,
155-156, 179, 224, 252, 261,
277, 307, 363, 424; reaction,
144, 178, 203, 326
- Chemistry, 107, 155, 157-158,
184, 186, 188, 224, 307, 311,
313, 331
- Chest, 93, 106, 128, 160, 268,
271, 335, 354, 371
- Chew/ing, 88, 95-96, 113, 115,
135, 216
- Child/ren, 58-61, 69-77, 88,
114, 143, 148, 160-161, 173,
180-185, 203, 207, 217, 246,
272, 294, 303-312, 325, 366,
371-372, 377, 387-388, 392,
415-417, 426; mortality, 159
- Chill/y, 51, 55, 207, 210, 292, 382
- Chiropractic, 139, 277-280, 296,
313, 392, 400-402, 412, 419,
422
- Chloride, 178, 190, 307
- Chlorine, 101, 109, 111, 155
- Chorea, 164
- Christian Science, 139, 218, 221,
400
- Chronic, 52, 158, 241; disease/s,
60-61, 93, 95, 104, 106, 118-
119, 124, 143, 164, 189, 191,
193, 210, 214, 219, 221, 232,
240-243, 248, 273, 293, 298,
319-321, 325, 349, 356, 371,
377, 392, 410, 416, 418, 420,
427, 430-431
- Circulation, 60-61, 94, 121, 186,
189-194, 214, 243, 250, 262-
267, 268-274, 278, 304, 352-
354, 356, 360, 362, 382-383;
impaired, 93-94, 153, 207, 212,
251
- Citric acid, 60, 61, 185

Clay, 84
 Cleanliness, 52, 60, 65, 76-77, 147, 179, 207, 237, 372, 390
 Climacteric, 231-233
 Clothing, 68, 73-75, 102, 128, 148, 179, 237, 348, 405
 Coal-tar, 241, 247, 249, 261
 Coffee, 55, 67, 93, 107, 115, 137, 189-193, 212, 214, 216-217, 243, 261, 311
 Cold, 51, 68, 209, 264; feet, 93-94, 190, 193; water, 52-53, 69, 71-77, 82, 94, 106-107, 120, 122, 161, 207-208, 264-267, 268-274, 352-356, 372, 388
 Colds, 51, 68, 88, 99, 209-211, 292, 294, 371, 374, 389
 Colic, 56, 282, 291, 309
 Collaemia/ic, 190-194, 212
 Combustion, 68, 81-82, 108, 110, 169, 171, 187, 212, 318-382
 Common Sense Health Club, 413
 Compress/es, 51-55, 60-61, 120, 122, 264, 267, 273
 Confinement, 59
 Congestion, 59, 93-94, 153-154, 160-161, 190, 192, 273, 352, 374, 418-419
 Constipation, 59, 93, 219, 260, 273, 320, 353, 415, 420
 Constitution, 53, 56, 65, 67, 93, 114, 117-118, 123, 135, 158, 163-165, 173, 176, 183, 210, 218, 245, 281, 414, 416
 Consumption, 65, 82, 175, 221, 293, 389-390, 392-394
 Convalesce, 54, 93, 119, 121
 Convulsion/s, 164
 Cool, 51
 Corset/s, 62, 126-128
 Cough, 73, 99, 161, 210, 250, 371, 415
 Creosote, 221
 Crisis, 101, 231, 319-321, 416-417, 427
 Croup, 156, 161
 Cure/s, 54, 58, 60, 81-84, 112,

154, 161, 223-228, 281-283, 297-298, 320-321, 348-349, 351-354, 355-359, 371-375, 410, 421-426; nature, 96, 104-106, 117-124, 129-130, 156-158, 184, 191, 207-208, 213, 218-222, 232, 240-244, 278-280, 348-349, 379, 409-412
 Curette/s, 59
 Cutis vere, 99
 Cyanosis, 262
 Cystitis, 421

D

Deafness, 161, 237, 239, 247, 257, 274, 377
 Death, 60, 65, 69, 73, 99, 101, 196-203, 215, 263, 303, 307, 319, 379, 387-388, 413-414, 417, 422
 Debility, 56, 175-176, 273, 293
 Degeneration, 60-61, 93, 145, 196, 198, 237, 247, 249, 338, 387-388
 Depression, 57, 192, 214-215, 217
 Deglutition, 174
 Dentition, 180-182
 Depuration, 231
 Derivative treatment, 60
 Diabetes mellitus, 82
 Diagnosis, 421
 Diarrhea, 154, 250, 293
 Diathesis, 245
 Diet, 52, 57, 107, 119, 147, 184, 232, 303-320, 353-358, 410, 418; dry, 95; errors, 82, 216, 252, 279; natural, 67, 109, 113-114, 212, 217, 248; non-stimulating, 55, 84; vegetarian, 83, 106, 109, 186, 217
 Dietetic/s, 57, 60-61, 139, 172, 184-188, 297, 303, 306, 426
 Digestion, 67, 95, 113, 119-120, 136, 147, 153, 157, 171, 174-177, 185-187, 2105 237, 304, 307-308, 328, 339, 347, 353

Digestive

- Agent/s 67, 260; Organs, 93, 109, 113, 154, 219, 260, 309, 336, 349, 355-358, 413, 418
- Digitalis, 261
- Diplococcus pneumonia, 278
- Diphtheria, 156, 161, 273, 389, 393, 415, 419
- Discharge/s, 100-101, 111, 156, 165, 175, 209-210, 243-246, 294, 307, 372
- Disease/s, 57, 81-84, 95-96, 103, 112, 118-124, 153, 163-165, 183, 189-190, 197-202, 217, 218-222, 237, 240, 337, 240-249, 251-252, 277, 281-283, 293, 316, 319-322, 329-330, 332-335, 349, 352-354, 392, 413-427; acute, 81-83, 101, 118-119, 124, 189, 191, 210, 241-244, 271, 279, 293, 298, 319, 320-322, 325-326, 347, 349, 351, 371, 373-377, 381-384, 413, 417, 427; cause, 67, 76, 82, 120, 137, 155-158, 197-198, 237, 247, 260, 296, 303-312, 361-362, 366, 375, 378, 390, 393, 401; chronic, 60-61, 93, 95, 104, 106, 118-119, 124, 143, 164, 189, 191, 193, 210, 214, 219, 221, 232, 240-243, 248, 273, 293, 298, 319-321, 325, 349, 356, 371, 377, 392, 410, 416, 418, 420, 427, 430-431; venereal, 240-249
- Douche, 51, 69, 94, 164-165, 265, 267, 273, 372; knee, 94
- Drugless, 149, 277, 296, 378, 400-402, 404-407, 413, 417-419, 422, 425
- Drugs, 112, 116-124, 157, 219-222, 240-243, 245, 260, 387-388; adverse effects, 96, 106, 207-109, 137, 139, 156, 163, 219-222, 261, 297, 409, 416, 418-427; suppressive, 158, 189, 219, 232, 241, 252, 387, 417
- Ductless, 299, 322, 337, 340, 353,

355-358, 367

Duodenum, 164

Dysentery, 153, 176, 273, 293-294, 415

Dyspepsia, 65, 147, 237, 239

E

Ear Ache, 161

Earth, 137, 139

Eclectic, 281, 412

Eczema, 164-165, 225

Electricity, 108, 11, 123, 311, 335

Elimination, 163, 231-232, 419

Emaciation, 293

Emotion, 114, 187-188, 192-193, 333, 340, 358

Enema, 60, 292-293, 353

Environment, 307, 327, 334, 340, 348-349, 357, 375, 377, 380, 426

Envy, 149

Epidemic/s, 65, 135, 303-304, 418

Epilepsy, 82, 247

Eruptions, 75, 81, 120, 163-165, 244, 250, 325, 389

Erysipela/s, 165

Esmach bandage, 264

Ether, 291

Eugenics, 240

Europe, 159, 231, 246, 269, 311, 399, 404, 407, 410-412

Exercise, 51, 67-68, 98, 105, 108, 119, 123, 128, 137, 139, 158, 207, 387, 389, 410, 418

Exhaustion, 145, 188, 199, 214, 224, 294, 299, 349

Exophthalmia, 299

Eye/s, 87, 120, 160, 164, 193, 260-261

F

Faith, 54, 121-122, 155, 158, 248, 333, 409-410, 421-422

Fast/ing, 82, 96, 105, 119, 139, 185, 251, 321, 349, 351

Fat, 101, 109-110, 171, 186-187, 192, 210-211, 304, 307, 311, 381-382

Fatigue, 201-202, 214, 251, 263,
351-352, 355-357, 405
Fear, 96, 175, 211, 303, 312, 321,
378
Feet, 51, 76, 93-94, 120, 127, 273,
305, 321, 388, 408, 426
Ferment, 260, 277, 325-326, 424
Fermentation, 81, 176, 424
Fever, 51, 53, 61, 81-82, 84, 101,
105-106, 119-120, 122, 157,
176, 193, 209, 223, 225, 243,
250-252, 269, 271-273, 277-
280, 293, 382, 419; puerperal,
59, 61; suppression, 120
Fibrin, 156, 171, 277, 316
Fletcherism, 200-201, 211
Flour, 67-68, 96, 135, 303, 309
Flu, 68, 292, 326, 374, 393, 417-
418
Fluorine, 109, 155
Food/s, 88-89, 95-96, 99-100, 107-
113, 123, 128, 207, 137, 147,
171, 173-181, 189-192, 207,
210, 232, 303-312, 356, 371,
410, 417-418; adulterated, 67,
143, 184, 306, 415; elements,
186-188; excess, 112, 184-185,
189, 201, 210-211, 310, 382,
387; flesh, 107, 109, 190, 216;
natural, 110, 113, 155, 177,
375, 389, 393, 410; plant, 110,
112; poison/ous, 261, 424; raw,
96, 112, 200-201, 415; strength-
ening, 107, 119; undigested,
135, 291
Foreign matter, 117, 121, 124, 175,
183, 243, 273, 297, 363, 375
Friction, 51, 270-273, 354
Fruit/s, 61, 82, 88, 96, 106, 108-
110, 112, 114, 118-119, 143,
176-178, 188, 200-201, 217,
303, 309-311, 318, 353-357,
372, 415; juice, 113, 118-119,
304, 309

G

Gall Bladder, 164-165, 191, 214,
361, 421
Gallstones, 149, 191, 214
Garlic, 100
Generative glands, 298
Genitourinary, 246, 273, 325, 394
Germ/s, 120, 139, 155-158, 159,
178, 197-202, 243-247, 279,
297, 303, 321, 325-326, 363,
365-366, 375-378, 389-394,
408, 414, 424-427; theory of,
155, 305, 361, 375-376, 392,
423-424
Germicide/s, 244, 247
Glands, 68, 99-101, 165, 179, 215,
226, 244, 260, 298-299, 310,
333, 353, 361, 367, 373-374,
417, 420; ductless, 299, 332,
337, 340, 353, 355-358
Gluten, 186, 188
Glycerite/s, 186
God, 73, 77, 96, 129-130, 132,
137, 147, 158, 169, 210, 291,
310, 409
Goiter, 226
Gonorrhea, 165, 241, 243-244,
246, 249
Good Health, 159
Gout/y, 82, 101, 112, 190-191,
193, 214, 219, 221, 224, 387
Grecian Bust Girdle, 128
Greed, 149, 312, 388
Grippe, 68, 292, 374, 417-418
Gush/es, 101-102, 263, 265, 267-
268, 273
Gymnastics, 123, 232, 400

H

Happiness, 96, 114, 129-130, 179,
184, 188, 214-215, 240, 255,
312, 394, 406, 410
Hardening, 102, 250
Harmony, 108, 115, 148, 179, 208,
227, 312, 331, 410, 422

- Hay Fever, 210-211
 Head, 54, 57, 75-77, 88, 93-94,
 148, 183, 271-273, 338, 340-
 343, 372
 Headache/s, 105, 107, 112, 120,
 160, 164, 190-193, 212, 219-
 220, 232, 258, 298, 320, 387-
 388
 Healer, 54, 108, 400
 Healing, 51, 54, 139, 149, 155,
 184, 209, 225, 228, 305, 315,
 383, 399-400, 402, 404-405;
 nature, 56, 81, 83, 103, 116-
 124, 129, 137, 277, 319, 351,
 389, 409, 412, 413-427,
 Healing Crisis, 319-321, 349-350,
 416, 420, 427
 Heart, 57, 83, 93-94, 108, 169-
 170, 223, 232, 251, 262-263,
 271, 290, 299, 362, 378, 382;
 disease, 190-193, 214-215, 220,
 226-227, 237, 366, 387
 Heat, 53, 68, 71, 73-74, 77,
 93-94, 101, 109-112, 120, 137,
 144, 148, 159, 186-187, 191,
 202, 207, 255, 269, 277, 279,
 288, 293, 308, 320, 334, 381-
 383, 388, 419
 Hemiplegia, 247, 262
 Hemorrhage, 190, 251, 377
 Hemorrhoid/s, 93, 154
 Herb/s, 117, 144-145, 149, 232,
 257, 292, 353
 Hip Bath/s, 54, 57, 60, 265, 273,
 394; tepid, 60
 Hippuric Acid, 186
 Homeopathy, 122, 232, 248, 402,
 412
 Hope, 54, 127, 248, 282, 333
 Hot 82, 102, 119, 122, 207, 264,
 272, 288, 294, 352, 354, 356,
 388, 393; water bottle, 51, 61,
 94
 Hot Springs Arkansas, 248
How I Found Nature Cure, 408
How Nature Cures, 201
How to Prolong Life, 201
 Humor/s, 56, 60-61, 120-121, 215,
 315
 Humidity, 148, 287-288
 Hydriatric, 262-269
 Hydrochloric acid, 67, 110, 224,
 307
 Hydrogen, 155, 186-187
 Hydropathy, 139, 269, 278
 Hydrostatic, 262-265
 Hydrotherapy, 262, 268-273, 320-
 321
 Hygiene/ics, 64, 66, 87, 96, 107,
 116, 145-146, 173, 183, 197-
 198, 374, 377, 402
Hygienic Medicine, 106
 Hyperactivity, 298-299
 Hyperemia, 153, 273
 Hyperesthesia, 299
 Hyperthyroidism, 298
 Hypertrophy, 299, 371, 373-374
 Hypnotic/s, 202, 217, 232, 261,
 398
I
 Ice, 60, 94, 107, 223, 255, 263-
 264, 271
 Imagination, 54, 332
 Immune/ity, 109, 195, 197-198,
 201, 304, 325-326, 419
 Incurable, 82-84, 158, 161, 174,
 219, 227, 240, 245, 248, 407
 Indigestion, 260, 293-294, 307,
 311, 421
 Individualize, 119, 221-222, 328-
 329, 345
 Infantile Paralysis, 303-304
 Infection, 60, 153, 173, 175,
 177, 179, 241, 243-244, 246,
 277-278, 306, 361, 365, 375,
 377-378
 Inflammation, 61, 93, 106, 118,
 120, 164, 190-191, 223, 225,
 227, 241-251, 273, 291-295,
 298, 300, 325, 352, 364, 371,
 374, 383-384
 Influenza, 68, 292, 326, 374, 393,
 417-418

Injection/s, 244-245, 248, 326, 362
 Insanity, 247, 249, 258, 393
 Insomnia, 93, 105, 219, 258, 261, 271
International Chiropractic Journal, 278
 Intestines, 164-165, 171, 174, 191, 193, 200, 215, 219, 232, 260, 290-295, 304, 320, 416, 420-421, 424
 Intussusception/s, 294
 Iodine, 100, 241, 247-249, 299
 Iridology, 146, 247, 258, 260, 280, 313-314
 Iris, 247, 258, 260-261; discoloration, 260
 Iron, 57, 101, 109-111, 155-156, 216, 224; oxide, 101
 Irritability, 188, 214, 216, 223, 258

J

Joints, 170, 190-191, 193-194, 212, 214, 255, 353, 392

K

Katabolism, 256
 Kidney/s, 59, 81, 93, 102, 105-106, 112, 118, 135, 164-165, 179, 182, 191, 214, 231, 251, 291-292; stones, 214
Kneipp Water Cure Monthly, 53

L

Lactic Acid, 198, 200, 204
 Lancing, 54
 Laws of Nature, 67, 108, 114-115, 137, 143, 173, 176, 208, 303, 305-306, 312, 321, 380, 392-394, 408-412, 418, 422-423
 Laxatives, 219, 232-233, 420
 Lemon/s, 61 82, 113, 207
 Lesion/s, 241, 243-244, 296, 299
 Life Force, 66-67, 108, 117, 144-145, 200, 215, 218, 232, 256-257, 291, 306, 311

Light, 51, 84, 105, 108-109, 119, 123, 139, 179, 187, 207, 255-257, 311, 348, 353-354, 371, 373, 390, 405
 Lime, 111, 155, 181, 197, 216, 307
 Linen, 54, 75-77, 148
 Listerine, 166
 Liver, 59, 93, 106, 153-154, 192-193, 212, 214, 232, 273, 290-293, 297, 336, 339, 347, 353, 355-358, 424
 Locomotor ataxia, 82, 241, 247
 Lungs, 77, 81, 87-88, 101-102, 108, 111, 147-148, 159, 160-162, 170-171, 179, 182, 226, 273, 312, 326, 329, 334-337, 341, 347, 354-358, 381, 383, 389, 392; inflammation, 106, 164
 Luppulin, 214
 Lymph, 174, 260, 267, 362-367, 373-375

M

Macrophage/s, 196-198
 Magnesium, 109, 111, 155, 194, 216, 307
 Magnetism, 111, 128-129, 139
 Malic Acid, 185
 Malnutrition, 67, 143, 216
 Malpractice, 423
 Mammary glands, 60-61
 Manganese, 109
 Manipulation, 58-59, 280, 295, 314, 353, 419, 422
 Massage, 58, 60, 94, 119, 122-123, 139, 217, 232, 273, 410
 Mastication, 95-96, 113, 174
 Maternity, 59
 Measles, 81, 106, 163, 415
 Meat, 83, 96, 105, 107, 110, 112, 114, 119, 185, 188, 189, 191-193, 216-217, 243, 310-311, 372, 387, 392-393 243, 392
 Mechanical Therapy, 58, 296-300, 320, 355, 373, 383

Medicine; patent, 107, 130, 387
 Medulla oblongata, 263
 Melancholy, 232
 Meningitis, 271
 Menses, 59, 231
 Menstruation, 59, 153, 231
 Mental, 56, 107, 114, 143, 149, 155, 214-217, 232, 237, 312, 314, 320, 331, 334-337, 338-343, 347, 354-358, 410, 412, 425-426; disorder/s 83, 160, 192, 217, 231, 240, 258, 371, 378, 409
 Mental Science, 139, 321
 Mercury, 60, 106, 118, 241, 247-249
 Metabolism, 82, 123, 156, 180, 189, 199, 251, 277, 332, 363, 371
 Miasm/s, 163, 245-246; luetic, 243; psora, 243; syphilitic, 243
 Microbes, 139, 198, 200, 210-211, 388
 Microorganisms, 176, 197-198, 277-278, 305
 Midwives, 58
 Milk, 119, 143, 177, 181, 303-304, 307-308, 356, 372, 415; goat, 303, 307; mother's, 171, 306, 309-310; pasteurized, 304, 307-308
 Mind, 61, 129-132, 148-149, 169, 255, 306, 333-334, 408; body, 116, 177, 185, 211, 237, 240, 242, 328, 425-426
 Mineral/s, 109-110, 113-114, 143, 149, 171, 188, 216-217, 304, 307-308, 311, 319, 321, 325
 Morbid; encumbrance/s, 248; matter 81, 120, 192, 231-232, 243, 245, 251-252, 260, 297
 Morphine, 212, 214, 219-220, 223, 261
 Mortality, 143, 159, 245, 272, 281-282, 307, 326, 414, 417
 Mouth, 87, 95-96, 113, 135, 173-175, 180-181, 363-365, 374;

breathing, 86, 88, 159-161, 371
 Muscle/s, 58, 111-112, 161, 169, 191, 193, 212, 214, 265, 268, 290-292, 299, 354, 416
 Mucus, 87, 315; membrane/s, 165, 260
 Mustard plaster, 120
 Myrrh, 294

N

Naprapathy, 296, 412
 Narcotics, 108, 113, 237, 261, 291
 Natural Method of Healing, 51, 56, 58, 118-120, 122-124
 Nature, 67, 81-84, 87, 95-96, 103-106, 108, 112, 114-115, 119-121, 129-132, 137, 147, 177-183, 209-210, 244-249, 255-257, 277-280, 292-295, 311-312, 319-322, 325-326, 348-349, 371, 383, 408-412, 414-423; laws, 67, 108, 114-115, 137, 143, 173, 176, 208, 303, 305-306, 312, 321, 380, 392-394, 408-412, 418, 422-423; power of, 103, 117, 121, 137, 156-158, 214, 422
 Cure, 96, 104-106, 117-124, 129-130, 156-158, 184, 191, 207-208, 213, 218-222, 232, 240-244, 278-280, 348-349, 379, 409-412
 Naturopathic School of Regeneration, 138
 Naturopathic Statistics, 399, 402, 403, 405, 417-418, 420
 Naturopathy, 81-84, 88, 95, 100, 102, 223-228, 319-320, 348, 383, 396, 398-407; training, 400-401
 Nausea, 238-239, 293
 Nerves, 53-54, 56-57, 108, 111, 156, 170, 187-188, 196, 208, 214, 217, 223, 232, 247, 258-261, 262-271, 279, 291, 298, 351, 378, 387, 413, 416-417, 422

Nervous, 188, 258, 299
 Neuralgia, 165, 191, 207, 231-232, 258, 291
 Neurasthenia, 65, 219, 221, 231, 258-261
 Neutralizing Cordial, 293-294
 New York City, 121, 134, 307, 309, 404, 406, 410, 420
 Nicotine, 190, 193, 212, 214, 217, 261
 Nitric Acid, 178
 Nitrogen, 155, 178, 186, 189, 194, 269, 310
 Nose, 87-89, 160-162, 239, 250, 362-365, 436, 373-377
 Nutrition, 56, 110-114, 309-311, 331-332, 336, 351-352, 372, 387, 414-415, 424
 Nuts, 88, 96, 109-110, 112, 176-177, 311, 356

O

Oat water, 82
 Omentum, 291
 Onion/s, 100, 392
 Operation/s, 59-61, 83, 108, 163-164, 182, 184, 226, 281-283, 310, 362, 366-367, 377, 403-404, 421
 Opiates, 157, 161
 Opium, 60, 212, 214-215, 220, 291
 Organ/s, 67-68, 71-72, 100, 120-121, 148, 155-156, 163, 176, 190, 192-193, 225-227, 241, 251, 258, 267, 269, 291, 293, 298-299, 328-329, 336, 347-358, 372, 383, 389; abdomen, 59, 109, 154, 175, 219, 260, 273, 309, 418; female, 56-60, 93, 231, 246, 417
 Organic, 109-115, 123, 154, 231, 304, 307, 311, 363-364, 415
 Osteoclast/s, 197
 Osteopathy, 139, 217, 218, 232, 248, 258, 277, 296, 299, 402, 411-412, 419, 422

Ovary/s, 153, 191, 226, 273, 298, 336, 347, 361; Tumor, 60
 Overeating, 113, 210, 215, 311, 387
 Oxygen, 71, 88, 99, 108, 111, 147, 155, 160-161, 178, 186-188, 192, 257, 268-271, 287, 297, 334, 353, 362, 371, 382; deprivation, 161
 Ozone, 88, 147, 178

P

Pacific Health Journal, 68
 Pack/s, 51-55, 60, 81, 102, 122, 265, 273, 388
 Pain/s, 54, 56-58, 61, 107, 129-130, 154, 190, 207, 119-220, 232, 258, 261, 272, 293, 310, 383, 393
 Palpitation, 57, 191, 193
 Paralysis, 82, 164, 207-208, 212, 214-217, 227, 232, 247, 250, 261, 263-265, 303-304; agitan, 247; infantile, 303
 Paresis, 247
 Patent medicine/s, 107, 130, 143, 145, 387, 415
 Peppermint, 293-294
 Pepsin, 277
 Peptone, 277
 Percussion, 154, 313
 Perineum, 58-59
 Peritonitis, 60, 154, 291
 Perspiration, 75, 88, 99-102, 250, 279, 288, 252
 Pessary/ies, 57, 59
 Phagocytosis, 197
 Phenacetin, 280
 Philosophy, 203, 243-244, 334, 349, 358, 408, 411; pathology, 243
 Phosphoric Acid, 187
 Phosphorous, 109-111, 155, 186-188
 Physical Culture, 94, 139, 402
 Physicians, 57-59, 65, 88, 107-108,

115-121, 127, 129, 139, 148-150, 155, 161, 163, 218-222, 273, 296, 313, 319-321, 347, 375, 378, 392, 400, 404, 408-412; ignorant, 58, 157, 232, 248, 269, 291, 305; incompetent, 58-59, 118-120, 281-282, 307, 414, 416, 418-423
 Pia mater, 264
 Pineal gland, 298
 Plagues, 65
 Pleurisy, 106
 Pneumogastric, 263
 Pneumonia, 211, 250, 278-279, 316, 319-321, 326, 377, 393, 417
 Poison/s/ing, 60, 81, 83, 143, 163, 176, 184-193, 200-202, 209, 214, 216-220, 256-257, 306, 325-326, 363-367, 375, 377, 383-384, 389, 393, 416, 425; acid, 184; drugs, 83, 106-108, 112, 117-118, 121, 156-158, 184, 215, 217, 232, 237, 240-249, 260-261, 295, 297, 401, 416-420; food, 184, 189; systemic, 260; uric acid, 189
 Polyp/s, 160, 374
 Posture, 59
 Potassium, 109, 155, 190, 194, 307
 Prevention, 120, 148, 158, 262, 294, 311, 362
 Prostitute/s, 246
 Proteid/s, 186-189, 194
 Protein, 109-110, 307, 311, 363, 371-372, 382
 Pseudo-science, 248, 424
 Psora/ic, 165
 Psychology/ist, 328, 333-334, 426
 Psychotherapy, 402
 Ptomaine, 82, 190
 Pulse/s, 53, 105, 255, 265-266, 293-294, 378, 383
 Puncture/s, 163, 165
 Putrefaction, 82, 156, 200, 364
 Pyorrhea, 183, 392

Q

Quack/ery, 124, 248, 410
 Quinine, 241, 261, 299

R

Raspberry, 293
 Reaction, 53, 82, 94, 269-271, 296-300, 320-322, 325-326, 329, 347-350, 364, 371, 376, 416, 419, 423; acid, 185-186; alkaline, 185-186
 Rectum, 57, 290, 292-293
 Reflex/es, 57, 161-165, 270, 299, 329, 333, 382, 419
 Reflux Test, 190
 Regeneration, 55, 138, 147, 154, 410
 Regular/s, 54, 118, 185, 215, 244, 247-248, 257, 420
 Resolution, 243
 Respiration/ory, 108, 215, 250, 264-265, 268-269, 278, 288, 320, 325, 336, 347, 353-354, 374, 378, 381-383; center, 268; gas exchange, 269
 Rest, 52, 68, 106, 108, 118-119, 123, 208, 351, 356, 393; stimulating, 52
Return to Nature, 115, 129-132, 257, 276
 Revulsion, 120, 429
 Rheumatic Fever, 388
 Rheumatism, 82, 102, 106-107, 112, 191, 193, 207, 214, 219, 221, 231-232, 241, 255, 257-258, 325, 366, 377, 390
 Rickets, 304, 308-309
Rig Veda, 122

S

Saliva/tion, 95, 111, 113, 117, 174
 Salt, 82, 100-101, 180, 185, 197, 211, 224, 309-310, 373, 388; avoid, 211; cell [inorganic], 171; epsom, 353, 372; inorganic, 171,

- 181; mineral, 143-144, 188;
- organic, 110, 112-114, 216-217, 304, 307, 311; Rheum [Eczema], 164; table, 113, 180-181
- Sanitation, 65
- Scar, 60-61, 103, 176
- Scarlet fever, 81-82, 101, 106, 161, 273, 393, 415
- Scarlatina, 163
- Schroth Cure, 95, 122
- Science, 65, 81-83, 101, 115-117, 120-124, 139, 149, 157, 171, 195, 210-211, 215, 220, 223-225, 244-249, 303, 305, 311, 313-314, 413, 415, 420, 423-425
- Scrofula, 304, 308
- Scurf rim, 280
- Secretion/s, 159, 175-176, 200, 215, 246, 260, 298-299, 332-333, 336, 358, 367, 417
- Sedentary, 67, 179, 418
- Sedatives, 232, 261
- Serum/s, 103, 111, 153, 198, 219, 294, 303, 305, 312, 326, 413, 417, 419
- Sex/es, 53, 58, 139, 232, 240, 273, 297, 314, 332-333, 354, 356, 380, 416-417, 421
- Shut Your Mouth and Save Your Life*, 159
- Silica, 155
- Silicon, 109, 111
- Sitz bath, 81, 272, 354-356, 360
- Skeleton, 169, 174, 309, 422
- Skin, 51, 53-55, 68, 72, 75-76, 82-83, 99-102, 104, 106, 170, 190, 225-226, 264-266, 293, 352-353, 372, 381-382; discoloration/s, 163; dry, 165; eruptions, 75, 81, 120, 163-165, 244, 250, 325, 389; hard, 54; swelling/s, 244; ulceration/s, 244
- Sleep, 53, 68, 72, 88, 96, 148, 196, 201-203, 208, 219-220, 286-287, 309, 351, 372-373, 389-390, 393; sleeplessness, 105
- Small Intestine, 291, 364
- Smallpox, 81-82, 101, 106, 163, 273, 326, 388-389, 417, 420
- Smell, 87-89, 101-102, 159-160, 211, 371, 392
- Snow, 76, 94
- Sodium, 109-111, 155, 178, 188, 190, 194, 216, 307
- Solar Plexus, 169-170
- Soup, 88, 95, 106, 216
- Spanish flu, 120, 417
- Spices, 137, 153
- St. Vitus dance, 247
- Starch, 109-110, 186, 294-295, 371-372, 387-388, 415
- Statistics, 418, 420
- Steam bath, 51, 54, 102
- Stimulants, 67, 93, 106, 108, 113, 152, 155-156, 158, 193, 212, 214-217, 232, 299, 311
- Stomach, 56, 67, 95, 106, 113, 119, 135-136, 149, 161, 171, 174, 185, 209, 232, 260, 291-293, 299, 307; disorder/s, 73, 106, 164, 191, 215, 225-226, 282, 290, 374, 377, 383, 392, 420
- Strychnine, 220, 261, 299
- Stuttering, 160
- Subluxation, 279, 298
- Sugar, 82, 109-110, 186, 211, 304, 307-311, 378, 381-382; avoid, 211
- Suggestion, 130, 132, 137, 139, 202, 217, 358, 411, 425-426
- Sulfur, 100, 109-111, 115, 186
- Sulfuric Acid, 186
- Sun/shine, 96, 108, 115, 158, 179, 207-208, 312, 371-372, 380; bath, 232, 248
- Suppression, 81-82, 99-102, 118, 120, 158, 163-165, 189, 209, 219-220, 224-228, 241, 249, 252, 261, 299-300, 319, 325, 349, 352, 371, 375, 387, 416-419
- Superstition, 121, 124, 155, 157,

175, 210, 303, 306, 339, 407,
418, 423-424
Suprarenals, 298
Surgery, 137, 371, 377, 392, 413,
421-422
Swallow/ing, 88, 95-96, 113, 174,
180, 250, 387
Sweat, 60, 99-101, 170, 248;
glands, 99
Symptom/s, 54, 56, 81-83, 111,
119-120, 157, 163-165, 186,
190-193, 213-214, 223-228,
241, 252, 296-300, 313, 315,
319-320, 325, 329, 349, 351-
354, 416-419; drug/poison 103,
106, 219; suppression, 158, 220,
245-247
Symptomatic, 223-228, 232, 244
Syphilis, 82, 106, 241, 243-244,
246-247, 249, 392, 420, 421

T

Taint, 158, 165, 232, 240, 243-
246, 249, 297; morbid, 246
Tampons, 57
Tartaric Acid, 185
Taste, 88,
Tea, 55, 67, 93, 107, 137, 189-191,
214, 216-217, 261, 292-293,
311
Teeth, 95, 111, 135, 173; decay,
176, 182-183; deciduous, 179-
181; deformed, 160;
dentine, 174; enamel, 174
Teething, 161
Temperature, 100-112, 186, 192,
225, 262, 265-267, 269-273,
277-280, 288, 292, 308, 381-
382
Testis, 298, 336, 347
Tetanus, 263, 389
The Folly of Meat Eating, 109
The Foundation of All Reform, 112
The Hygienic Reform Magazine,
127
The Natural Healing, 55

The Nature of Man, 195-196
The Naturopath, 258
The Prolongation of Life, 195-203
Theine, 189, 214
Thesophy, 139
Thirst, 105, 147, 217, 251
Thure-Brandt Massage, 58
Thyroid, 298-299, 367
Tobacco, 67, 89, 93, 105-106, 137,
191, 216-217, 220, 237-239,
243, 380, 387, 408
Tongue, 106, 364, 378; furred, 105
Tonics, 119, 191, 212, 215, 217,
232, 261, 293, 353, 389
Tonsil/s, 159-160, 361-367, 371-
377
Tonsillitis, 371, 374, 393, 415
*Tonsils and Adenoids: Cause, Cure,
and Prevention of Nose and
Throat Disorders*, 371
Tuberculin, 212, 221
Tuberculosis, 221, 304, 329, 377,
418, 420-421
Tumor, 153
Turbinates, 159
Typhoid Fever, 106, 176, 270, 278,
388-389

U

Ulcer/s, 59, 61, 104, 164-165, 175-
176, 182, 224, 241, 244-246,
249, 421
United States, 288, 379, 397-399,
402-403, 405, 417
*Universal Naturopathic Encyclope-
dia and Directory*, 302, 404
Urea, 109
Uric acid, 81, 112, 186, 189-194,
212-216, 269, 387-388
Urine, 100, 102, 105, 185-186,
188, 190, 269, 278, 294, 299,
378; acid, 186; alkaline, 186
Uterus, 56-58, 61, 153, 191, 273,
291; displacement, 56; flexion,
56

V

Vaccination/s, 82, 108, 139, 158, 306, 420, serum/s, 103, 111, 153, 198, 219, 294, 303, 305, 312, 326, 413, 417, 419
 Vaccine/s, 112, 303, 305, 312, 326, 362, 367
 Vagina, 57-58, 60; enema, 60
 Vasomotor, 262, 265, 267, 270, 353, 382
 Vegetable/s, 95, 108-109, 112-114, 143-144, 176-178, 199, 217, 281, 304, 310-311, 314, 353, 354, 356, 372, 415
 Vegetarian/ism, 83, 107, 185-188
 Venereal disease, 240-249; secondary, 241, 246; tertiary, 241, 246
 Ventilation, 179, 287-288
 Vertigo, 57, 164
 Vexation, 54
 Vibration, 139, 207, 422
 Virus, 156, 243-247, 249, 297, 389
Vis Medicatrix Naturae, 218
 Viscera, 59
 Vital, 129, 186-187, 192, 328; force, 53, 108, 144, 211, 214-215, 218, 306
 Vitality, 82, 103-105, 109, 130, 147, 161, 175, 177-178, 196, 201-203, 241, 248, 279, 287, 304, 311, 325-326, 329, 349, 416-423
 Vomit/ing, 120, 154, 225, 250, 293

W

Warm/th, 51, 53, 71-73, 94, 100-102, 111, 123, 148, 159, 207, 266, 271, 287-288, 292, 388; bath/s, 51, 72, 267, 272, 353, 372, 388; packs, 51, 60, 122, 264, 267
 Reaction, 53
 Water, 53-54, 71-72
 Warts, 156
 Waste matter, 104, 109, 209, 306, 419

Water, 51-57, 69-73, 76-77, 96, 101-102, 106, 108-110, 118-122, 137, 147-149, 207, 217, 262-273, 320, 348, 352-355, 372, 410; application of, 51, 57, 69, 208, 232; cold, 52-55, 69, 71-73, 76, 82, 94, 106, 119-120, 122, 207, 264-265, 267-272, 352-353, 355, 372; derivative, 60; distilled, 96; hot, 94, 288; mineral, 110; pure, 60; reaction, 53; primary, 270; secondary, 264, 269-270; tepid, 71
 Treatment, 51, 119, 232
 Warm, 72
 Wheat, 360, 372
 Whooping Cough, 161, 415
 Willpower, 96, 237
 Window, 53, 96, 106, 179, 257, 287-288, 359; open, 96
 Woman/Women, 56-61, 114-115, 120, 126-128, 134, 148, 153, 170, 231, 240, 245, 283, 291, 299, 306, 310, 312, 397-398, 404, 421; diseases, 60
 Womb, 56-58, displacement, 56
 Wound/s, 61, 103-105, 224, 273
 Wrap/s/ing, 101

X

Xanthine/s, 189

Y

Yungborn, 131, 208, 318, 320, 396

INDEX OF NAMES

- Abrams, 421-422
 Allinson, Thomas Richard, 103-106
 Aristotle, 147, 149
 Baruch, Simon, 266, 269, 270, 272
 Bilz, Friedrich Eduard, 50-55, 404
 Brand, 272
 Buteyko, Konstantine, 161
 Cajete, Gregory, xi
 Carey, Ellmer Ellsworth, 95-96
 Carey, George W., 169-171
 Carqué, Otto, 107-115, 146, 303-312
 Carrington, Hereward, 195-203
 Case, J. T., 159-162
 Catlin, George, 159
 Claunch, B. Stanford, 413-427
 Cooper, Astley, 281
 Coue, Emile, 425
 Delacy, Evan, 201
 Democritus, 149
 Densmore, Emmet, 201
 Dinsdale, J. Waterloo, 209-211
 Dommer, 269
 Edison, Thomas, A, 397
 Ehret, 404
 Engelhardt, August, 344
 Ensign, W. S., 152, 163-165
 Erieg, S. T., 135-136
 Faulkner, Richard B., 361, 366
 Flavard, 269
 Fletcher, 201
 Formanek, 269
 Fuhrmann, C. Th., 116-124
 Goldschieder, 268
 Green, Prof. 120
 Haigh, Alexander, 189
 Harvey, Herbert, 277-280
 Havard, William Freeman, 16, 296, 324, 327-330, 331-337, 338-343, 346-350, 351-354, 355-360, 361-367, 370-377, 381-384
 Hippocrates, xii, 117, 315
 Hodge, J. W., 237-239
 Hoover, Herbert, 397
 Hoppe, Theodore, 87-89
 Horace, 150
 Hough, E. Rosa, 155-158
 Huffland, 148
 Jenner, 304
 Jones, Eli G., 281-283
 Just, Adolf, 130, 276, 404
 Kant, Emmanuel, 54
 Kellogg, John Harvey, 145, 267
 Kleinschrod, F., 223-228
 Klenke, H., 99-102
 Kneipp, Sebastian, 50, 69-78, 149, 263, 404
 Kuhne, Louis, 404, 409
 Lahmann, Henry, 56-61
 Lane, H. E., 146
 Lang, 123
 Lepine, 269
 Lewis, H. Spencer, 129-132-261
 Liebermeister, 268, 272
 Lindlahr, Henry, 16, 184-188, 189-194, 212-217, 230-233, 240-249, 258, 284, 408-412
 Loban, Joy M., 278
 Luepke, J., 313-316
 Lust, Benedict, 58. 127-128, 134, 137-139, 144, 147-150, 159-162, 318-322, 325-326, 378-380, 387-388, 396-402, 403-407
 Lust, Louisa, 206-208
 Mackenzie, John, N., 366
 Malchow, C. W., 242
 Metchnikoff, Elie, 195-204
 Müller, O., 265
 Napoleon, 87, 147
 Naumann, 263, 265
 Nieneyer, Paul, 117
 Ovid, 150
 Paspischl, 268
 Priessnitz, Vincent, 119, 122
 Richter, 120
 Rivero, Manuel, 173-183
 Rockefeller, John, Davison, 397

Roehrig, 262, 263, 265, 268
 Ruegg, John J., 143-145
 Sanderson, A. J., 65-68
 Schroth, 122
 Schüller, Maximilian, 264
 Schultz, Carl, 262-267, 268-274
 Semmelweiss, 59
 Smith, Prof., 120
 Sperbeck, Henry C., 255-257
 Staden, Carola, 58
 Staden, Ludwig, 81-84
 Stengel, Alfred, 277
 Stevens, Prof., MD, 121
 Still, E. M., 307
 Strasser, 266, 269
 Strueh, Carl, 92-94, 140, 153-154,
 218-222, 250-252
 Tarsy, James M., 389-394
 Trall, Russell T., 420
 Virchow, 156-157, 226, 315
 Voltaire, xi
 Von Boeckmann, Paul, 287-288
 Winternitz, 265, 266, 268, 272
 Young, M. G., 290-295
 Ziemsen, 272
 Zuntz, 268

About the Editor and Crusoe House

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