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*A Magazine Devoted to Natural Healing Methods, Hydrotherapy and Kindred Topics, also the Development and Maintenance of Perfect Physical and Mental Welfare, to the Exclusion of Drugs and Non-accidental Surgery**

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No. 1.

The Natural Method of Healing.

One of the most momentous advances which the nineteenth century has seen, is, indisputably, the re-invention and development of the Natural Method of Healing which has attained a magnified perfection. Its invention and progress do not benefit a single individual—e. g., the owner of a patent, etc.—as is usually the case nowadays, but affect all humanity, whose paramount earthly possessions, life and health, are here concerned.

The adherents of the Natural Method of Healing are slightly looked down upon, at this day, by only a small fraction of those representing and aping the old pedantic caste of doctors who scoff at, and ridicule them and their method. Our method has lately won such a great number of adherents, even among allopathic practitioners, that the time is now not far distant when it will mount the pinnacle of therapy, for our system is the only natural and rational one, and has already wrought results far greater than those achieved by any other system.

In those localities where the natural method has taken root, its practitioners have already found a greater sphere of usefulness than medical men. The former are indeed overwhelmed by applications for help. Where before but one natural healer was required, two or three are now necessary.

The public, too, in these places are in full sympathy with us, and we and our method are no longer held in disrepute by our opponents. On the contrary, the reverse is gradually taking place.

I would here most seriously and urgently entreat doctors to acquaint themselves more and more with our method, so that the time may come when only the natural and kindred methods of treatment will find general application to the health and welfare of suffering humanity.

[I would also remind medical men that they do not stand alone in adopting our therapy and bidding farewell to medicine. #No, many and eminent authorities in the ranks of their profession have done this long ago, as may be gathered from the chapter, "Medicine, Opinions of Medical Men on Taking/" and in various parts of my work, as well as from other works of a cognate character.

I would request them earnestly and repeatedly, to gain an insight into our method; the people ask

for it, and if the doctor does not soon apply it, the unprivileged helper will do so.

It surely speaks in favor of the Natural Method of Healing that not one convinced adherent, whether doctor or otherwise, has ever after swerved from his newly acquired faith (we, at least, know of no such one, though we are able to carefully follow the progressive movement), | But this is a matter of daily occurrence in other systems.

Those who have again turned their backs upon our method, were not genuine followers. They never penetrated to the kernel of the nut, because they probably tried the treatment but once, perchance imperfectly, or only for a short period during a long, tedious disease, etc.

In the cure of disease a vast deal depends on the time, at which a treatment is adopted; whether in the first, second, or third stage of the disease. It has, of course, a much greater and more rapid effect at the beginning than later.

And because the Natural Method of Healing has not yet gained the requisite confidence with the majority, recourse to it is generally had only when all other means have been exhausted and the malady has already assumed a malignant aspect. Even then the treatment is often followed only for a short time, and if no very striking improvement is evinced within this short period, people generally say: "Oh, that's no good either," and they discard it, although they held out patiently enough for months with other methods of treatment.

The following deserves mention: If a patient, for example, is treated by a natural healer and recovers quickly, then the illness is considered a mere trifle, but let a medical man attend a patient for from four to six weeks (and longer), before he recovers, the illness is something to speak of. The greatest respect is paid to the medical man, and even if the patient should die, it is put to the account of divine providence, and the doctor reaps the family's gratitude for the trouble he took, and receives public recognition in the newspaper for his care and devotion.

How rich the nineteenth century still is in errors and prejudices, and how poor in genuine thought and knowledge!

I must also once more emphasize, that chronic complaints—for only these can be the subject of discussion here—though materially alleviated by our method within a short time, have often **required years**

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for their development, and consequently cannot be spirited away and removed at a moment's notice.

In acute diseases, the success of our method and its superiority over others quickly manifests itself.

To enable a man to apply our treatment, the following conditions are required: 1, The frequent reading of books on this subject; 2, Hearing lectures concerning it; 3, Learning its results by practical application; 4, Personal experience of the miscarriage of medical treatment, etc. It cannot all be learnt at once, nor are a couple of lectures on the subject sufficient, but the case is the same here as when learning a trade or profession. Practice makes perfect, and continued study and experience alone will produce stout adherents.

We followers of the Natural Method of Healing have chosen nature, with the power she possesses, for our security. What security does the medical man give? The answer is: "Poison, with its destructive force." Which therapy is the more trustworthy of the two?

The proverb "The learned man cannot see the wood for the trees," applies admirably to many medical men. They cannot see nature's healing power, by reason of their science and learning.

We who have adopted the system of treating disease by natural means, guarantee to prove that ours is far superior to all others, whether medical, "magical" or what not, in regard to speedier and radical cure. If any one accept the challenge, let him come forward!

A patient who applies our treatment for the first time, may always begin with water at a temperature several degrees warmer than that prescribed; after a time, his body will become accustomed to a cooler temperature, and water of about 77° will then seem hardly so cold to him as water of 81° or 85° seemed at first.

It must not be imagined that our treatment is so very simple; we have almost as many medicines, or rather modes of application, as the medical man has prescriptions. Not simple is it, therefore, but intelligible, because everything is expressed in the vernacular, and not in Latin (like the prescriptions of the faculty). The applications themselves, too, notwithstanding their great diversity, can be easily put into practice by anyone. (Bilz, the Natural Healing Method.)

"Do Not Fall in A-rain."

A Chinese fable tells us that "a man had fallen into a deep, dark pit, and lay in its miry bottom, groaning and utterly unable to move. Confucius walked by, approached the edge of the pit and said: "Poor fellow, I am sorry for you! Why were you so unwise as to fall in? Let me give you some advice: If you ever get out, do not fall in again." The man replied that he could not extricate himself." It is just so that many have fallen into the deep, dark pit of ill-health by unnatural habits of life. But there is help for them in the Natural Healing Method, by means of cold water proper diet, fresh air and abundant sunshine.

/The receipt of a "sample copy" of this magazine is an invitation to subscribe*

Gymnastics and Muscle Exercises of all kinds.

Gymnastics are a methodical cultivation of the whole voluntary muscular system, which promotes health, strength, and agility. They are particularly necessary for people, whose mode of life is sedentary.

It is a great blessing that in recent times gymnastics have been added to the time tables of primary schools; they are among the surest preventives of the harm which school work, with its long hours of sitting on narrow, often ill-constructed, benches, and in imperfectly ventilated rooms, may entail.

The long school course, with its overweight of mental work, is for many the source of future sickness and suffering, which systematic gymnastics will ward off.

By the practice of them the unused muscles will be brought into play and strengthened; the lungs will breathe fully and freely, and rid themselves of the noxious substances inhaled in the close school rooms.

I will here quote, from the "Method of Practice," by Siegert, a few general hints on gymnastics and muscle exercises, as to the means, hours, and methods of their performance at home.

They should be gone through, if not in the open air, with open windows, in loose clothing, without braces, and not before two hours elapsed since the meal, but never after supper. The exercises should be taken in such order that first the arms, then the trunk, and lastly the legs, are brought into activity, and after each exercise there should be a pause, during which eight or ten deep breaths are taken at the open window. For example: Raise the arms sideways ten times (to the level of the shoulders, or higher); bend the body forwards five times (as low as the waist, or lower); bend the knees ten times (without altering the pose of the body). Pause—ten deep breaths, throw the arms back (in line with shoulders) ten times; draw the knee up to the body ten times; ten deep breaths, and so on.

Each exercise is to be repeated at first from five to ten times; later from twenty to thirty times. Neither gymnastics nor walks are to be carried on to the extent of causing fatigue.

Excellent though gymnastics are as a means of preventing disease, and of removing or assisting the cure of certain (chronic) symptoms, the active exercises are not suited to every patient or to every ailment. Sometimes the nature of the latter forbids them; sometimes they would make a greater demand on the bodily strength and the nerves of the patient than could be met. The passive muscular movements, on the other hand, provided in the special curative gymnastics, or actuated by massage, through the exertion of another persons, demand hardly any strength of muscles, and a mere minimum of nerve power, so that they are practicable for the most weakly patients and even for the smallest children.

Be it here remarked that want of exercise implies insufficient formation of blood, unhealthy condition of the blood, and irregular distribution of it; furthermore, want of appetite, weak digestion, constipation.

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and disorders of the liver, etc; while, on the contrary gymnastic movements result in a full supply of sound constituents in the blood, and its uninterrupted circulation; in a word, normal and constant assimilation, and, therefore, due nourishment to the body and its organs—outwardly evident in hard muscles, healthy color, and good spirits.

That gymnastics are zealously promoted by associations is very satisfactory. It is not my intention to describe here the various exercises with horizontal and parallel bars, rings, etc., which such societies promote. I propose only to give a hint as to the way in which a useful apparatus for children may easily be put up in a room.

'm & m

1. A horizontal bar fixed in a doorway.
2. Hand rings (Fig. 160). These are two large rings of wood, or of iron covered with leather; each fixed to a strap, or strong cord (inch and a half thick

Hand Ring's fixed to the ceiling:.

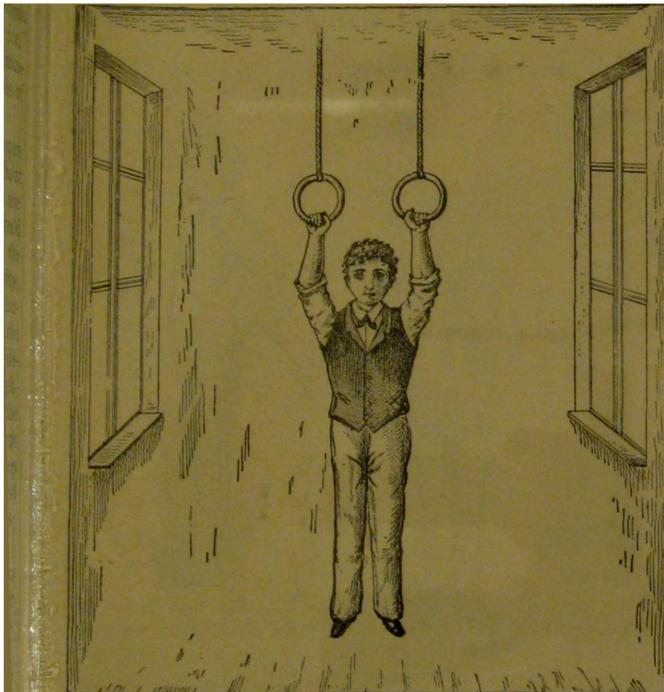


Fig. 160.

rope), which may be lengthened or shortened at pleasure. The ropes or straps hang each from a strong hook, or screw eye (ring-bolt), screwed into a beam or joist in the floor above, about the width of the shoulders apart.

On the above two sets of apparatus children can perform a great number of the various exercises.

I. CURATIVE GYMNASTICS.

Gymnastics at home—also called active, as distinguished from passive, movements of the muscles.

Our entire organic life depends on the process of assimilation, which can only be maintained in a normal state by the exercise of every part of the body. The more we stimulate this process by bodily exercise, the more will our life gain in freshness, strength, and en-

durance; and the better we shall be able to ward off bad health and disease, and to overcome them if they attack us.

If the process of assimilation is imperfect—in other words, where there exists congestion of blood and of the substances of the body, a state of things usually resulting from insufficient bodily exercise—our first task must be to further the assimilating process in the whole system, or, as the case may be, in single parts of the body, and to restore it to its normal condition, in order to bring about the excretion of morbid refuse matter, which has remained behind in the system, and to give new energy to all the organs of the body. In the attainment of this end, curative gymnastics play an important part, because they incite the various muscles to general and many-sided activity, the want of which results in obstruction of the process of assimilation—in a word, in ill health.

Another fruitful source of ill health is the neglect of vigorous respiration, which is the natural consequence of insufficient bodily exercise. It is only by deep breathing that good and richly oxygenated blood

A horizontal "bar fixed in a doorway.

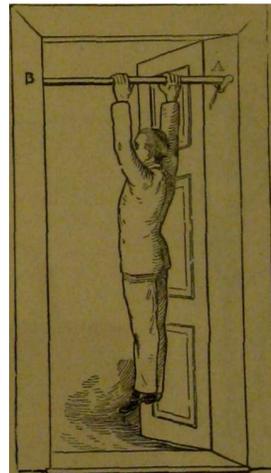


Fig. 159.

can be formed. A person, therefore, who is obliged to spend his time sitting or standing, should not neglect to practise regular gymnastic exercises.

Too much sitting, which fails to give the abdominal muscles the opportunity of exercising their functions, leads to disturbance of digestion, gastric weakness, constipation, defective formation of blood, congestion of the liver and spleen (the whole system belonging to the portal vein), the consequences of which are, in their turn, chlorosis, anaemia, nervousness, chronic headache, vertigo, hypochondria, hysteria, melancholy, scrofula, etc.

Although the disadvantages of insufficient bodily exercise may not be apparent during the prime of life the evil consequences are sure to be felt in after years. We are then threatened with a whole host of chronic complaints, such as piles, gout, asthma, congestion, abdominal complaints, paralysis, hysteria, hypochondria, melancholia, fluor albus, as well as the diseases

named in the foregoing paragraph, and besides, stiff limbs and bodily deformity.

It need hardly be mentioned that it is absolutely necessary that attention to the skin should go hand in hand with gymnastic exercises of every kind, if we wish to guard against illness.

How many thousands of ladies there are in the higher grades of society who, without being perhaps seriously ill, are nearly always ailing and out of health, and who would be well if they were to take regular exercise, practise curative gymnastics every day, and pay proper attention to the skill.

Curative gymnastics, also called room gymnastics, are of special value, because they may be easily performed anywhere—in the room before an open window, in the garden, or during a walk in some sequestered spot, or while travelling, and because they need no assistance from other persons.

By the practice of curative gymnastics, not only are diseases warded off, as has been mentioned, but they can be cured, as the name "curative gymnastics" implies. The principles and methods, upon and by

cases, where inflammation and feverish conditions exist; nor should pregnant persons have recourse to any exhaustive form of curative gymnastics, but they should restrict themselves to very gentle movements, such as taking walks, etc.

Patients suffering from abdominal hernia must take great care, when practising movements which bring the abdominal muscles into play, that their truss keeps the hernia completely under control.

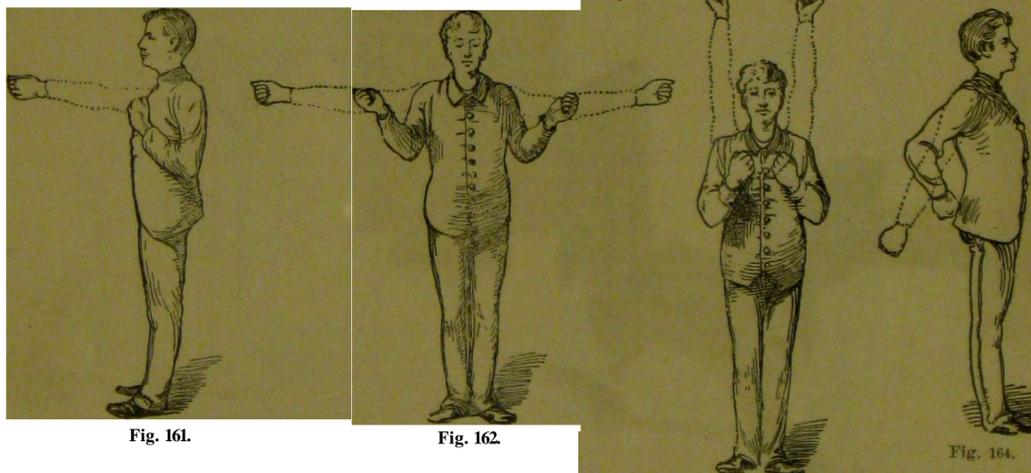
3. The movements must be executed calmly and without hurry, but energetically, and with full exertion of the muscles, as much as possible in accordance with the illustration and description given; if they cannot all be successfully performed at once, they will, by practice, become easy of accomplishment. If, however, by reason of some physical peculiarity, the patient is unable to perform a movement, let him omit it for the time, rather than make violent efforts to perform it. The body may, by practice, become capable of performing it with ease; it is surprising, indeed, what progress even elderly persons can make in this respect.

4. It is always advisable to take the easier exer-

Am thrust (hitting? movement)
10, 20, 30 times.

Arm thrust, sideways.
10, 20, 30 times.

Arm thrust, upwards. Arm thrust to the rear.
6, 12, 20 times. 6, 12, 18 times.



which the gymnastics should be applied in various diseases, are indicated in a general manner in the articles treating of the diseases. • In the first place I would draw attention to the following observations on curative gymnastics:

Remarks on Curative Gymnastics. I have kept in the main to Dr. S. Schreiber's "Room Gymnastics," a book which is to be highly recommended.

1. Be it expressly observed that, in the application of curative gymnastics, as in any other treatment, it is of vital importance that the means employed should exactly correspond with the circumstances of each individual case (i. e. in treating a patient, regard must be had to the existing reserve of vital force). This, however, can only be judged by a professional man.

2. The gymnastics must not be applied in serious

cises in hand first, and, by degrees, to advance to the more difficult ones. We must here remind the reader, once more, always to adapt the duration and number of the different exercises to his strength and bodily condition. He may always consider the feeling of fatigue or pain as an indication that it is time to stop; and that hint must never be disregarded. Two things must be kept in view, in connection with these exercises:—(a) The patient must feel completely rested, before going on again with fresh exercise, and (b) There should be no sharp muscular pain after the completion of the practice.

Beginners, in particular, should never lose sight of these two conditions; if, notwithstanding the greatest prudence and the gentlest movements, considerable muscular pain makes its appearance, a pause must be made until the pain has subsided, and then

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some quite gentle and easy exercise only should be

5. Although a patient's performance may be very poor at first, he will be able in a short time, as soon as he is used to the *movements*, to perform two or three times as much, and even more; and to stand it better than when he began. Should the exercise even cause him some trouble and pain at the outset, he must not, at once, run away, with the idea that he cannot master them, or that they are beyond his strength, but he must quietly continue with them, always having regard to the limits imposed by his constitutional powers.

6. The best time to perform the exercises is from a quarter of an hour to half an hour before a meal. It is well to associate them with the daily meals, if for no other reason than that we may have something to remind us of our practice, for the first conditions of success are regularity and perseverance. It is advisable, therefore, that arrangements be made to prac-

omitted, and may well be taken after every two gymnastic movements.

9. The motto in this as well as in any other curative treatment should be, "Don't overdo it." We must not imagine that our gain will be in proportion to the number of exercises gone through. We really gain in health when and so long only as in improvement in the nutrition of the body—i. e., the renewal of used-up organic substances—keeps pace with the muscular movements. So long as this balance is maintained, increased vital power and energy will result from the practice of gymnastics, but if they are carried too far, the result will be the opposite of that intended; namely, increased weakness and exhaustion. On well-selected exercises and on a moderate use of them, therefore, a sure and favorable result depends, and this may only be attained by degrees.

10. If breathing and pulsation have been sensibly accelerated by any given exercise, we must wait till

Arm thrust, downwards.



Fig. 165.

Exercise with dumb-bells referred to in paragraph 11,

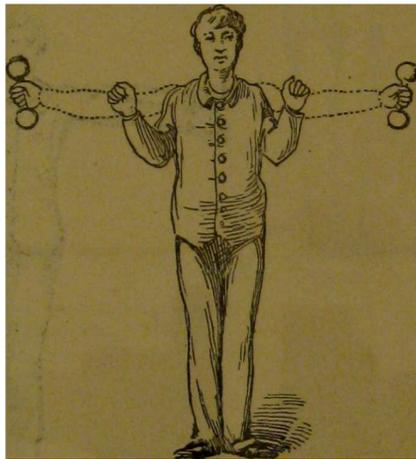


Fig. 166.

Chest-expanding- Exercise.

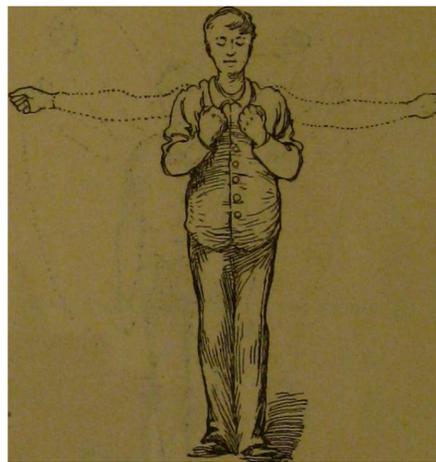


Fig. 167.

tise the exercises every day a short time before breakfast or dinner. If the evening be fixed for them, the time chosen should be about a couple of hours before going to bed.

7. Previously to beginning the exercises, all tight clothing must be removed from neck, chest, and abdomen.

8. During the intervals of rest, of which there should be several, whilst going through a group of exercises (see below), the patient should endeavor to breathe deeply, calmly, fully, and strongly; in doing which he places his hands on his hips, or against the back of his head, and takes care to empty the lungs thoroughly at every respiration. In each of the gymnastic exercises the moment should be noted when a deep breath becomes necessary, and breath should be taken at that point in each repetition of the exercise. When a pause for breathing exercises is made between the groups of gymnastic movements, or after each single exercise, six or eight deep respirations should be taken. Such breathing exercises should never be

they are quiet again, before proceeding to the next movement.

11. After the muscular strength has been gradually increased, dumbbells may be employed, and the same exercises as before may be gone through with them.

12. How often each single movement should be repeated, is indicated by the three numbers accompanying each figure. The first number shows the number of repetitions at first; the second, that after two or three weeks; and the third, that after six or eight weeks' practice. The last number is to be regarded as the limit during the rest of the practice. Each individual case, however, may require an alteration in the number of repetitions, and the middle number will be to many the normal limit, which they must not exceed; particularly, as the three numbers given are based on the calculation of the normal muscular strength of a man in his best year. For people above sixty, for those weak in muscle, or very old for the female sex, and for children, about half

or, at the most, two-thirds, of the amount will be sufficient.

Those also, who perform the exercises for local affections only, should not exceed the limit just given.

It stands to reason that old age requires the exercise of every part of the body, so far as may be practicable. It is a great mistake, therefore, for elderly people to suppose that the greatest possible amount of rest will keep them in health. Although such persons cannot bear the same degree of fatigue as the young, a suitable amount of regular and varied exercise is necessary, if health is to be preserved and life prolonged.

13. Let me emphasize here once more the value and efficacy of (a) hydropathy; (b) a system of non-stimulating diet, at least, in most cases; and (c) massage; and the desirability of adopting those systems, in addition to curative gymnastics.

A person, who has no knowledge of curative gymnastics, and their effect, had better leave them alone, in case of severe illness, as he will, perhaps,

cure of local complaints, it will be well to include in the practices movements which will exercise the whole of the muscles of the body, in order to bring the whole system into sympathetic and simultaneous activity.

As in a set of cog-wheels, or other compound wheel-work, each single wheel performs its part when the whole is in motion, so it is with our organism, every single part of which has its office in sustaining the innermost living whole.

16. A still greater advantage is derived from curative gymnastics, when they are employed in addition to, and in connection with, massage; for the success of massage will be completed and confirmed by exercise of the muscles.

That massage ought, in many cases, to precede curative gymnastics, is demonstrated by the fact that after massage most of the movements can be performed which were impossible before that. It is not meant that every performance of gymnastics should be preceded by massage; it will be sufficient if the massage be applied once a day. It is difficult to give precise

Arm Circles.
8, 14, 20 times.

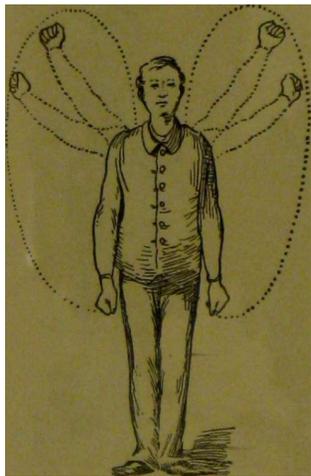


Fig. 168.

only do himself harm by attempting them. In the great majority of cases, success will be attained with the other means of cure given in this magazine.

14. How many times a day curative gymnastics should be practised, and how many exercises should be gone through at each practice, depends entirely on the condition of the patient. If, for instance, a practice consists of only three or four exercises (mowing movement, raising the knee, arm-thrust, sawing movement, or a few similar exercises), from one to five such practices daily will be sufficient; but if a single practice includes a greater number of exercises, the number of practices should not exceed three. The great point here is to observe what amount of exercise will best suit the patient's physical condition. And it must always be remembered that a beginner must be content with fewer movements than the practised gymnast can execute, and that a man in the prime of life can endure more fatigue than the young or old.

When special gymnastics are employed for the

Arm Rolling.
30, 40 times.

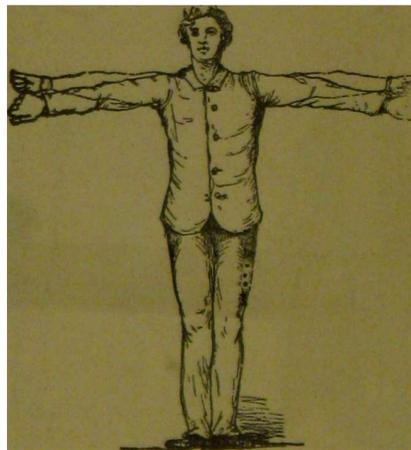


Fig. 169.

instructions in this respect; everybody must find out for himself, what is adapted to his special case. It only remains to be mentioned that a proper interval of rest must be observed between the gymnastics and massage when they are combined.

17. Bed-ridden persons can execute the* movements in bed, or elsewhere in a sitting or lying posture, or with the help of a second person. (In the last case the movements will be passive.)

18. By the use of curative gymnastics both invalids and healthy people attain, among other advantages, the blessings of refreshing sleep, improved appetite, a cheerful mind, fresh vigor of life, and increased sense of enjoyment.

In practising the "arm-thrust" or hitting movements, to the front, sideways, upwards, downwards, and backwards, the fists must be kept tightly closed, and each thrust or blow should be delivered with the full and energetic extension of the arm muscles.

When the muscular strength has increased, the exercises may be practised with dumb-bells, as already

nwfioned. They serve to supple the shoulder and elbow joints, in rheumatic affections or disabled condition of the arm muscles; they also promote healthy breathinfif, and should form part of any course of gen-

The chest-expanding movement, in which energy is specially concentrated on the bringing together, and separation respectively of the hands, is efficacious in cases of tuberculosis of the lungs, pleurodynia, asth IWL It also promotes good breathing.

Exercise without dumb-bells. I. Raise the arms at their full extent in line with the shoulders; the fists

By this exercise respiration is much Assisted, the shoulder-joints are rendered pliable; it is used in cases of asthma, tuberculosis of the lungs, or weakness of the muscles concerned.

In performing the arm-rolling exercise we must imagine ourselves to be screwing a gimlet into wood with each hand, the arms being fully extended in a line with the shoulders.

In making the figure 8 movement the hands describe a horizontal figure 8, but the wrists only should move.

The figure 8 movement.
20, 30, 40 times.

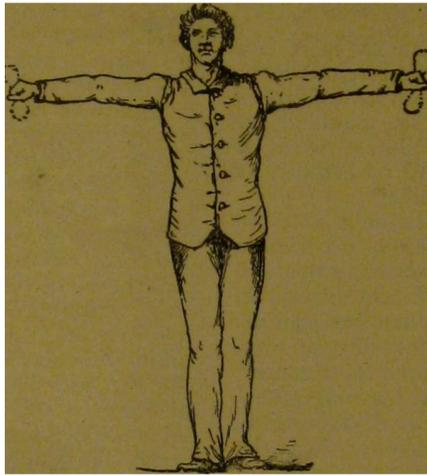


Fig. 170.

Swiiigrins the arms sideways, rlght and left (compare Fig.: 193).
15, 25, 40 times.

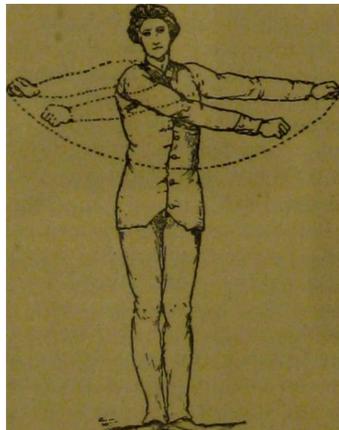


Fig. 171.

Swinging: the arms to the front and rear.
15, 25, 40 times.



Fig. 172.

tightly closed., 2. Bring both fists smartly back to the chest, elbows and arms close to the body, shoulders well back.

Arm Circles. Both arms—fully extended, and with fists closed—describe circles as large as possible. Each should pass close to the head; but this may only become possible by degrees... The movement is performed first from front to rear, and afterwards the reverse wajHi

These movements are prastised to make the arm joints as well as the wrists pliable, and to correct an; failure of these muscles; also for gouty contraction; of the hand and finger-joints; for writer's cramp, an< as an auxiliary remedy in various forms o£*St Vitus^ dance and epilepsy, etc. Extending and closing* fin ger exercises also belong to this class.

The Origin of Host Chronic Diseases.

Especially tire (Chronic) Continuous Diseases of the Female Sex.

By Dr. Rosch.

Who has not wondered, that there are diseases, from which nearly everybody has to suffer some time in life, and which accompany many a one into the grave; diseases which are generally not so much noticed because they are so general? Who does not know that there are a great number of human beings that pass away in their prime of life, on account of painful diseases? And that a peaceful death from old age (a simultaneous cessation of all vital functions, as it should be) is rare indeed?

Who does not wonder, that although there is a daily increase in Doctors, Health-Institutes, and medicinal treatises, still there is an increase in disease?

Who is not filled with pity, to see mankind degenerate under such a heavy load of disease, when he thinks that man has been created just as healthy, as the animal at large, or the bird in the air?

Who has not heard of the assertion that these evils are inseparable from the advance of civilization and culture, without being tempted to curse this evil culture, which causes mankind so much misery, in spite of the advantages which she has also brought us.

And is not at least the thought forced upon you that the civilized humanity must be on a false course, if she calls the aberrations from the natural paths, which make her miserable, a progress of civilization, and awaits salvation and help for all diseases from the medicinal faculty which impossibility can neutralize these sins.

True culture should keep man healthy and make him happy, should elevate him in every respect above the animals, should assure to man his precedence before all other creatures, and its progress should not at the same time bring him irretrievably closer to his final complete deterioration. As has happened with all those races which the history of the world has seen to devolve from robust savagery to sickly refinement and final extinction.

If medicines should in truth be health-bringing for humanity, they should counteract all diseases from the beginning and find out their sources. And common education should contrive that every one should know them.

This task ought especially to be undertaken by those Physicians, who by the favor of their governments have been placed in some eminent positions, and who are no more bound by necessity to gain a living by daily practice.

As has been verified by the writer of these lines, certain groups of diseases, which are reckoned to be of almost daily occurrence, are developed from some false theories upon which man builds his air-castles of terrestrial felicity. Man has discovered several of these and hopes to realize their actual existence some day. In this treatise the most dangerous of all false theories will be treated, which, we may safely assert, have been the greatest source of all diseases since times immemorial.

Should heaven grant that the truth may reach some one of the mighty, who might be touched by the

misery of mankind, and who has strength and power enough, to propagate the recognized truth among the people, and to introduce it into actual life as far as possible; a rich blessing would undoubtedly be his reward.

The Chronic Diseases, and especially the so-called Nervous Diseases of women, are so numerous, so very varied and so life-embittering, that they always, and with justice, have been an eye-mark to all Physicians

One may assert that one half of all the earthly sorrows would be eliminated if these could be eradicated and extirpated with their roots.

I only recall the fatal hysterics, this terrible evil, which has changed so many times conjugal bliss into hell, and has disturbed, more or less, the connubial peace of so many others. This many-headed Hydra, which though combated so long, still grows bigger and bigger, which when one of its many heads is knocked off, always lifts up ten others; which cannot be described, whose picture cannot be defined, which appears under so many various forms, and therefore is seldom recognized, and is more disseminated than one would think.

If one knows that Hysterics appear, according to the degree of their development and according to modifying circumstances, sometimes as exaggerated tenderness, as sensitiveness, fear, avarice, pride, jealousy, irritating sensibility, bad temper, discontent, hasty violence, revengefulness, impatience, pietism, painful violence, lies, unsteadiness, rage, idiocy, madness, etc., and that they are accompanied by heat, cold, shivering of the whole body, sleeplessness at night, and sheepiness by day; loss of appetite, tiredness, narrow chestedness, exhaustedness, heart-palpitations, congestions to the head, visions and optical delusions, cramps, weakness, fainting-fits, convulsions, and an endless chain of morbid symptoms- If one considers this, one will find in Hysterics the aggregate of all these miseries, irritations, ridicule, disagreeableness and squabbles which appear in every wedlock and often react detrimentally upon the connubial happiness; then one believes to have found a series of physical and moral evils, which cannot be overlooked, and one conceives, that it is not the Hysterical woman which forms an exception from the rule, but the woman who may not be hysterical.

The universality of these symptoms, which more or less may be observed in every wedlock, has always made woman a problem, which has not been solved by any one; it causes the most painful deceptions, which everybody in general complains about; and it is responsible for the belief, that woman's nature has been formed by the Creator to be weakly, sickly and changeable, because up to the present no remedy has been found for it. no scientist has been able to amply explain it, and with all those books without number, which have been written for centuries about this subject, no definite result has been obtained.

We will at first observe the general symptoms of Hysterics. Later on other diseases will be added.

When one considers this disease which, in chanced form, sometimes more, sometimes less developed, may be found in nearly every home, one may well ask: Is female nature really so constituted are then these evils inseparably connected with her??

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The observer of nature can not under any circumstances grant this, for it would mock all laws of nature.

These diseases generally appear in the prime of life; in the animal—as well as in the vegetable—kingdom this period is one in which the created being is its full bloom; for blossoms and fruits fulfil the purposes which nature has destined for them.

Woman resembles a plant, which as a rule grows more than one blossom, and the time that woman conceives and bears children, is her time of blossom; for only blossoms are fructified and ripen to fruit.

And just in this period occur the symptoms, that together are called Hysterics, which make of woman a problem.

Many a one thinks That the act of conceiving and child bearing, carrying and suckling are the causes of this diseases. But that is not so.

The young girl develops, and like a glorious flower she charms by her beauty and grace; but still something is lacking to make her perfect. The virgin possesses certain organs, which destine her for a higher purpose, which await a function, for which they have been created. The purpose of nature has not been accomplished with her blossoming; her nature makes other urgent demands. Therefore one should believe that the contentment of these demands should beautify the blossom, and strengthen the human plant; but we observe just the contrary. With the beginning of matrimony commences with most women the period of all sufferings; the blossom fades astonishingly rapid; and the husband, who in conjunction with his wife should verify the conception of a perfect "human being" has only the sorry satisfaction that it was "He" that has deflowered this Blossom.

Although the diseased stem still brings forth some fruit, these are belated fruit, which are conceived and born and suckled with great sorrow and pains only.

Every child-bed is an act of danger, in which the life of the wife is in great peril, and should she happily overcome several of them, although with much misery and pains, she will still often at last perish thereby, and at her funeral, the passers-by will say: She died from the consequences of too many child-beds and—this they find quite natural!!!

But no, this is not natural; childbed is not a disease, it is just as natural as the act of conception.

Man awakened to self-consciousness in Paradise. He was delighted with the beautiful creation, till she commenced not to satisfy him any more. Now the virgin approached him, and he was perfectly happy. The Almighty God said: Be fertile and multiply! but do not eat of the forbidden fruit.

They are fertile and multiply, but they do eat of the forbidden fruit—and they are miserable.

Is not man still born in Paradise? in the paradise of innocent childhood? Is he not still delighted with Nature and its glory, until the amorous instinct awakes in him, and he desires something till then to him unknown? Is he not even to-day delighted above all measure when the innocent, blushing maiden says to him: I will *be* thine? The priest at the altar says to them the words of the Creator: Be fertile and multiply! But they forget the prohibition of the penni-

cious fruit, and they sin unknowingly, and do not understand why, after a few weeks only, they see themselves driven forth from Paradise, and—this is the fault—that is, unfortunately, still a mystery.

(To be continued.)

Electricity and Hydrotherapy.

Facts in regard to electricity and the superior virtues of hydrotherapy as given by the learned and distinguished William James Morton, M. D., of New York, he says:—"It is presumed that ignorance could direct the management of an agency which, more than any other, requires knowledge. But granting the most thorough possible knowledge of the properties of the electric current, the difficulties of the electrotherapist are but little diminished. He is still confronted by the obstacles presented on the physiological and the pathological side; the real nature of the processes of health or of disease are but little known; the diseases themselves, particularly of the nervous system, when once established are (from present knowledge) peculiarly intractable. Electrophysiology itself is in a state of confusion, and requires that most of its work should be revised and its contradictions eliminated." He further says: "The triumphs of medicine thus far have been in alleviating pain and in the prevention of disease rather than in the cure of actual and active morbid processes. And so far as relates to the diseases of the spinal cord—diseases in most instances well advanced before they are recognized—it is believed, by many who have excellent opportunities for observing, that electricity is of more value than any medical treatment, and, on the whole, of more value than any other treatment. If any reservation were to be made in this expression of opinion, it would be in favor of hydropathy."

Here, we wish to state to all who are interested, is a grand and frank acknowledgement of the virtues of the water-cure over all other systems of treating disease. Yes in water and electricity we have the *ne plus ultra* of cure. (Capital of Health.)

For Coughs and Colds.

To two quarts of soft water add one-half teaspoonful of flaxseed, three ounces of licorice, three of raisins, each cut in two parts. Boil very slowly until reduced to near a quart. Then add two tablespoonfuls of lemon-juice (if it is not at hand use good cider-vinegar) and sweeten to taste.

Dose, two tablespoonfuls every three or four hours, and double that amount on retiring at night. This cures the very worst cold in a day or two. It has cured many colds in a fortnight that had begun to exhibit signs of consumption.

"The modern practice of medicine is at *be** entirely uncertain and unsatisfactory system; the neither philosophy nor common sense in it to ma trustworthy." PROF. EVANS, LONDO

Measles.

By F. K. Bilz, Hygienic Writer, Dresden, Germany.

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

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

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

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

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

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

The patient is therefore given a lukewarm bath (86° to 90°), the whole body rubbed with the bare hands quickly and lightly at the same time, and then put to bed, or he may have at once a tepid three-quarter or full vapor-bath (72° to 81°), duration from an hour to an hour and a half, or as long as the patient feels comfortable in it, but if he finds the pack irksome.

he should at once be taken out and given a bath as before. The steam-bath in bed should be repeated, according to the patient's condition, once or twice a day. Two enemata daily (77° to 81°).

If the eruption is only partially developed or suppressed, quick, cool, wet rubbing of the whole body, followed by steam-bath in bed, should be resorted to. In general, light, non-stimulating food, fresh air (a window being always kept open), enemata for derivation and constipation. Gargling every hour with water of 66° to 72°. Frequent cleansing of the nose with water of 76° to 81°. Wet the mouth and ears occasionally with a cool, wet linen rag. Children suffering from the measles may—nay, should, if it is in any way possible—be dressed in warm clothing, according to the temperature, and allowed to move about out of doors in the open air.

If the eyes are much inflamed, the window-blinds should be drawn down to protect the child from the painful light, and its eyes wiped or wetted repeatedly with a soft rag squeezed out moderately in tepid water.

With this treatment, the measles will only last a few days.

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

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

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

How My Two Children were Cured of the Measles.

Last spring, when the measles and other children's diseases appeared in our town, my two young children, a girl of six and a boy of three years, were attacked with the disease. The girl had the measles very badly indeed,—high fever, swollen tonsils (the malady, in fact, assuming the character of diphtheria), both her eyes greatly inflamed and swollen, and causing her to keep them closed for nearly a whole day. In spite of the malignant character of the malady, the child remained in the room and in bed only for one full day. On Friday she still went out, on Saturday she did not wish to get out of bed, or to have anything to eat, and she hardly opened her eyes at all, whereas on Sunday morning, having been taken out of the steam-bath in bed and bathed, she asked for some-

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thing to eat and to be taken down into the sitting-room. In the afternoon of the same day, when my wife was going out with the little boy (who was attacked with the measles a week later), she begged to be allowed to go out too. As it was a warm, bright day, I saw no reason for keeping her indoors, although she could not walk comfortably yet, and her face, etc., was entirely covered with the rash; for all that she was tumbling about merrily in the open air for two hours, and sat down also for a time on a grass-plot.

When she came home, she coughed rather more than before; but it was a loose cough, and she threw out a great deal of phlegm; such a cough, though increased, need cause no anxiety, since it is only a favorable healing agent. The steam-baths in bed were continued, a bath in the daytime and an abdominal compress at night were given, and the girl became stronger and healthier day by day, went out always in the open air and only missed school for a few days; she has been well and cheerful to this day, though my anxious neighbors, seeing the child on the second day out of doors, prophesied the worst relapses,—affection of the eyes, etc. The boy's case was certainly not quite as bad as the girl's, but it was bad enough. Nevertheless he, too, was confined to his room and his bed for one day only. The next day he went out of doors for a short time, and speedily got and remained well, in spite of the repeated evil forebodings of my neighbors. F. E. BILZ.

What is the Nature of the Kneipp Treatment?

By N. List, Practical Physician and Surgeon of the Royal Bavarian Army, in Munich.

(Concluded from the December issue.)

Let us now consider barefoot-walking, which is of great importance in dispensing the blood. This practice was in use in ancient times as a remedial agent, and was used on a large scale by Priessnitz on the Graefenberg and again by Kneipp. One who practises barefoot-walking for some time is made plainly sensible of its effects upon the circulation of the blood; his feet, formerly pale because of having been cut off from the air by the wearing of shoes, take on a healthy reddish hue, thus proving that they now receive their proper share of the arterial fluid; and, as a result of this healthful condition of the feet, they become enlarged in a normal degree, while, at the same time, the head, in which there was formerly a dull, heavy feeling, is freed from any unpleasant sensation. Treading in water and hanging the feet in flowing water produce the same good effects as barefoot-walking. Horses suffering from foot-disease are treated beneficially by being placed with their feet in flowing water for a time; and it is certain that this treatment may under certain circumstances prove beneficial to human beings.

As to the various vapors, the head-vapor and the abdomen-vapor, we would refer to Kneipp's Book,

"Meme Wasserkur" ("My Water-cure")- Knripp considers the vapors as next in importance to the cold-water applications. In this I agree with him. Another expert in natural healing, writing in the monthly magazine "Der Naturara" ("The Hydro-pathic Physician"), says that vapor is only necessary in particular cases; for it is not a gift of Nature and we do not need it in times of health. But we need cold-water applications when we are in health for the purpose of hardening the body against exposure and the attacks of disease, as well as because they are the best of all preservatives of a normal bodily condition. Through the mild but regular application of water diseases are reduced to a minimum, and the health and productiveness of individual men as well as of entire nations may be augmented.

It is hardly necessary to mention the great importance of hydropathy at the present time, when the competitive struggle for a decent living grows constantly more intense. The water-cure is cheap and available to everybody.

Finally we wish to say a few words concerning Kneipp Apothecary. In the second part of his "Water-cure" (sixty-fourth edition, page 112) Kneipp writes concerning this Apothecary: "I have weighed the matter carefully before deciding to add this Apothecary to the water treatments, which were sufficient by themselves." If these innocuous herbs do not constitute an essential part of the Kneipp system it is necessary that I should mention them as harmless additional remedies, which do not mean death and destruction, like so many of the chemical medicines prescribed by physicians and sold at drug stores, such as sublimate, creosote and other poisons; on the contrary, the herbs contained in the Kneipp pharmacopoeia are well fitted to agree and co-operate with the water-applications.

The sole purpose of the natural healing method is to inure the body to changes of temperature and the various hardships of life; to bring back men, who have become estranged from the simplicity of a natural life, to a normal state of being, thus rendering them physically and mentally healthful, and ensuring them a pleasurable existence in place of the present feverish, artificial form of living. And inasmuch as this method is the method of Nature, it cannot mislead us; for, being Nature's own way of preserving and strengthening the body and mind, it is warranted by the laws of the universe, and these laws are "the hands of the living God."—(Drummond.)

Dr. S. A. Knopf, in his article on Tuberculosis, says on Page 291 in Vol. XX. of "XX Century Practice of Medicine":

"Of the many food-substances which have been recommended recently as especially valuable in the dietetic treatment of Tuberculosis, I have used most extensively and with most satisfactory results the new food, TROPON.

"It is a tasteless and odorless, albuminous preparation in the form of a yellowish-brown powder, obtained through a complicated chemical process from animal and vegetable substances.

"Considering that TROPON is really an able substitute for the albumen in other foods, that it rarely causes digestive disturbances, that it can be taken for a long period of time without aversion, and that it is excessively cheap, we may look upon this new product as a most valuable adjuvant in the dietetic treatment of phthisical patients.*"

The True Method of Healing;

By Editor B. Lust.

~ II.

Dr. med. H. Hennemann: "The highway robber threatens the pocketbook, or the life; but to physicians we have to give up both."

Prof. Dr. Bock: "A physician who prescribes medicine cannot come to my sick-bed. Authorities prescribing to their patients certain remedies for certain diseases, as a rule do not take the same medicine as they have ordered for their patients. A great many sick persons recover without medicine and physician."

Dr. Forst: "I could never understand how people could have confidence in physicians and their prescriptions."

Prof. Dr. Smith: "Medicines do not cure diseases but the power of nature cures them."

Dr. Barker: "The remedies prescribed for scarlet fever and measles kill many more than the disease themselves."

Dr. Bostock: "Every prescribed remedy is a blind experiment on the patient's vitality."

Prof. Dr. Clark: "All our drugs are poison*, consequently every dose diminishes the patient's vitality."

Prof. Dr. Schmiedeberg: "The chemical agents with which the medicine cures may plainly be called poisons."

Dr. W. Birnbaum: "In a practical sense*, for the benefit of suffering humanity, the college professors have done very little."

Hahnemann: "The physicians live at the death of many on their conscience."

Prof. Dr. W. Schlesinger, in the Vienna Medical Weekly (a journal mostly circulated in Austria)- 1867. "What one praises, another will ridicule and suspect; what one gives in large doses, another hardly risks to give in small ones. . . . The quicksilver ("smear") cure is now in full swing. It came into discredit and again to great honor. They supposed it already dead, and held a solemn funeral service over it; and then they dragged it forth again, and now sing hymns of praise to it. And such things have been witnessed within a few decades in the same (Vienna) school, from a despot armed with the sword of the victorious science, full of therapeutics, and infallible!"

Dr. Lorinser, member of the Board of Health (in above journal, 1873): "Most of all I call your attention to that fraud which the high priests of medicine place before their adherents (although they do not take any stock in it themselves)—I mean the story of the so-called 'Pharmacodynamic' viz. pharmaceuticals. What must a sensible layman think of us physicians as he recollects reading the above, that his family physician moves in this humbug of drugs, in which he has no faith himself? Indeed, I know of a case where an educated layman was ashamed of his physician, that he expected him to take his medicines, and even after recovery boasted of the curative effects of his drugs. Does this speak well for our century?"

Prof. Skoda, in Vienna: A prominent physician of the present time ordered, in his branch of the public

hospital for all diseases only infusum graminis, viz., infusion of pay, with better success than by the general remedies.

Dr. Kruger-Hansen: "When a physician takes in his hands lancets and leeches, he may appear, perhaps, in the eyes of the layman, like a prince who quiets through shrapnel shells the complaining voice of the people; but he is, as the one who applies them, the destroying angel of humanity."

Professor Dr. Med. Rapp, court physician to Queen Olga of Wurtemberg: "I do not want to speak of the homicidal tendency which has spread in the last years through the combination of the Prava syringe and morphine—a treatment almost contrary to the police regulation, and which ought to be stopped by force. This so-called rational physiological school looks from a high horse down upon every one who is not of her opinion. A sad caricature of scientific medical intolerance, wrapped up in the garment of medical weakness and nihilism, and only armed with the murdering club and the morphine syringe."

Count Physician Prof. Dr. Albert: "The clear thinking layman must say to himself that a derangement of the heart or the brain hardly can be improved by swallowing down a teaspoonful of a substance which the druggist manufactures out of juice and powder. To-day the physician is called to a patient to diagnose the disease, to prognosticate, to check the effects of the noxious herbs and to assist nature. (Very well said, but I hear the news.)"

Prof. Dr. Adamkiewicz: "There is not a single remedy in medicine which can cure even a cold."

Prof. Nothnagel: "The healing takes place by processes over which we have no control whatever. We do not heal* diseases with medicines in their proper sense, but only combat symptoms."

Dr. Schweningen (the body physician of Bismarck): "Most of the physicians no longer believe in the humbug of prescriptions. The humbug of the prescription is often too evident."

Even more effectively than the thinking and intelligent portion of the medical fraternity, the most celebrated men of all times and all nations have spoken against the physicians and their pursuits; as, for instance, 500 years ago the famed sonnet writer, Petrarch: "Who can blame one for rejecting the wretched ambiguous, uncertain and complicated rubbish? Ulrich Von Hutten: "Germany would be much better off if she would turn out of doors her physicians with their rhubarb and colocynths. The French poet, Le Page, in his much read novel, "Gil Bias;" the philosopher, Jean Jacques Rousseau, in his "Emile;" the poet Moliere., Goethe, Kant, Napoleon I., Heinrich, Francke (Rausse), Bismarck. As dry as dust Arthur Schopenhauer says: "Most recoveries are alone the work of nature, for which the physician pockets the money—even if it took effect in spite of his interference." Examining allopathy from the natural standpoint, the above opinions are quite too mild. There cannot be any more aimless and senseless medley. Allopathy cannot cure diseases any more than it can prevent them. When the allopaths tell us that disease is only a conventional, uncertain idea; that it is often of lengthy duration, causing changes of the bodily or-

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lans and vital functions; that the state of a completely senseless drunkard is indeed an abnormal one, yet lies within physiological reach—when they tell us all this, and expect us to believe it, we are constrained to believe that the senselessness of allopathy, as a system of medicine, is made clearly evident. A continually wavering idea cannot be the basis of a sound physical system, or of a science built up from experience. To believe that it is possible to cure a disease by a system of medicine based on these inconsistent views is to make us doubt common sense; But how shall we so explain the most important definition, "disease," as not to make fit the words of Bako: "Those become night-owls who only see their dreams in the dark, and grow Wind in the light of experience, and can only perceive what is clearest?" We reply: Disease is not a state, but a vital process. We pronounce as sick every living body in which foreign elements prevail and encumber the body, and call foreign elements all that the body cannot use for its normal continuance, caring not whether such elements have entered the body from the outside or have been formed within it. The school medicine teaches that that only is a foreign element which enters from the outside, and is unavoidable. Disease, we repeat, is a vital process leading only to the well-being of the sufferer, when properly treated—excepting, of course, where death has already impressed his seal. They also understand by disease the reaction of nature, the manifestation of the healing process, the sensation of its working. A perception of being sick is not caused through the disease itself, but through the instinct trying to remove it. Only the cessation of this activity, producing states usually called symptoms, signifies a real danger to life—for instance, paralysis, or mortification.

The healing power is the ability given to every individual to ward off unfavorable influences, or to conform to them in such manner that their prevalence shall cause the least bodily damage, and every organic life owes its support and power of resistance against inimical influences exclusively to this vitality. The school-medicine does not recognize the healing power of Nature until she has exhausted all her Latin; then suggests, as a last resort, the use of natural remedies, and recommends a health resort or a sea bath. But why does she not exhibit this confidence before the body is completely exhausted by drugs."

A logical consequence of allopathic treatment—"Evil can only produce evil,"—are "incurable" diseases, and the existence of present-day surgery. There are no incurable diseases by nature; they are—no matter by what name they are known—the product of art, of allopathic, unnatural treatment, just as organic affections threatening the life are also the consequences of it. Most diseases are curable, but not all patients—as, for instance, those whose vitality is exhausted, or those whose skin has no reaction, and whose digestive organs are prostrated by excessive mercurial treatment.

Insufficient vitality shows itself the plainest in irregular and imperfect inflammations either turning putrid or continuing as purulent tumors (not ulcerating), as a proof of organic destructions. (See "Crisis.") Surgery could have gained the extension

and importance it enjoys to-day otily in consequence of the total failure of allopathic treatment, as until the first quarter of this century the surgeons formed an inferior rank (barbers, nurses, etc.) Despair at the more and more cheerless products of the allopathic treatment matured the handling of the knife and its abundant use. They commenced to cut every organ, or remove this and that gland, etc., and in most cases it can be said: After a successful operation the patient spoiled through his own fault all that was gained, and died ten minutes later. But is it of any consequence? You will find in almost every newspaper the report of the bold operation in columns, and a few days later a small note—not even observed by most readers—about the death of the person who had been operated upon.

How cynically brutal are the feelings of our present-day guardians of the public health! A surgeon famed for his dissection of the stomach says, in the preface of his work concerning the study of the medical science in German colleges: 'As to long life, it is a matter of taste. If Most people appreciate it if it can be obtained by spiritual and bodily abstinence. To live quickly and pleasantly, even if unhealthy and long, and pleasantly, even if unhealthy, and to perish soon, is better than to live healthy and long. For we have to fear an excess of population and the increase of competition. It does no harm if wars and epidemics sweep away a large number every year. The enthusiasts for the public health regimen fight a battle whose object is too high for me. I admire the battle, but have no personal interest in it."

And such persons want to be called physicians! You have a right to expect heart and sympathy from a physician.

The great and noble surgeon, Cooper, says: "Look at the hundreds of patients in the hospital! How poor is their treatment! You will have observed that I only rarely visit the hospital, and I shatt tell you why. I stay away for the reason that the patients must endure such an infamous system of treatment that I cannot look at them. No consideration can induce me to suppress my feelings, and I assert that the present treatment of patients is infamous and disgraceful, for they lose their health by it past recovery. Medical science is founded on mere conjectures and corrected through murder."

The senior-master of anatomists, the celebrated and highly respected Professor Hyrtl, of Vienna, before whose deep and solid knowledge the every-day man evaporates as a mere nothing, says in his "Anatomy": "May all teachers of physiology often remember Bako, 'Idle boasting of scholarship is of no use/ and may the friends of the most revolting and useless cruelty bear in mind that the words of the Bible. The All-righteous takes pity even "on his animals,' were not written only for the Vienna cab drivers. They were also meant for some professors. Whatever can be learned from animals dissected while alive, the professors of vivisection might learn equally as well from freshly killed animals. . . . Who can observe calmly the manner in which the professor cuts out the young ones from the mother bound *ox%*

tt& rack, and shows them, one after another, to her, when she licks them, whining! He should have been a knacker's servant, but no physician!"

Diagnosis they call the charm with which the allopathists strew sand in the eyes of the people; they call it the rich treasure of science which only the hat of a doctor represents. But what does "diagnosis" mean and how did it gain such importance? Lord have mercy on us! If we look at it by candle-light, this treasure also proves to be vain finery and fraud. But never mind; let us also hear authorities on this subject.

Prof. Gerhardt (Berlin, Nov. 2, 1885): "I lie fruit of healing grows on the tree of knowledge. Without a diagnosis no sensible cure." In the same speech he contends that diagnosis depends on the theory of probabilities, except a few things lying quite on the surface." But he does not mean a theory of probabilities according to Pascal, Laplace, Fries, etc., but the philosophical one, with its conclusions through hypothesis.

Dr. Jungel: "Every physician, even the hospital physician, treats some patients and discharges them improved or cured without a certain knowledge as to what their ailment was."

Prof. Di\ La titer: "Our ideas are often uncertain and obscure. We often prescribe medicine without consideration."

Anatomist Dr. Petit: The physicians are in the same boots as the guides in Pans, they know all streets, but they do not know what happens in the houses. Heim and Hclbig were of the same opinion.

Prof. Dr. Girtanner: "It is perfectly clear why not even two physicians can be found who can agree with each other. Where there is no knowledge one opinion is worth as much as another."

Dr. J. C. Bothmann: "Pharmacology has indeed 10 fixed principles, and cannot have them, as we know only the coarse parts of our body, but not the finer structure of it, the moving forces or the manner in which disorders originate in it. Therefore it is impossible to arrive at just conclusions, as the immense quantity of co-operative circumstances and chances make the cautious conclusions of the best logic unsettled and uncertain."

Dr. J!vans: "The medical practice of our times is at its best a quite uncertain and unsatisfactory system; it is neither philosophical nor rational."

Prof. Jamicsori: "The present medical practice lays claim to scientific significance, while its professors show an almost entire ignorance of scientific

Dr. Hcnuann, the primary veteran physician in the Wi ode nor Hospital* at Vienna, says, in the December iutnU>er,^^^"All^em Wiener il TftT

The Half Bath.

By the late Rev. Father Kneipp.

A terror of water, more or less, is very common among mankind; the majority of whom have no faith in its healing power but rather credit it with an evil influence.

Patients are often warned against applications of water and shudder when a full bath is prescribed; they are less afraid of a half-bath, especially if it is to be of short duration.

I do not fight against this prejudice and recommend very generally a half bath by which the upper part of the body is kept dry or only gently splashed with water. In this way I please the patients and obtain good results.

The half-bath reaches up to the chest. One goes quietly into the water either standing, kneeling or sitting as circumstances require.

Formerly, as stated in "My Water Cure," I ordered it to be taken from one and a half to three minutes, now I never permit it longer than from two to six seconds. My reason for shortening the time is that patients taking the half-bath have as a rule two other water applications in the day, beside wading in water.

Using the half-bath beyond the time ordered takes so much warmth from the body that it is difficult to reinstate it and hinders further applications such as going bare foot and wading in water, which are not only useful in drawing off superfluous heat but in bracing and strengthening the body.

The results of the half-bath are excellent; it braces and strengthens the body, develops heat, has a greater influence on the circulation of the blood than any other application, and helps greatly to convalescence after severe illness. Notwithstanding all that books on water-cure say about the length of time the bath is to be taken, fixing it for minutes, and even for half an hour, I say, from long experience, that the shorter the time the better; and that it is wiser to take two short baths than one long one. The normal warmth remains during the short bath, the result, is good and energetic, the patient likes it better and warmth is more quickly developed, whereas after taking a bath of long duration it is a couple of hours often before proper warmth returns.

The half-bath is essentially different from the whole bath, which acts sympathetically upon the whole body and somewhat delays the return of the normal heat. I repeat, the duration of the half-bath should never exceed from two to six seconds.

The baths must be taken while the patient is quite warm and exercise must follow immediately after to promote a full natural warmth.

Many who are tolerably warm after coming out of the half-bath think exercise can be dispensed with. This is wrong, the warmth they experience is the first reaction, and others will follow. Exercise must be taken to prevent the entrance of cold.

bath. The warmth developed quickly in the lower part will in this way be developed in the whole body. Those patients who are unable to take exercise after bathing should at once go to bed and, where possible, a warm bed. Indeed, in such a case it would be better to get up from bed to take it and at once go back to it. The half-bath is not for the sick alone, but is of great importance to those in health, and I cannot too strongly recommend it to them as a means of preserving their health.

What terrible progress effeminacy is making in our day; it begins in childhood and goes on to old age. The half-bath & good protection against this evil. It not only strengthens the body, but it protects and shields the system from weakness and effeminacy. The half-bath is efficacious in many diseases, in relaxed or inactive condition of the bowels, and in cases of general weakness.

How many people suffer from catarrh of the bladder; not only for a short time, but often for years without finding help. Just as an ordinary catarrh, if neglected, produces other maladies, especially consumption; so catarrh of the bladder is fruitful in trouble to the lower part of the body.

In fact, catarrh of the bladder, as it often comes before me, may be compared to a serious disease which requires the greatest care and skill to cure. I am convinced that certain diseases would be of much less frequent occurrence if the body were systematically braced and strengthened.

It must not be thought, however, that because the influence of the half-bath upon the body is so excellent, therefore it must be taken constantly. Here as elsewhere my theory comes in, "Too much is injurious."

A gentleman who had derived great benefit from the use of the half-bath took it for a longer period each day and some days took it twice. As time went on he found that gradually he was losing strength and energy and the difficulty of getting back his normal warmth was each week greater, and he naturally became depressed. In fact, his constitution could no longer bear the incessant attacks of the cold water.

I advised him to give up all applications of water entirely for three weeks and then only to take two half-baths a week of the shortest duration.

This treatment succeeded in bringing back his natural warmth, his strength, and good spirits.

In my opinion it is sufficient for those in health to take two or three half-baths weekly and two or three upper washings.

If the washing of the upper part of the body is performed while taking the half-bath it is not necessary to do it again during the week. For those who are weak two or three half-baths are sufficient in the seven days

"Some patients get well with the aid of medicine; a greater number without it, and more still, in spite of it"

ggj.
DR. FORBES, PHYSICIAN.

A Letter from Dr. F. L. Conant.

Mr. B. Lust.

My dear Sir:—

Your cause is a humane one and there is great need of educating the people in the direction of better understanding of the laws of mother Nature in the proper renovation of the only home, of the spirit while in this life! She has given us this abiding place, while on earth, and intended full supply of intelligence, for preventing its clogging, by its own master. If we fail to comply with her demand and rules, as to rot down (before our time comes), why should we growl at miserable destiny? Nature will supply elements for magnetic power and electrical warmth, if we will use our wits, for keeping the blood from loading down by congregate mud, which destroy* circulation upon which vital power depends! When corruption thus accumulates, no man is wise enough to tell what form or symptom is to develop. How absurd then, to undertake to coerce the disease within by drugging the stomach; or if it breaks out in form of cancer, ulcer, or any fungus growth, to undertake its cure, by knife or the sloughing of tissue, by plasters. While knowing, that the virus which caused it, still remains for others. Pure water has wonderful efficiency in flushing the system for its relief, from the elements of disease, but when the black headed plugs appear in the skin, as witnessed by the naked eye in so many oily and dingy faces—by many suspected to be worms—their dissolution by more efficient elements are required. Microscopical examinations of the skin will show every diseased or deranged low blooded body, to be plugged as shown so plainly in the larger plugs first mentioned.

By Fuming and Bathing in Anidrosis, ah may witness the dissolving of these plugs into lymph, clear as oil, which again conglobates, when cool. Now these plugs are internal, upon the membrane surfaces (as external), when the blood gets sufficiently loaded, as to destroy circulation, and now let us look for a moment to the result, as we notice the low temperature and loss of nerve and muscular power. We have no longer the attractive dynamo affect which supplies magnetic force and electrical warmth which is the basis of animated life. It is indeed a marvel that we live in the body so long, while eternally stowing away drugs in the stomach which all must know that the demand of mother Nature is that we are to expel the drugs, or leave the home provided for the spirit, in advance of her original plan. If we thus neglect ordained duty, we should take the blame instead of complaining with destiny or the work of Nature. If born with scrofulous, or other blood taint, remember that the germ is without prosperity unless stagnation by corrupt secretions exists. The sewerage system can and must be periodically flushed for purity. These wastes cannot secrete from blood when all sewers are plugged.

Truly yours

Dr. F. L. Conant.

SKowheffan* Me.

Means of Hardening.

As a means of hardening we name:

1. Walking barefooted.
2. Walking barefooted in wet grass.
3. Walking barefooted on wet stones.
4. Walking barefooted in newly fallen snow.
5. Walking barefooted in cold water.
6. Cold baths for arms and legs.
7. The knee-gush (with or without the upper gush.)

1. The most natural and most simple means of hardening is walking barefooted.

This can be practised, according to the different conditions of life and age, in the most manifold ways.

Babies, who are still entirely dependent on others, who are always shut up in the rooms, ought to be, if possible, always without shoes or stockings. Wor! that I could imprint this as a settled, iron rule on all parents, especially on the all too anxious mothers \ Parents who are too strongly prejudiced to agree ' this, may, at least, have mercy on the little helpless creatures, and provide for them such coverings for their feet as will permit the fresh air to penetrate easily to the skin.

Children who are able to stand and walk know well how to manage for themselves. Heedless of all human respect they throw away the troublesome, tormenting shoes and stockings and are quite in their delight, particularly at spring time, if they are allowed to run about freely without them. Sometimes a toe is hurt; but never mind, that does not prevent them from trying again. Children do this quite by instinct, following a certain natural impulse, which grown-up people also would feel, if the over-polished, moulded, nature-destroying civilization had not oftentimes deprived them of all common sense.

The children of the poor are seldom disturbed in their pleasure; but the children of parents who are rich, or of rank, are less fortunate, and yet they feel the want no less than the poor ones.; Once I watched the boys of a high and distinguished officer, and saw how, as soon as they thought themselves out of range of the penetrating eyes of their strict papa, the elegant little shoes and stockings were thrown over the hedges, and away they ran galloping over the green meadow. Their mamma, a sensible lady, was not displeased at their proceedings, but if, by chance, papa saw his little lords in such an unbecoming attire, at once long lectures were given about feeling and behaving in a manner conformable to one's rank. The children were so deeply impressed by these lectures that the next day they were jumping barefooted in the grass*more lively than ever. Once more I say: at least, let the children who are not yet spoiled by refinement, have their enjoyment!

Sensible parents who would willingly allow this to their children, but who, living in town, have no garden or lawn, may sometimes allow them to walk barefooted in a room or in a passage, if only their feet as well as their face and hands may sometimes be exposed to the fresh air to their feet's content, and to move about in their element.

Grown up people of the poorer classes, especially in the country, do not want any admonition; they are used to going barefooted and do not envy the richest townsman his elegant', high or low, varnished, buttoned boots, torturing, pinching and fettering his feet, nor his fine stockings either.

Foolish country people with townish manners, who are ashamed to do the same as their equals, punish themselves enough by their self-conceit; let the old-fashioned conservatives cling firmly to the good traditions. In my youth every one in the country went barefooted: children and adults, father and mother, brother and sister. We had to walk miles to school and church; our parents gave us a piece of bread and some apples to eat on the way, and also shoes and stockings for our feet; but these were hanging on our arms or over our shoulders, until we arrives at school or at church, not only in summer, but also in the colder season. No sooner had spring arrived, and the snow had begun to disappear from the hills, than our bare feet trod the ground soaked with waters, and we felt merry, bright and healthy in our exercise.

Grown-up people in towns, especially those who belong to the better, or even to the highest classes, cannot make use of this practice,—that is quite clear, and if their prejudices have reached such a degree that they fear to draw rheumatism, catarrh, sore throat or such like upon themselves, if for a moment, when dressing, their tender feet should stand on the bare floor instead of on warm soft carpets, I shall not trouble them at all. But if anybody really wishes to do something in the way of hardening, what is there to prevent him from taking such a promenade in ins room, for **10, 15** or **30** minutes at night before going to sleep, or in the morning when rising? At first, to begin gently, they could do so with thfcir stockings on, then barefooted, and at last, after dipping their feet up to the ankles in cold water for some moments before the walk.

Every one, even the highest in rank, the most occupied in his office, could with good arrangement, good will and true care for the preservation of his health, save time enough to bestow such a benefit upon himself.

I knew a priest who went every year to stay for a few days with a friend who owned a large garden, and there his morning walk was always^taken barefooted in the wet grass. He has many times spoken in glowing terms of the excellent effects of this kind of promenade; and I could name |, number of persons of the higher and highest ranks of society, who dm not despise his well-meant adf/ice, but tried to harden themselves in the better season, by going barefooted during their morning walls in the solitary woods, or on a remote meadow.

One of this comparatively still small number has owned to me that in former times he seldom spent a week without a catarrh, if it were only a slight one. but this simple practice had entirely cured him of this susceptibility.

One word I dedicate to mothers in particular. I need not say much; for I have already promised them to give some particular hints for a good educa-

THE KNEIPP WATER CURE MONTHLY.

tioti of children chiefly concerning the body, if God spares me life and health. It is mothers, before all, who are charged with the bringing up of a stronger generation capable of greater endurance, and with helping to remove the ever-increasing effemination, debility, poverty of blood, nervousness, and all such miseries, which enervate and shorten life, and make such a great gasp in the human race. This is to be done by hardening, by making the child accustomed to hardening from its tenderest years. Air, food, clothes, are necessities for the suckling as well as for the old man; they form the territory for hardening. The purer the air which the child inhales, the better the blood. In order to accustom the frail little creatures as soon as possible to staying in the fresh air, those mothers do well, who, after the daily warm bath, dip the baby in colder water, at such a warmth as if it had been warmed by the sun, or wash it quickly with cold water. The warm water in itself relaxes and effeminates; the cold washing at the conclusion of the bath strengthens, hardens and secures a healthy development of the body. The very inclination to cry will cease at the third or fourth application. This kind of hardening protects the babies from frequent colds and their consequences, and is a relief to mothers who are anxious to prevent these miseries by muffling and wrapping the little creatures in woollen or other stifling materials, which are enough to terrify all reasonable people. In this way dreadful harm is done to the health of the little ones. The delicate little body is inclosed, as it were, in burning woollens, and gasps under the burden of bandages and coverings; the little head is wrapped up in such a way that hearing and seeing is impossible; the neck which, above all, ought to be hardened, wears in addition to the others, its own special means of warming, and is through them quite shut off from the outer air. Even then, when the nurse is ready to take baby out for a walk properly wrapped up, faddling mamma comes to examine, if not a little corner still remains exposed to the air. Is it to be wondered at under these circumstances, with this want of every particle of understanding for rational hardening, that the number of feeble little creatures snatched away every year by croup, etc., is innumerable? that many families are crowded with weaklings? that mothers are deploring the hectic, spasmodic, or other complaints formerly not known, even by name, but now so common, especially with girls? And who could number all the mental infirmities, these empty blossoms and rotten fruits of a body which begins its slow decay even before it has attained its normal development and strength. *Mens sana in corpore sano.* A healthy soul resides only in a healthy body. A principal condition for the development of enduring health, is hardening in the earliest age. Would that mothers would understand early enough and profoundly enough this their task and responsibility, and then not neglect any opportunity of taking good advice from good sources.

A special and extremely effective kind of walking barefooted is the walking in the grass, no matter if it be wet with dew, rain, or watering. In the

third part this means of hardening is mentioned very often, and I can highly recommend it to young and old, healthy and sick, no matter what other applications they may be using. The wetter the grass, the longer one perseveres in the exercise, and the oftener it is repeated, the more perfect will be the success.

This exercise is generally taken for 15 to 45 minutes.

After the promenade all the improper adherents, such as leaves or sand, must be quickly wiped off the feet; yet the feet are not to be dried, but must be left as wet as they are. Dry stockings and shoes have to be put on, however, without delay. The walking in the grass has to be followed by walking with covered feet on a dry path, at first briskly, by and by in the ordinary measure. The time of so walking depends on how long it takes the feet to get dry and warm, but should not be less than 15 minutes. I urgently call attention to the words "dry stockings and shoes;" for wet or damp stockings must never be worn after an application. The consequences would soon be felt in head and neck; this would not be building up, but pulling down. It may not be out of place to remind young, quick and thoughtless people, not to throw their shoes or stockings into the wet grass, when they take them off, but to secure a dry spot for them, in order that they may bring the damp and cold feet to their proper warmth, later on. This exercise, likewise the walking barefooted generally, may be taken even when the feet are cold.

3. About the same effect as that produced by the walking in wet grass, is produced by walking on wet stones, which is more convenient and easy for many people. Every house or cottage has, either on the ground floor, in the wash-house, or in the bake-house, etc., a more or less spacious pavement, which will be sufficient for a barefooted promenade on wet stones. In a stone passage of good length one can run quickly to and fro; on a little spot of 4-5 stone squares one must tread the stones like the vine-dresser does the grapes, or like, at some places, the baker's apprentice treads the dough. The main point consists in the stones being wet, and the patient not standing quietly on them, but walking at a rather quick rate. To wet the stones, it is best to take a watering-can, or a jug, and make a water-line which is then extended by treading. If the stones dry too quickly the watering is to be repeated once, or even oftener; the coldest water is the best.

In cases where this means of hardening is employed as a remedy, it ought not to exceed 3 to 15 minutes; but the condition of the patient must decide the length of time, whether he is stronger or weaker, poor of blood, etc.; generally 3 to 5 minutes will be sufficient. When taken simply as a means of hardening by healthy people, this exercise can be extended to 30 minutes and longer still, without doing any harm, and I can sincerely recommend it to all those who wish to begin a solid hardening. Even the weakest and most sensitive need not be afraid to try it.

Persons who are suffering from cold feet, who are inclined to sore throat, catarrh, congestion in the head, and headache caused by it, may try this promenade on wet stones. It would be advisable to mix a little vinegar with the water to be used.

As regards shoes and stockings, and exercise, the same rules are to be observed *0* with the walking in the grass. Like the latter, it can also be undertaken even when the feet are cold before beginning the exercise.

4. Walking in newly fallen snow produces even greater effect than that of the two preceding practices. I distinctly remark in newly fallen, fresh snow, which forms into a ball or clings to the feet like dust, not in old, stiff, frozen snow, which almost freezes off the feet and is of no use whatever. Moreover, this promenade must never be made in cold, cutting winds, but in spring when the snow is being melted by the sun. I know many people who have walked through such snow-water for half an hour, or an hour, even *IV2* hours with the best result. The first minutes only caused a little struggle; later on they felt no uneasiness or special cold. The regular duration of such a walk in the snow is *3* to *4* minutes. I emphatically remark, there must be no stand-still but constant walking.

Sometimes it happens that all too tender toes, which are quite unaccustomed to outer air, cannot bear the snowy cold and get snow-fever, i. e., become dry and hot, burning and painful, and swell. But there is no cause for fear, it is of no consequence if the dry toes are bathed in snow-water or rubbed with snow, they will heal directly.

In autumn the snow-walk can be replaced by walking in the grass covered with hoar-frost. The feeling of cold is much more painful then, because at that time, at the change of season, the body is still accustomed to the warmth of summer.* Even in winter the snow-walk is replaced by walking on stone-squares, soaked with snow-water. The rules for covering the feet, and exercise are the same as in the preceding numbers.

Generally, the verdict upon this means of hardening is: "Nothing but folly and nonsense,"—because people are afraid of catching colds, of rheumatics, sore throat, catarrh, and every possible complaint. Every thing depends on a trial and a little self-conquest; one will soon become convinced how groundless prejudices are; and that the dreadful snow-walk, instead of causing harm, brings great advantage.

Many years ago, I became acquainted with the wife of a higher officer. This energetic mother set a high value on the hardening-of her children; daintiness in eating and drinking was by no means tolerated; complaints about the weather, heat, cold, etc., were always censured. As soon as the first snow-fall came, she promised her boys a reward, if they ventured to go in the snow barefooted^-. This she did for many years; her children, in consequence, became strong and vigorous, and all their, life long they were

grateful for this by no means soft way of education. That mother was fully expert in her task.

This, then, is the snow-walk for healthy people. I will-mention two cases to show with what success it can be practised in many complaints.

A person was suffering for many years from chilblains, which opened, formed ulcers and gave her great pain. According to my advice she began her snow-walks with the first snow-fall in autumn, repeated them frequently, and the troublesome tumors ceased to torment her.

Not long ago a girl of seventeen came to me complaining of dreadful tooth-ache. "If you would go through the newly-fallen snow for 5 minutes," I said to her, "your tooth-ache would soon vanish." She followed my advice instantly, went to the garden, and ic minutes afterwards she came back, joyfully exclaiming that her toothache was gone.

The snow-walk ought never to take place, unless the whole body be perfectly warm. When feeling cold or shivering, it is necessary to procure normal warmth, by working or exercise. Persons who are suffering from perspiring feet, wounded feet, open or suppurating chilblains, are, of course never allowed to walk in the snow until the feet have first been healed, ((^ee foot-baths or foot-vapors.)

5. Walking in water. As simple as it may appear to walk in water reaching as far as the calf of the leg, yet even this application serves as a means of hardening: (a) it has influence on the whole body, and strengthens the whole system; (b) it operates on the kidneys; by this many complaints, originating in the kidneys, the bladder and the bowels, are prevented; (c) it operates powerfully on the chest, facilitates breathing and carries gases out of the stomach; (d) it operates especially against headache, congestion, and other sufferings of the head. This means of hardening can be employed by moving the feet in a bath of cold water, reaching over the ankles,^ It is more effective for hardening, if one goes into the water up to the shins, and most effective of all, if the water *Ic* aches the knees.

As to the duration, one can begin with *1* minute, then longer, up to 5 or 6 minutes. The colder the water, the better. After such a practice exercise is necessary, in winter time in a warm room, in summer in the open air, until the body is completely warm. In winter, snow may be mixed with the water. Weaklings may use warm water in the beginning, then by and by, colder, and lastly quite cold water.

6. For the special hardening of the extremities arms and legs, the following practice is excellent: To stand in cold water up to the knees or over them, for not longer than one minute; then, after the feet have been covered, to put the bare arms up to the shoulders *iv* cold water for the same length of time. It is better still to put arms and legs into the water together; in a larger bath, this is easily done. But one can just as easily stand in the bath and put the bare arms and hands in another vessel, standing on a chair. I like

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to prescribe this practice after diseases, in order to increase the flow of the blood to the extremities.

To those who are suffering from chilblains and cold hands, this dipping in of the arms is of very good service; but one has to be careful, that the hands (not arms) be directly well dried, as they are exposed to the air.

It is essential that before this practice the body should be in normal warmth (not shivering). If the feet are cold up to the ankles (but not the shins), the arms up to the elbows, this need not prevent the application.

7. As a last means of hardening I name the knee gush. How it is to be applied, can be seen where the gushes are spoken of. It is of special service to the feet, inducing the blood to come to their bloodless veins.

Here I have only to say that the gush on the knees is to be given in a stronger way, if healthy people use it for hardening. This can be done, e. g., by the water-jet coming from a height; by mixing snow and ice with the water in winter time, etc.

This practice can only be undertaken, if the body is warm (not shivering); but cold feet up to the ankles are no impediment. The gush on the knees ought not to be used for more than 3 or 4 days, unless it is taken in connection with other practices. If undertaken for a longer time, it must be used alternately with the upper gush, or the dipping in of the arms (No. 6), the one in the morning, the other in the afternoon.

The means of hardening here mentioned, may suffice. They can be practised at every season, and continued in winter and summer. In winter, it would be well to shorten the application itself a little, but to prolong the exercise after it somewhat. For those who are unaccustomed to them, it would be well not to begin with them in winter, more especially those who are suffering from poverty of blood, interior cold, and who are faddled, effeminated, and made sensitive by woollen clothing. I do not say this, as if I were afraid of any harm, but only to prevent people from becoming frightened of such an excellent remedy.

Healthy, as well as weak people, may without hesitation make use of all the applications, both of them observing care and following strictly the directions given. If bad consequences ensue, they are never to be attributed to the applications but always to some greater or lesser imprudence. Even to consumptive people with whom the disease had made considerable progress, I have applied No. 1, 2, 3 and 6 with great success. Those people to whom my little book is especially dedicated, need not to be encouraged to hardening. Their state in life, their cases every hour, being of themselves one or other of the means of hardening here mentioned, besides numerous others. They may persevere quietly and not envy others who seem to be more fortunate than they are: for these are illusions, and very often, even mostly, great illusions.

I invite those of my honored readers who perhaps have never yet heard even the name of these

things, to give them a small, the very smallest, trial before condemning them. If it turns out in my favor, I shall be glad, not for my own sake, but on account of the importance of the matter. Many storms break out in life upon man's health; happy he who has it (the health's) roots well fastened, deepened and grounded by hardening. (The Kneipp Cure.)

Diseases.

How to Treat them According to the Kneipp System,

CONSTIPATION. Continue for a considerable time to drink a tablespoonful of cold water every half hour or hour, and take three times a week, cold nip, trunk, or half-baths; also three full washings alternately with thigh or knee affusions; and now and then an arm and a back affusion. An abdominal pack at night is also serviceable; and various teas, taken morning and evening, such as those made with elder leaves or aloe blossoms, are recommended; and Kneipp's pills, but particularly Wuhlhuber I (a mixture of different herbs).

CONTUSIONS AND BRUISES are cured by applying cold packs to the affected limb, and frequently also to the adjoining parts, which are in sympathy with it; for example, by packing the hand a linger of which has incurred injury; or the adjacent part of the arm, when the hand has sustained injury; or the adjacent part of the arm, when the hand has sustained a hurt, etc. Or they are relieved by embrocations of camphorated spirits (a piece of camphor, the size of a hazelnut dissolved in half a pint of spirits), or by tincture of arnica, diluted with water.

CONVALESCENCE is promoted by eating strawberries in combination with other aliments, or with milk (one part strawberries to two parts milk). Instead of strawberries, an equal quantity may be taken of sweet-scented woodruff, which makes the beverage still more tasty. Oats or barley, properly boiled, are nutritious, cooling and easily digestible, and particularly beneficial after smallpox, typhoid fever, etc. A quart of oats or barley, washed in cold water six or eight times, then stirred into two quarts of water, and boiled till the quantity of liquid is reduced by half, makes a porridge, with which two spoonfuls of honey may be mixed, and the whole boiled up again. A decoction of pollard, with honey, furnishes a strengthening and refreshing drink for convalescence. Fresh lime wood, or other charcoal, powdered, a large spoonful taken in milk once or twice a day, assists digestion.

CORNS. A pair of linen socks are dipped in a warm decoction of hayseed, and put on the foot, which is then wrapped in a blanket for some hours. The hard layers of skin get soft, and can then be easily peeled off. Warm foot steam-baths, and bathing the feet in a warm decoction of oat straw, produce the same effect.

COUGH. The main object is to lead the blood away from the affected part, whether neck, chest or head. Full washings, or short wraps and drawing the blood to the feet by walking bare-footed in **morn-**

ing dew, must be tried by turns. JAs cough is frequently connected with some chronic complaint, especially of the lungs,—asthma, or acute lung disease, for instance—it stands to reason that hydropathic treatment, as directed under the heads of these maladies, should be carried out. A person affected with pulmonary emphysema should take two upper affusions daily, should walk barefooted on wet stones and drink tea made from fenugreek, stinging nettles, and yarrow. Cough is frequently the premonitor of some approaching epidemic disease, such as measles, smallpox, etc. In that case, a full washing should be given hourly. If the body has again become hot, it must be cooled. JAs internal remedies, infusions of lime blossoms, lettuce and particularly of violets are strongly recommended. The latter remedy is far too little known and prized, considering its excellent effect. For children with whooping cough it is the most approved tea; but adults should try it in any affection which includes cough. A handful of fresh or dried violet leaves (*Viola odorata* L.) is boiled in half a pint of water, and two or three spoonfuls of the decoction are given to children every two or three hours; to adults, one cupful three times a day. Cough further occurs frequently in most acute and chronic diseases. These must be treated according to the instructions given, and with their cure the cough also will disappear. Hardening the system is the best remedy in this case. People with a tendency to cough are often very shy of water. By hardening the body in air and water, and particularly by exposing the throat, cough is best kept away. Cold feet are inseparable from cough; and if the blood be at all times given full access to the feet—in other words, if the feet can always be kept warm—there will be no question of cough. All the sweetmeats that are offered by speculators, as palliatives for it, are of little or no use. A half-bath, a full washing, and a short pack will often suffice, with a moderately good constitution, to put a speedy end to an obstinate cough.

CUTANEOUS ERUP' " —. Herpes. If impurities in the blood are not excreted, as a healthy body requires, they will often show themselves on the skin in the form of a scaly eruption. In all such cases, where non-excreted matter so gives rise to external eruptions, no matter on what part of the body, care must be taken that the stomach receives and digests wholesome food. That is the internal treatment, which may, however, be supported by tea of juniper-leaves, sage, wormwood, mint, or blood-purifying tea. Externally, the treatment should be directed to resolving and excreting the impure matter, and to invigorating the constitution. The strength of the applications must be regulated by, and proportioned to, the body strength of the individual patient. Examples will best show this. A man with a strong constitution was covered with a cutaneous eruption. The steam-bath, much as it is used as a measure of redress, is here altogether out of place: nor is a vegetarian diet absolutely imperative. The patient in this case was treated with the various affusions; one day upper and thigh affusions, the next day a back affusion on the third day a cold full pack (excluding the feet) for two or three hours, or until the patient was in a comfortable and thorough, but not violent, perspira-

tion ;on the fourth day, an upper and a thigh affusion, on the fifth day, a half-bath with washing of the upper part of the body; and then again, on the sixth day, a liberal three-quarter pack as before. Anyone who will continue such a treatment for some weeks, taking, in addition, a full affusion now and then, whj can be sure of good food, including meat with vegetables for dinner, and who will drink the various teas before-mentioned, or at least one of them, will veiy soon get rid of eruptions on the legs, arms, or body, as the above-mentioned vigorous man of forty got rid of his.

Why, it might be asked, apply in these cases so soon measures which are applied generally only after some weeks, or at the conclusion of a course of treatment. "The answer is, that a vigorous constitution can well stand hearty, vigorous applications; that, therefore, energetic measures are nere in their right place and may at once be resorted to for purifying the blood and regulating the circulation, objects which are best attained by the affusions. The sooner a good circulation is established, the more effective is the perspiration produced by cold packs, a perspiration which does not weaken the body as steam-baths, taken in sweating boxes, or chambers, do. Two sue*, sweating packs a week, producing gentle evaporation, are quite sufficient to carry off in a short time all accumulation of morbid matter. Roast meat for dinner does not in the least interfere with this purifying process. After some time, half of the above applications will be sufficient, that is to say, one pack and thorough perspiration a week, one upper and thigh affusion, and a half-bath. Finally, one full washing and one half-bath weekly will not only insure the patient against any return of the eruptions, but will protect him from disease and prolong his life, in robust health, for many years, provided he lives moderately in other respects.

Eruption on the head requires the following treatment. A full washing daily, for a fortnight, immediately on getting out of bed, and, twice" a week, a pack in a shirt, or sheet, wrung out in warm hayseed water, and a half-bath. The best way to divide this course of treatment is: to take the full washing dailv and, in addition, on the second day, a hayseed water shirt or sheet pack; on the third day, in addition to the washing, a half-bath; on the fourth day, the same as on the second; on the fifth the sjame as on the third; on the sixth only the whole washing, and on the seventh day the same as on the first, and so jfi to the end of the second week. Then the course should be changed, the patient taking a steam-bath every second day, and a half-bath every day (in the morn-insf), and a full washing just before going to bed. After some time the head steam-bath may be discontinued, and a daily half-bath only is taken, until at last two half-baths a week will suffice. In cases of low vitality, where the circulation is weak and the natural warmth deficient, the following would be the course: If the eruption is on the body, legs or arms, begin with two hayseed shirts a week. and one full washing a day, to which add later two half-baths a week; and, finally, for the purpose of strengthening the system, an upper and a thigh affusion twice a day the principle, therefore, is "Individualize strictly": that is, adapt the treatment strictly to the sufferer's

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individual condition. It stands to reason that one can, and must, at the same time localize treatment. Independent of the full pack, one may pack the part affected with the eruption,—be it the arms, or the legs,—separately at the proper time. One may also strengthen these parts by arm or leg affusions, or by immersing the limb in cold water for a minute or so.

CUTANEOUS ERUPTIONS. Scarlatina, measles, etc. In the majority of cases, and especially with children and weakly adults, the use of the hassied shirt, twice a week, followed by full washing, is advocated. In the case of strong children or adults, cold packs, the Spanish cloak, and full washing are more appropriate; the latter applied once every hour if there is much fever. The more the eruption breaks out, the better and the quicker is the course of the disease. If herpes exists on the hand, the best application is the head steam-bath, with cold washing or affusion; two head steam-baths a week, and a full washing daily. The various infusions—Kneipp's blood purifying tea, teas of strawberry leaves, elder flowers, or aloe blossoms—should be taken internally. For adults, troubled with eruptions on the head, an infusion of common pewter grass, and ten or twelve juniper berries divided in three portions, should be taken daily for some weeks. In order to give tone to the system, two or three half-baths a week are strongly recommended, to complete the cure.

DEBILITY. An excellent nutritious drink is the bran of wheat or rye boiled in water and strained, the decoction then mixed with honey and boiled again for fifteen minutes. Half a pint of this mixture may be taken twice a day. White bread dipped in it is also very palatable. Bone charcoal, about a saltspoonful taken daily with the food or in water, will serve to give tone to the system. For weakness of the bony frame, white bone meal should be taken. Gray bone meal, composed of black and white in equal proportions with the addition of pounded grains of white frankincense, is serviceable in case of debility of the internal organs. When bone meal is not forthcoming, powdered chalk may be used, a saltspoonful taken in water or with food; this is also good for children. Thorough attention to the skin, and, above all, plenty of fresh air, and easily digested but nourishing food.

DETERMINATION OF BLOOD TO THE HEAD, especially when pains in the head are the consequence of it, is cured radically by foot steam-baths. All derivative remedies, such as abdominal compresses, or wet stockings (calf packs), and particularly walking barefooted, are the most reliable and simple means of cure. As a tea, Kneipp recommends rue tea, or the tincture as well as the oil of rue taken on a piece of sugar. But if, as is frequently the case, hard bowels and constipation are the cause of the mischief, then—in addition to Kneipp's pills—the water treatment recommended under those heads should be resorted to.

DELIRIUM TREMENS. A beginning is made here with upper and knee affusions. Treading water every evening. Next, back affusion, and partial bath, and so on, in rotation, two applications daily, and two hip-baths weekly. Carry out the cure with juniper berries. Strengthening soup, morning and night; nourishing mixed diet for dinner.

DIABETES MELLITUS. This disease is, at bottom, only a severe form of indigestion. It cannot be treated or cured by any cut and dried method, but only by paying the closest attention to the individual circumstances of the case. A purely vegetarian diet is wrong here, as a rule, because it rather increases than diminishes the production of saccharine substance. A vegetarian diet may be advisable for the first week, but after that mixed food should be the rule. Meat with vegetables, and particularly soup made with burnt or browned flour, should form the staple diet. The water treatment is as follows: One day a thigh, the next day a back affusion; partial baths in the afternoon or evening. Continue thus for four weeks. Next, two upper, and one back affusion, and two partial baths each week; these applications to be continued for several weeks. If the patient is corpulent and has an abnormally large head, as frequently happens, the head steam-bath, followed by a head affusion, should be taken every other day, in addition to the above applications. Two or three hip-baths should also be taken weekly. After about a fortnight, the full affusion, and the lightning affusion may also be taken by turns. For a tea, the decoction, or tincture of tormentilla (*Cotentilla tormentilla*) is especially recommended as the only herb which has proved itself particularly efficacious in diabetes mellitus. Exercise out of doors, such as light work in the garden, or sawing or splitting wood, for an hour or two every day, is recommended. Be it expressly mentioned here that it is a widespread error to suppose that the duration of diabetes mellitus, or the percentage of sugar present, is a true indicator of the intensity of the disease. No, that depends entirely on the strength of the organs as yet in a healthy condition. It is just this affection which proves to demonstration that neither the application of steam, nor a purely vegetarian diet, can effect a cure; but that only the above-mentioned applications of the cold water cure,—and in certain cases, only, the employment of the head steam-bath and innocuous herbs—can, with time and patience, accomplish the radical cure of the most severe form of general, and specially of gastric, disease, if a cure is possible at all.

DIARRHOEA. Dried bilberries, well masticated and swallowed now and again, are an excellent remedy for slight diarrhoea. If it is persistent, painful, and tinged with blood, it is cured by drinking bilberry-brandy, a tablespoonful in a quarter of a pint of water. The brandy so diluted may also be taken in more serious dysenteric disorders; whilst warm vinegar and water compresses are applied to the abdomen "*V\ uhlhuber I.*" taken as tea, as well as dried, or stewed and strained elderberries, is most effective in diarrhoea.

"I declare it to be my conscientious conviction, based on long experience and thoughtful reflection, that there would be fewer diseases and less mortality on earth if we had not one single doctor, surgeon, obstetrician, chemist, apothecary and druggist, or any medicine at all."

DR. JOHNSON.

About "School Doctors."

To save the souls of the Children
 You give them religious Instructions,
 But about their corporal welfare
 You omit to give them directions.

It is a well-known fact that in nearly all the states of Europe, religious instruction of at least three hours in each week is given to the young generation in all the schools, be they Parochial, Public or Private schools.

Why is it, then, that the equal time is not allotted to instruction in the important science of Natural Healing for the prevention of disease.

Should you desire only the salvation of your soul, without learning how to prevent your body to take harm?—Would it not be the duty of the state to provide time and place for the public instruction "How to obtain and preserve one's bodily welfare" by teachers (Natural-physicians), provided by the Government in the various schools?—(The same way, as is allotted to the "Doctors of the souls"). Remember the saying "Mens sana in corpore sano," A sound mind (should be) in a sound body.

Would not after a time, the communities, parishes and the state derive great benefit from the diminishment of hospitals, and from the increase of the earning capabilities and powers of defence of their grown up citizens? —

Is it not probable, that by the action of the sound body on the mind and temper of the younger generation, we would gradually obtain a decrease in the number of our convicts and also convict-establishments? —

Therefore give the Youngsters "Natural Healers." Through such an institution the great dearth in Physicians would also be put a stop to.

How easy it is to look after the welfare of the body, right from the beginning of life. Cleanliness of the body, suitable exercise in the fresh air, the abundant use of cold water, and the gradual hardening of the system against "Changes of temperature."

The Natural Healer reaches each illness of the body at its original source, the blood; he cleans the blood, and the symptoms of disease disappear; may the outbreak of the malady have been either at the head or the lower extremities.

The modern Medical-school Doctor always treats your complaints locally but not radically. He treats a weak eye at the eye, or the sick chest at the chest; just where the symptoms of any sickness may appear—and in most cases these symptoms appear on the weakest part of the constitution—without these parts, in many instances, being themselves actually affected; and they don't consider the old truth: All germs of disease lie in the blood.

The Natural Healer needs no knife, no lapis and no poison. His treatment consists of fresh water, or healing herbs, which the Creator lets grow on all open field; and also of a proper diet and a nutritious healthy food.

These theories may even be imparted to a child visiting the school, and should the Natural or bodily

health treatment be introduced into the public schools, a better generation would then grow up, than is probable under our present circumstances.

How could the Patent-Medicine-swindle have taken such gigantic proportions, if the Medical Faculty could only give some sort of guarantee for the correctness of their theories, doctrines and dogmas.

And who would be more suitable than a child to learn and to remember what is for its own best and welfare. How easy can a child, in this case, be instructed, and what great advantages would it derive in after-life from its knowledge.

Any thus—instructed and observing person might all his life be his own doctor, and would not need the services of any Physician and Dispensary.

"Those physicians generally become the most eminent who have most thoroughly freed themselves from the tyranny of the medical schools. Dissections convince us every day of our ignorance in the field of pathology, and make us ashamed of our prescriptions. What mischief we have done on the strength of faith in false facts and theories. We have multiplied the diseases and have augmented their dangerousness."

PROFESSOR RUSH, PHILADELPHIA.

"There is no denying the fact that the present medical system is a disgrace to its professors, if a string of vague and empty absurdities altogether deserves the name of system. * How rarely do our medicines effect any good! How often do they not aggravate the patient's condition! I say it without hesitation that in the majority of cases the sufferer would be safer without a doctor, than with one. I have seen quite enough of the wretched work done by my colleagues to be able to justify my strong words."

DR. RAMAGE, IN LONDON.

"Surely the uncertain and totally unsatisfactory art, called medical science, is no science at all, but a confused mass of incoherent views, of conclusions drawn hastily and often wrongly, of misunderstood or distorted facts, of comparisons without comparison, senseless hypotheses, and not only useless but even dangerous theories/*

"DUBLIN MEDICAL JOURNAL."

"Thousands of people are annually dispatched in "I have no wish to revile the lofty profession to which I have the honor of belonging and to which I owe many of my best and most esteemed friends; still I can not reconcile it with my conscience to keep back the expression of my conviction that medical men, with their favorite modes of treatment, do a great deal would be an immense gainer by it.

"Medical science is a barbarous jargon, and the effects which our medicines produce on the human system are in the highest degree uncertain: only one thing we are sure of, viz., that they have destroyed more lives than war, pestilence and famine taken together^

DR. J. M. GOOD."



For Mothers.

How Mothers Should Take Care of Their Own Bodies.

By Mgr. Seb. Kneipp.

m<,i If the father of a family desires to cultivate good and abundant fruit he looks round for a piece of land on which to grow it, and having purchased the ground spares no pains to keep it in the best possible condition. Not only so, but he will take care to remove everything that is likely to hurt it.

If the Creator has ordained that the inhabitants of the earth should issue from wedlock, and that they should be brought up in the family circle and made capable of performing the duties of life which in due course will devolve upon them, then certainly a great deal depends upon the marriages, families and their supporters.

The general opinion acquired by experience is that no one should undertake matrimony who is not perfectly healthy and sound, and likely to produce a healthy posterity. To this belongs not only a good figure and proper physical development, but a healthy mind as well.

They who will marry and be useful to mankind must be sound in mind and body.

It is not only the various illnesses of the body but the manifold diseases of the mind which may strike at and ruin posterity.

Mental infirmities are inherited exactly like physical ones, as for example avarice, envy, anger, want of chastity and want of moderation. * If these are not corrected and controlled in the parents they are unfortunately handed down to the children, and, what is worse, the consequences and punishments are handed on also, even as the Holy Scriptures say, "unto the third and fourth generation."

It does sometimes happen that the defects pass over a generation, but the more certainly will they appear in the second and the third. How good it would be if every man, beginning a career, would ask himself, "Am I fit for marriage? Will not the predominating passions in my nature embitter my professional and my married life? and shall I not in the end be the cause of a second and third generation being punished for my defects?"

I know a family in which the noble, moral, and religious character has been preserved for two hundred years.

Of course one can, on the other hand point to many families-wherein debauchery or other predomi-

nant vice has brought misery and ruin to the descendants.

He, or she, who has a loathsome disease would certainly not be chosen in marriage because one has an aversion to the malady and dreads its consequences.

Should one then be indifferent to or have a less aversion to the pestilential diseases of the soul?

How beautifully the proverb expresses it:

"The apple does not fall far from the tree."

"As the field so the produce."

"Like father like son."

Therefore they who wish to found a family should first endeavor to make themselves sound in body, soul, and spirit.

We have in water a glorious remedy for making diseased bodies healthy; it can, however, since mind and body are so intimately connected, operate on the former through the latter. It has, in fact, helped many who were well disposed towards it to make their healthy bodies a home for healthy minds.

Only they who are themselves sound in mind and body, head and heart can reckon on a healthy posterity; for, as from a sickly tree no good fruit can be expected, so likewise from sickly, unhealthy or useless parents, no sound, healthy children can be hoped for.

A mother who wants mentally and bodily healthy children must resemble in a double sense a fruitful field.

We will next speak of the bodily health.

The Mother's Food.

The mother should partake only of a good healthy diet.

By this, however, I do not mean that which in every day life is called and considered good, but 3 diet that contains a good deal of nourishment which is suitable for the system, and especially conducive to *be formation of blood.

Those who are rich in blood and have its circulation in good order are, what is called well nourished.

That which people generally consider good is as a rule merely prejudicial, or, to say the best of it, it is of no use to the system.

It is especially noticeable that the strongest and healthiest mothers and children are among the poorer classes in the country, whose food consists chiefly of the very simplest bread prepared from unadulterated flour.

That which is called refined flour may be the finest, but it certainly is not the best, for its nutritive qualities are just those that have been taken from it. A sorry art indeed to extract from the flour exactly that which is really valuable and nourishing! This *U* now-a-days given to animals, who certainly prosper better on the refining than men do.

One of the healthy poor women whom I have in my mind eats her whole wheat bread-soup in the morning, which supplies good nourishment to the blood and power to the whole body.

The midday meal is again prepared from the purest natural flour, which partially retains the bran and as regards nourishment corresponds to the morning soup.

It is the same with the evening meal. In addition to this simple farinaceous diet potatoes are eaten, cooked in different ways, and although these last have been much abused in writings and undervalued and marked as containing but little nourishment, yet the poor who live on them are not more behind in bodily strength than those who have something "better."

The fundamental principle is to have a very simple but nourishing diet.

Avoid refined bread and farinaceous food prepared of refined flour. I am not opposed to a meat diet, yet I advise those who take it never to be without farinaceous food of simple, unadulterated, flour.

Undoubtedly meat contains much nourishment, yet too much meat forms a heated and impure blood.

Vegetables should be steamed and not cooked in water, because in this way they form a diet of scanty value. Too zealous; vegetarians have a peculiar appearance, their complexion is dull and they lack energy and strength.

As much as possible spices should be avoided; they are like hot fire which cannot be used by the system.

I would especially counsel mothers to avoid taking acid foods, especially those cooked with vinegar; for this last is an enemy to the blood; it both impoverishes and spoils it.

On the other hand, I recommend sourkraut because this acid is quite different to vinegar acid. As a rule very little acid should be taken; the system does not require it, if it is not spoiled by custom.

Strong salt is harmful and operates corrodingly on the internal organs. Ham, smoked meat and similar animal food I generally leave for other people to enjoy. Such nourishment usually begets great thirst, a proof that it is heating and more harmful than beneficial.

I am greatly in favor of milk diet. Yet I must here caution weakly people against taking too much, and recommend them to take it in small quantities, and eat with it black rye bread, or whole wheat bread.

Once a lady asked me what she should take between meals as she often suddenly experienced great hunger. She thought ham, sausage, blackpuddings and such like would perhaps be of advantage.

I advised her, in such a case, to eat a piece of good rye bread and to drink some sugar water which would nourish and make good blood. After some time I met this lady again and she thanked me for my good advice, which she had taken with great advantage.

A glass of milk and a bit of black bread is of equal service, and is for those who can assimilate milk even preferable. Avoid overeating. Those who take small quantities of food get more good from it, because it is much more easily and rapidly digested. An overfilled stomach cannot accomplish the work required of it by unreasonable men. Allow me to recall the old proverb, "Cease eating while it still tastes good," that is, before you are completely satisfied.

As regards beverages, a mother in a certain condition should drink neither beer nor wine. Beer fattens the body, but gives it no elastic strength; it is a stimulating remedy whose consumption is pleasant.

Beer drinkers are poor in blood, however big a corporation or stoutness of body they carry about with them. Their bodies are only spongy and the internal organs are withered and flabby.

I wish to impress upon mothers that wine does not nourish; a piece of black bread which may cost less than six cents contains more nourishment than two or three bottles of wine of the best quality. A mother must not forget that she has to nourish not only herself, but her posterity.

The physical condition of her offspring is formed by the worth or worthlessness of the parental diet. Sweet delicacies and dainties I do not advise, but to a mother I decidedly forbid them.

Coffee, chocolate, tea and similar fashionable drinks have but little nourishment in them, and to a mother they are certainly harmful.

These beverages are only palatable.

If a mother drinks coffee twice daily she has just so often taken a good opening medicine which clears the stomach of all nourishment.

Malt-coffee has nourishment from the grain, but bread-and-brenn soup are decidedly preferable. Brandy and the various alcoholic drinks are nothing but poison. They act like fire, which burns and destroys the body. A mother who consumes these drinks ruins both herself and her offspring. If a mother be thirsty, let her choose the drink offered her by the Creator. It is also the cheapest.

Drink when thirsty, but if possible in small quantities only.

Thirst is a sign that fluid is lacking, but this can be supplied to the body in the shape of water.

If all mothers would nourish themselves in the prescribed way, how healthy and happy they would be! How much more they could lay by in their money boxes, which are so often rifled to procure nourishment which is merely so called, but in reality is nothing more than an expensive luxury which ruins the health, empties the purse, and destroys the prosperity and content of the family.

The Dress of the Mother.

One might well suppose that to give advice on such a matter would be quite superfluous.

I have, however, learned by experience that Mothers need it greatly, in order that they do not injure themselves by their dress, and that they may by precept and example instruct others of their sex.

When one thinks of the trouble, care, toil and sacrifice endured by a good housewife, it does seem almost out of place to warn her against vanity.

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But it is not so; unluckily vanity and love of dress have established themselves so firmly that it seems* to me quite necessary to give advice as to how a Mother should dress.

The dress of the Mother should be simple, without slavish obedience to the latest fashion; it should, in fact, fulfil its function of protecting the body against cold and nakedness. Wear only coarse porous linen on the body. The dress should not be laced or fastened too tightly; it should be loose round the throat, so as not to contract it, which has been the cause of much ill health. The blood cannot properly circulate when the throat is tightly bound, and so it clots and forms wens and swellings and lays the foundation of much mischief.

I will not say *m* word about tight-lacing. Every Mothershould be sensible enough not to yield to such a folly, for it is just by tight-lacing that many women ruin themselves.

A wife need try to please no one but her husband. At the same time, I hope there are no men so stupid as to require from their wives that they should look like wasps, and so lace themselves as to bring their own lives and those of their children into danger.

So stupid and so ignorant can no man be. Wives, however, obey your husbands (even in the matter of dress); for this is your sacred duty.

Garters play no un-important part in the health; by wearing them too tight women get varicose veins. They never will confess to wearing them tight, they invariably say "My Garters are quite loose" so they may be in the morning but during the last half of the day the feet and legs swell, the garter presses, and obstructions arise.

The wearing of shoes too warm and narrow is very prejudicial, especially those furnished with so-called elastic, bands.

This make of shoe produces open ulcers on the feet by disturbing the circulation of the blood. Neither should the clothing be too warm. Fifty years ago among ten thousand country people who spent most of their time in the open air in all sorts of weather, you would not have found three who wore drawers; now nearly all people in all places wear them.

From this debilitating habit many diseases arise.

Even woollen drawers are worn which are peculiarly harmful; for the warmer the lower part of the body is kept so much the surer will the blood flow into it from the feet, and if you see people without natural warmth shivering, even beside a hot fire, you may decide at once that they wear wollen drawers.

If in *winter* people wear an extra garment over their summer costume, it is quite enough for health; this applies to men as well as to women.

. It would give me unspeakable satisfaction and be of endless service to the Mothers and children if my words could induce them to dress simply and suitably in summer and in winter, and thus avoid all debilitation.

Applications of Water.

If every career, of whatever rank, has its own difficulties which often make heavy calls on human nature, a very special burden rests on the Mothers of families.

Thus it is that the Wife whose organism is undoubtedly weaker than that of her husband unfortunately often succumbs far too early.

I therefore impart to the Mothers a good piece of advice viz. "Regard water as your medicine chest."

Use water sensibly and you will be able to pursue your calling with much more elasticity and strength, you will be spared many infirmities and your life will be much easier. Also your mental qualities will keep their strength longer, for the effect of water reaches even these and makes them stronger and more enduring.

As I write these lines I seem to hear as with one voice the cry of many mothers "I should like to know what I have to do, I want to be a good house-mother, to fulfil my duties faithfully, and to be capable of following my calling."

To all who ask for my advice I would say water is the first of purifying agents. And as cleanliness should be a predominating virtue in the household I say "Mothers wash your whole bodies twice or thrice a week on rising."

This ablution must be done in a minute and the body left to dry itself. This is not too much to require and has good results. Another way of bracing and strengthening oneself is for the Mother to take weekly two or three half-baths lasting only a second or two. She should go into the water up to under the arms, count one, two, three and out of it again.

Such a bath braces the system, strengthens and keeps it active and secures it from many infirmities.

It certainly does not seem much to require of a Mother that she should take three such simple half-baths in a week. They may be taken when she rises in the morning, or at any time more convenient to her, except for the two hours immediately after the mid-day meal.

To bathe before going to bed is not quite advisable as it sometimes prevents sleep.

On the other hand it has a good effect if the bath is taken in the night getting out of bed for it and going back to it immediately after it.

I also recommend from time to time the wearing of a shirt or chemise dipped in warm hay-flower water and then wrapping the body in a blanket. This cleanses the body from decomposed juices. Such a shirt might be used once every fourteen days.

I should like to impose on Mothers the practice of going bare-foot, at least partially, as a sacred duty, because by it the body is braced, the blood drawn from the head, and the heat, which is formed in the body by work, is diminished. Those who go barefoot constantly rarely suffer either headache or toothache.

The Mother who is mostly occupied with manual labor can easily walk barefoot morning and evening during her work.

Now however comes the question: Should the Mother use water also in certain conditions? ^And to this I answer, it is exactly in those conditions that water is such an excellent remedy viz. in the form of whole washings and half baths.

If the Mother takes three or four half baths in the week, they will keep her in the best and strongest condition—the baths however should never last longer than two or three seconds.

Whole washing I recommend also to be taken two or three times a week.

Other applications, including the shirt, I do not advise in these certain conditions of women, they are in no way necessary.

It may be that a mother will say: "I am quite healthy, there is nothing the *matter* with me, am I also to try the water-cure?" I answer this with another question: "Is it good to wash the face and hands daily?" Certainly.

Then it is equally good to wash the whole body.

One cleanses the rooms of the house often, even though they be not very dirty, in order to prevent their getting so. The body deserves the same treatment if one would avoid the rise of disease. By the applications of water many evils are conquered which would otherwise break out later.

Many thousands of people complain of nerves. This would not be the case if they went bare-foot and used water.

My advice, however, is especially valuable to mothers who, if they follow it, will certainly have cause to thank me.

How should Parents care for their Soul?

If I have advised mothers how to care for their bodies—advice for which I can answer—there is yet another duty even more important viz. that of the care of their souls and those of their children.

A holy Advent period begins when a Mother observes that her body is blessed.

Both husband and wife should at once and together consecrate their child to God the Lord and make plans for its good upbringing when it shall be born to them.

I will give the Mothers a few hints on this subject and that which I say to Mothers concerns the Fathers also—they must urge their wives on these matters and help them to follow out the advice I give.

If you Mothers would be happy, and have happy children, practise diligently your first and most sacred duty, that of your Religion.

If you do this, there will be hope that in the hearts of your children religion will have a place. A Mother should be able to pray well. The tie which

binds her to her God will also embrace her children. A good Mother will all the more earnestly fulfil her religious duties seeing that her prayers and praises to the loving Father are for her children as well as for herself.

Christian Parents have a good prospect of having Christian children.

The Mother should preserve herself from every evil temper and passion.

If a Mother is proud, will not the pride which fills her whole being be shared also by her children? If a Mother is angry and this anger is often repeated her child will come into the world with the same unhappy temper. Of this there is no manner of doubt. How often we hear: "The son is just as passionate as his father and the daughter as proud as the Mother; they have not stolen the anger and pride."

I once heard the remark made on an unhappy person "He has committed a crime and is worthy to be hung, a condition in which his father has long been."

If Parents in their youthful days have led a disorderly life, and later on wish to take their children to task for a similar course, it is very often flung scornfully back at them "You were no better yourself,*"

I knew a father whose vice was drunkenness—in fact he drank himself to death. He had three *sons*, all of whom were inveterate drunkards and died early.

To the Mothers, however, I again address an earnest word: "Subdue every passion while in certain conditions." Avoid for instance strife and quarrels, for nothing is more harmful than such excitement.

Be gentle in spirit and consider that "Blessed are the meek in spirit for they shall inherit the land!"

Pray for daily bread! If you have this, be content and not over anxious. Avoid avarice and covetousness in order that this ugly craving for earthly possessions may not be handed down to your children and make them lose sight, all too easily, of their eternal inheritance. If you desire to control the evil within you, so that it be not imparted to your children, love the Lord your God with all your strength and pray of Him the needful help.

Use right diligently the means for the healing of your souls, that the souls of your children be not tainted beforehand.

If you are rich in virtue, the disposition to virtue will pass on to your children who will develop virtue and who will be the pure fountains of comfort and joy.

Many young Wives think they ought when in that special condition to sit about and do nothing and eat and drink industriously. This is quite a mistake. Rather fulfil the duties of your calling more zealously and conscientiously than before; fulfil them for the love of God and in God's name.

Work brings a blessing to every man and a double blessing to a Mother with child.

Moderate work is healthy for Mothers in this condition, it gives appetite for the regular simple meals, and helps to digest the food, and moreover their children will bring into the world with them a distinct inclination for work.

THE KNEIPP WATER CURE MONTHLY

In any case, Mothers, do your part not to plant in your children that dangerous thing "dislike to work."

Guard yourselves from everything immoderate, from too great exertion and from any severe blow or fall.

Be convinced that the work imposed by the Creator on all men will bring you Mothers more happiness and more blessing than laziness and daintiness. — (From Father Kneipp's book "The Care of Children.")

Diet Treatment.

A Series of Articles, by the Editor.

What I designate hereafter as "Diet-treatment" does not only mean the enumeration of the different kinds of nourishment but also includes general directions as far as the limited space permits it.

After an observation of a number of years I have come to the conclusion, that a proper diet does not only enable the body to keep in good health, but in certain cases will even recuperate the health of the individual in question.

It must be remembered however*, that as in some cases the body has been vitiated by a wrong treatment of many years, it should not be expected that after a fortnight or perhaps a four weeks treatment, a complete cure (which could indeed be called a wonder-cure) could already be effected. This would perhaps need several years, until new blood and especially better juices have filled the body.

Therefore in the following diseases I simply want to indicate principally the appropriate diet for Invalids or convalescents. That for each sickness it would be impossible to define a proper diet, is of course self-evident, for in each case of sickness the diet must be appropriate to the constitution of the individual in question, and well may the patient bless himself who has a physician treating him, who understands fully the importance of a natural diet.

If a physician orders for the patient a diet consisting of bouillon, chopped meat, wine etc., he acts directly against the laws of nature, for in most cases the patient has almost an aversion against such nourishment, and rather longs for fruits or similar articles. It is really ridiculous (to say the least) when physicians say to the patient: You must eat plenty of meat, wine etc., so that you may regain your strength, as if the bedridden patient had to perform any hard manual labor! In most cases it is the digestion that is impaired and the stomach cannot be coerced; at most digestion might be stimulated by light bread-soups or a spoonful of lemonade made from fresh lemons.

As soon as health returns, than also the healthy appetite returns with it; and with a healthy appetite.. the strength of the patient also returns; especially if the patient has plenty of fresh air.

Many people are frightened if, when they feel slightly out of sorts, they have no appetite, and they cannot fill themselves with food, as they are accustomed to. They, however, should not interfere

with their digestive organs and when hunger return* again, they should stimulate it with easily digestible soups.

People who are in the habit of gorging themselves every day should better fast one day in each week, thus they would give their overworked digestive organs a little rest and many diseases, beginning with stomach-troubles would be prevented. Overfilling the stomach and too rich diet are certainly more liable to cause disease than a little hunger.

It must be remembered to allow the patients always a little variety in their nourishment.

Diet for Fever Patients.

Whether the patient has fever is best ascertained by measuring his pulse and bodily warmth, for instance more than 100° Fahrenheit or more than 90 to 100° of the P... whether he breathes more than 20 times in a minute.

Fever-patients as a rule have generally no hunger but X... beverages or light soups should be given them for instance soup from boiled f... lemonade, or even pure waters but a... there is a desire for...

Is the patient delirious, and the fever very high, S... carefully the patient... 8 spoon.

S... beverages are not advisable, as they only occasion more thirst; but there may be given either oat-meal soup, Kneipp's Strengthening-soup, Whole-wheat-meal soup etc., to the patient, if P... able %

If the patient is suffering from excessive heat, he should be given a cold pack, and this should be renewed as soon as warm again; or be placed into a cold bath, which is beneficent to the patient and lessens fever.

If suffering from Cold, a bed-steam-bath may be applied.

Should he also be constipated, which is generally the case, enemas should be applied, and also retained, because they cool, but no medicines be given. There should always be plenty of pure fresh air in the room, therefore keep the windows open,

..... « M U

Cause: Formerly this disease was called Grippe and was cured in a short time by fasting and sweating, But after humanity has advanced more and more and become more modern and thus deviated from the laws of nature, this illness as well as many others, appears in a much more violent form, because the blood has been generally weakened and also vitiated. Influenza has therefore grown into a malignant disease,

Symptoms: Days and even weeks before, loss of appetite, tiredness, headache, heat or frost etc. etc.

Treatment: Never force the stomach to take food, rather suffer a little hunger, but you may as often drink natural lemonade as you like. A good march of from 2—3 hours in the open air, but so that you start to sweat, often kills the disease at once. After the long march, take an entire ablution, and protect the body from catching cold.

Should you, however, be compelled to lie in bed, apply i—2 bed-steam-baths or trunk pack, or leg-pack, and if also suffering from head-ache, cold-water compresses on the forehead should be applied.

Give the patient natural lemonade or broth from boiled sour apples, as many times as he desires them. Other diet is the same as in fever. Always be particular to have plenty of pure fresh air in the room.

If when passing water there is also passed blood or albumen with it, the diet ought only to consist of light, slimy soups (if there is appetite), natural lemonade and soup of boiled sour apples etc. If this treatment is strictly carried through, and the plain diet adhered to for several weeks, the disease will leave no ill after-effects, especially if plenty of exercise in the open air is resorted to.

Medicines, especially Antipyrin and Quinine, only suppress the morbid symptoms, but never cure radically.

Diet in Diseases of the Rectum (Piles).

Cause: Piles or coagulation of the portal veins in the rectum, are mostly caused by sedentary habits, too little exercise in the fresh air, from working too much at home, from the excessive use of beer, strong coffee, hot and spicy foods, too much meat, leading a dissipated life, also from sorrow, anger, or overwork.

Symptoms: In the portal veins there flows the thickest blood, and these bloodvessels all reach into the rectum. Should the blood now become vitiated by any or several of above causes, it is only too self-evident that these tender little veins in the rectum will become swollen and form hemorrhoidal knots; these knotty formations then cause great pains, and sometimes burst and cause bleeding and other disagreeable symptoms. *.#|

Treatment: Should the patient possess enough energy or will-force, and if his work permits it, the disease may be cured or at least much ameliorated by a vegetarian diet, especially if the primary cause is abstained from.

Every morning whole-wheat-meal or Gluten-meal soup with fruit should be taken, this will at once regulate the stool. In the fore- and afternoon a few sips of fresh water, also natural lemonade.

For dinner vegetables with very little, or better still, no meat. Evenings sour milk with stewed fruit and bread and butter, potcheese etc. Here are also to be recommended Kneipp's' Strengthening and Kern soups, because they don't cause any flatulency. Kneipp said: "You don't believe how healthy such a Kern-soup is." At night a abdominal pack which is taken off after 2—3 hours. In the mornings take a cool ablution of the whole body, drink a few sips of water, and then take a few hours exercise, not forgetting to take deep breaths of fresh air, so that the lower portion of the body is affected, thereby the blood-circulation of the lower regions of the body stimulated, and the constitution is improved in general.

Also gymnastic exercise is to be recommended. During the walk an occasional -run should be taken if possible up a small hill, then breakfast will really be enjoyed and beneficial.

If someone wants to make an excuse that "the morning-walk is only tiring him" this is proved not

to be true, if one considers how many thousands of workingmen walk long distances to their work and back home again in the evenings, besides having to work hard all day.

One should go to bed every evening at 10 P. M., and get up at 5 A. M., then he can have concluded his morning-walk by 6.30 to 7.00 A. M.

In the evenings occasionally Sitzbaths (90° F.) should be taken for about 10—15 minutes. If constipated take an enema and massage the stomach from left to right. When applying the enema, a little almond-oil may be mixed with the fluid to be injected. After evacuation has occurred, take an enema of about a wineglassfull water and retain same in rectum. The best remedies are gymnastics, bicycling, splitting wood, mounting hills etc. etc.

Diet Treatment for Constipation.

Cause: It may be hereditary, or be caused by wrong modes of living, overfeeding when not hungry, hot and rich food, pepper, mustard, coffee or too much meat. Sitting too much or leading a dissipated life may also cause it. Secret vices and pollutions also dry up the mucous membranes of the rectum. Further also the repeated non-observance of the regular stool.

Just the same as the body needs daily nourishment, it also needs daily evacuation.

But the most common cause of constipation is the continuous use of purgatives, especially patent medicines.

Treatment: First and foremost abstain from the partaking of all rich, hot and spicy food, and instead eat Whole-wheat-bread or soups, plenty fruit, and take occasionally a few sips of water, but not too much, otherwise the desired effect will be lost. At a certain time each day take an enema with tepid water. Many people think, that the constitution will soon get used to this, but this is not so, for as soon as the constitution is allright again, the enemas are unnecessary. Further treatment same as in Piles: packs, massage, plenty fresh air, exercise, deep breathing, gymnastics, mounting hills, etc. etc.

b. LUST'S (Se8unbbett8*1Ralenber (Health-Almanac)

1901.

Published in German.

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in E. 59th St, New York,

Review of Books and Magazines.

MAN AN OPEN BOOK, being a series of texts and essays on *Cragnognomy*, including Brain Development, Temperaments, Heredity and Metaphysics. By James S. Doolittle.

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It is published by the Author, James T. Doolittle, 31 South Second Street, Philadelphia, Pa. Price, \$1.00 postpaid.

FASTING, *• HYDKOPATHY, EXERCISE. Nature's three Wonderful Remedies for the Cure of All Chronic and Acute Diseases. By Bernarr Macfadden and Felix Oswald, A. M., M. D. Published by the Physical Culture Publishing Co., Townsend Building, 25th Street and Broadway, New York City. Price \$1 postpaid.

This book ought to be read to be appreciated. It not only adopts a new feasible way of avoiding medicines and drugs, which are man's worst enemy, but also in a very attractive way describes the personal experience of a seven day's fast of one of the authors with illustrations.

Hydropathy and Water Cure treatment are fully gone into; also air-baths, and sunbaths and Father Kneipp's treatment are minutely described and the advantages of each compared. Its Free-movement Cure, with numerous illustrations, is unique, and very recommendable to all adherents of sanitary reforms.

LIFE OF VINCENT PRIESSNITZ, Founder of Hydropathy. By Richard Metcalfe, Hydropathist, "The Hydro," Richmond Hill, Surrey, England. Published by Simpkin Marshall Kent Co., 4 Stationer's Hall Court, London, E. C. Price, 5 shillings; profusely illustrated.

Those interested in the water-cure treatment would do well to obtain this book, which describes the life of the founder of Hydropathy, the way he used to deal with all diseases and the numerous cases which he successfully treated. Those people especially, who think that the water cure treatment is to be learned in a tea-cup, so to say, will do well to convince themselves* that only by continuous water-applications, will the primary cause of diseases be removed.

This book also describes the recent Hydropathy as performed by eminent physicians in our present time. At its end will be found a list of Hydropathic books to be recommended.

Richard Metcalfe, Hydropathist, **THE MAN AND HIS WORK**, by an old patient. Second edition. London: Bernrose & Sons, Limited, 23 Old Bailey. Price, two shillings.

This book treats of the life-work of one of England's most eminent Hydropathists, enumerates and illustrates the diseases as successfully treated by him, and includes several treatises on Hydrophobia and its cure; and concludes with a very precise and explicit Hydropathic Materia Medica, which appeared in the "Housewife" Magazine, during 1892. y R. Metcalfe.

In it are defined: Health and Disease, Hydropathy and

Hydropathic Treatment* General and Special Means and each of these is treated in a lucid, scientific manner explained in language to be understood by every one.

As the price is only 2 shillings, nobody interested in the Water-Cure Movement should omit to procure this valuable book.

The **GOOD HEALTH MAG.** Battle Creek, Mich., has in its December Number a series of most interesting treatises about food and its comparative value. It also minutely describes various diseases caused by eating meat—and has several very clever illustrations describing them accurately.

Its January number is in every respect meritorious of the same encomium, and we would advise all those desirous of retaining their "Good Health," to subscribe to this magazine, which only costs one copy or \$1.00 a year.

WINGS OF TRUTH.—A monthly journal devoted to the higher Metaphysics, Mental Science, Clairvoyance, Psychometry, Spiritualism and Theosophy. Its subjects include Christian Science, Transcendentalism, Vegetarianism—and is full of interest from cover to cover.—It is published monthly. Price 3d., post free 4d., or 4s. per annum post free.

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Prof. L. A. Vaught, who is also Principal of the Chicago Institute of Phrenology, is the editor and publisher—318 Inter-Ocean Bldg., Chicago. Price one copy or One Dollar per annum.

HEALTH—Magazine—Altruria, Cal. This neatly gotten up publication is devoted to physical, moral and social subjects and the general welfare of the body. Its editor Dr. W. P. Bourke writes his articles in a fresh, free style which appeals to the reader. The price is one copy or \$1.00 a year.

HARMONY, a monthly magazine. Price One Dollar per annum, single copies one; edited by C. L. and M. E. Cramer, 3360 Seventh Street, California.

This magazine is devoted strictly to Divine Science and the Christ Method of Healing and is recommended to the attention of our readers.

THE TUBERCLE, a monthly journal and review of Tuberculosis and kindred subjects. Subscription price \$1.00 per annum. Thomas Bassett Keyes, M. D., editor—1207 Stewart Bldg., 92 State St., Chicago, Ill.

The Editorial Department contains in each number the latest advances made in all matters relative to tuberculosis, including current literature, medical and surgical treatment, diagnosis, bacteriology and pathology, tuberculosis of animals, climates and resorts. Although this is a scientific paper it is written in a clear concise language easily to be understood by every one. Its articles are full of interest and contain certainly the very best reading matter relative to tuberculosis.

THE HEALER—a periodical that vindicates its name. Francis Edgar Mason, editor and publisher, 424 Greene Ave., Brooklyn, N. Y. Single copies one, \$1.00 per year.

SECULAR THOUGHT, a journal of liberal opinions and progress, edited by J. Spencer Ellis, 1851—2 Queen St., West, Toronto, Can. Price 5c, \$2.00 per annum.

THE CLINIC. Edited by E. Elmer Keeler, M. D. 425 South Salina St., Syracuse, N. Y. A monthly journal devoted to medical, surgical and scientific progress. 50c. a year.

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SUGGESTION.—A monthly magazine, devoted to the study and Advancement of suggestive Therapeutics, also to the scientific investigation of all occult phenomena. Many of its articles are contributed by some of the most eminent physicians in this country and are very attractively written.

THOUGHT.—A magazine issued the first of each month by the Thought Publ. Co., 1709 Encinal Av., Alameda, Cal. Price 5c. a copy, 50c. a year.

This magazine, whose editor is Marion Eddy, is devoted to hypnotism and suggestive therapeutics, magnetism and chemistry

JOURNAL OF MAGNETISM, an illustrated magazine, edited by Lloyd Jones and published by the Magnetic Publ. Co., 156 Washington St., Chicago. Subscription price \$1.00 per annum.

THE HUMANITARIAN—a monthly magazine, edited by Victoria Woodhull Martin and Julia Maud Woodhull. London: Duckworth & Co., 3 Henrietta St., Covent Garden W. C. — New York at Brentano's, 31 Union Square, Price 6d. or 10c. per copy.

Its articles are highly interesting and very capably written by eminent contributors. Its January number contains amongst others an essay on "The Trailing Skirt of Women" which merits reproduction into every magazine. The other contents are fully on a par with it and we can recommend this magazine to every one

THE PHYSIOLOGICAL ACTION AND SOME THERAPEUTICAL USES OF THE COLD BATH.—By W. H. Riley, M. D.

This little booklet is reprinted from the Modern Medicine and Bacteriological Review, 1895, by the Modern Medicine Pub. Co. Battle Creek, Mich.

THE PSYCHIC DIGEST AND OCCULT REVIEW OF REVIEWS—edited by Robert Sheerin, M. E., M. D., Columbus, Ohio. 10c. per copy, \$1.00 a year.—A careful and impartial review of the most important psychic and occult science papers, magazines and reviews of the world.

PACIFIC HEALTH JOURNAL—St. Helena, Cal.—Single copies 5c., 50c. per year. Devoted to pure food, pure water and pure air, and general hygiene.

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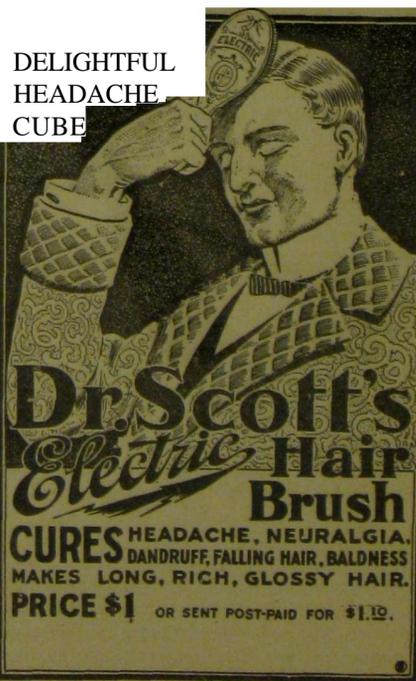
Katie F., St. Andrews, Canada. I am glad to hear that you are improving a great deal. Continue with the treatments and arrange them according to your condition. Do not use v. douches of salt and water, who gave you such an advice. You better use water and lemon juice or a very thin oak bark tea, not more than 1—2 quarts daily.

P. W., St. Andrews, Scotland. Your favor of January 5th to hand; your letter of December with description of your case arrived too late for December issue.

Alex. B. McC., Manchester, Va. Your trouble is a skin disease. Have you ever been treated with mercury before? A strict vegetarian diet, especially fruits, nuts and whole wheat bread is indispensably necessary. Every other day "hay blossom shirt" 1—1/2 hours with half bath 85 degrees F. 10 minutes to follow. On the spots of the body every night a compress of clay (Loam) and water mixed to a thick salve. Every morning cold sponge bath and twice weekly before going to bed wash the scalp with warm water, then rub it with the yolke of an egg (do not use any soap) and wash off again with warm water, the next morning directly after rising rub the scalp thoroughly with Ko-nut (Cocoonut-oil). Every other day an injection of a mixture of the following herbs: Peppermint, Yarrow, Veronica, Sage, Soapwort, and Marigold flowers, you may add to this mixture once a tablespoonful of lemon juice, the other time a tablespoonful of oak bark tea. First a warm cleaning enema, then 1 pint of the tea injection, try to hold it in the rectum 10—15 minutes. Air and sun-baths during the warm season will be of great benefit to you.

Mrs. Clara W., Baltimore, Md. I would never advise you an operation in your case, there is no doubt that you can get cured without operation by Naturopathy. Please read over again the article by Dr. H. Lahmann: "The Barbarous Treatment employed in Female Complaints," May Number 1900.

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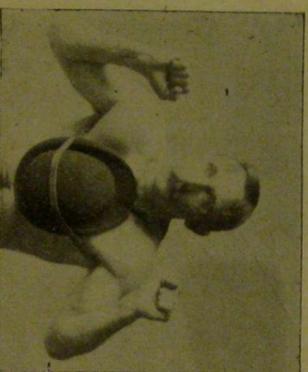
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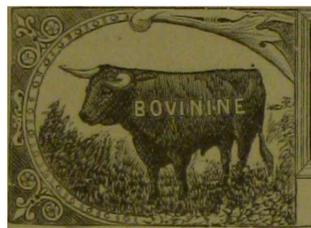
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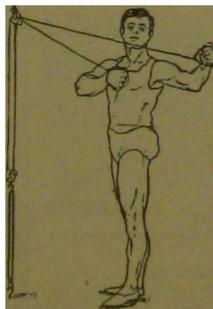
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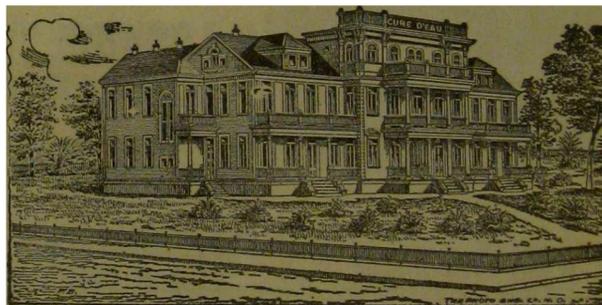
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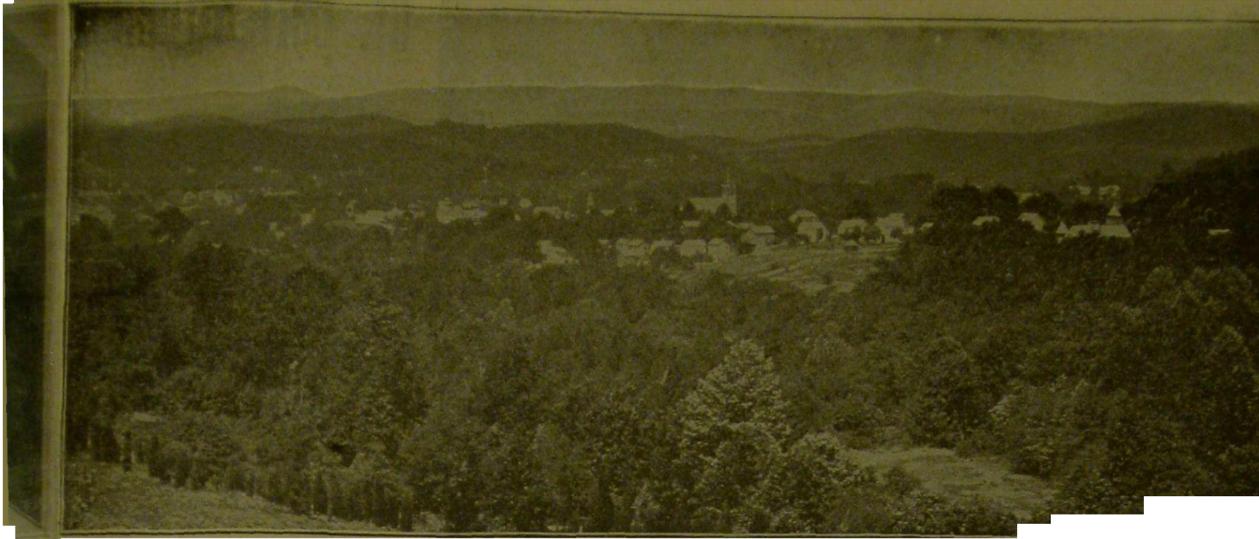
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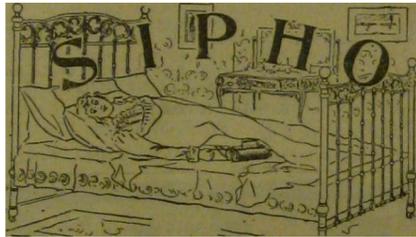
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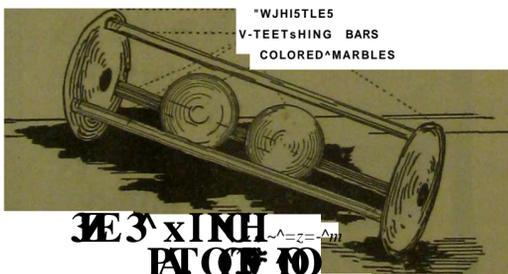
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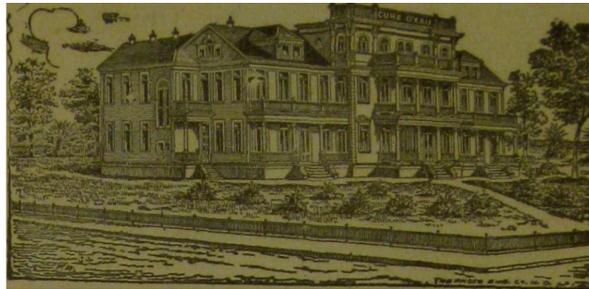
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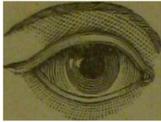
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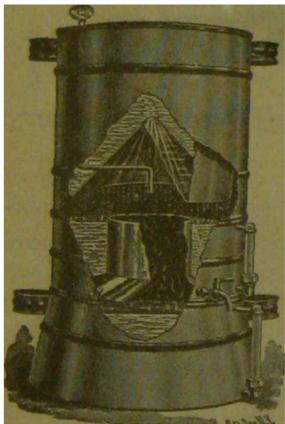
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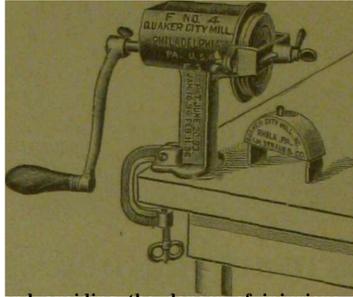
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This mill is adapted to grinding or pulverizing any of the following articles: Coffee, peanuts or nuts of any kind, all wet or oily substances, corn meal, cracker dust, bread crumbs, cracked wheat and oats, horseradish, raw and cooked meats, carbonate of ammonia, all kinds of drugs, spices, herbs and roots; Ice for snowballs and cooling drinks; vanilla beans and pods when mixed with sugar and ground together for flavoring; Raisins, with or without seeds, for marmalade, cocoanuts, etc. Peanut Butter is said to be superior to cod liver oil for consumptives.

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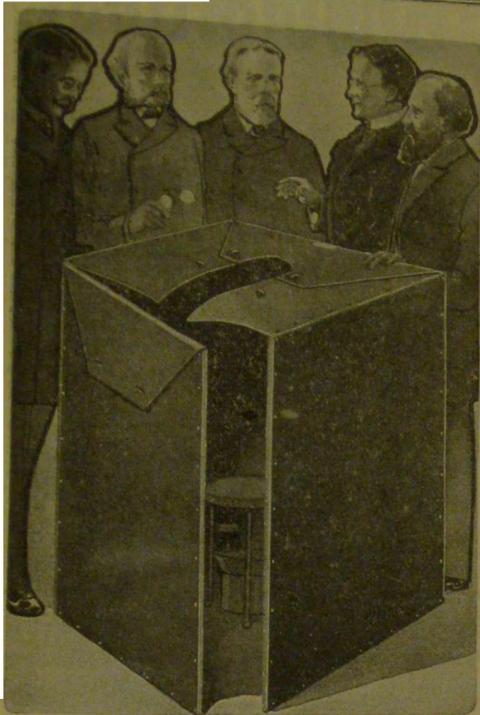
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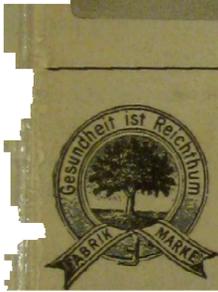
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TESTIMONIALS.

I suffered by gout for fully 14 years. Knobs formed on my hands and feet in the length of time which were very painful especially when the weather was about to change. On March 3rd, 1897, it was so bad that I had to seek my bed. The knees commenced to swell so much that my feet were stiff. The same took place with my hands. My fingers were swollen so much, that I was unable to make the slightest movement with them. My wife had to feed me like one would feed a baby. What pains I had to stand only one knows who has suffered by gout. I had to be carried on a linen sheet from one bed to the other. I spent 11 weeks. All remedies which I tried proved of no value to me, they were without effect. Then I heard that Mr. I. B. Okie, editor of the *Kneipp-Blatter* in Worishofen, had invented an effective remedy for gout. I decided to try this one as a last resort and, what a surprise, the pains stopped in minutes after I had applied this remedy. I could move my fingers and use my hands to eat my breakfast the next morning. The same success I had with my feet after applying Okie's Gout Cure. The knobs and swellings disappeared and to-day I am as well as I ever expected to be. Nobody will think for one moment that I ever suffered by gout. I had spent a little fortune for remedies to cure gout without any success, the small amount I paid for Okie's Gout Cure brought the result looked for in a short time.

Worishofen, July 14th, 1898.
 Johann Georg Bader
 Proprietor of Restaurant "Krone".

I had the gout in my hands and feet. I tried every remedy and improved a little once in a while for a short time. Last winter I grew worse and worse, when a friend, who had spent the summer before in Worishofen, advised me to give Okie's Worishofen Gout Cure a trial. I did so and was cured. A little while after applying the remedy the pains ceased, the knobs disappeared and I could hope to get rid of this painful sickness. I recommend this remedy to all sufferers by gout or articular rheumatism.

Peter Bayer, Tailor,
 ... Weilheim, Bavaria.

Last week I treated one of my patients with Okie's Worishofen Gout Cure. The effect was excellent. Inside of one hour the pains stopped and did not return so far. Now he is able to leave the room on crutches.

Milwaukee, Wis., November 15th, 1898.
 C. Kcintz,
 Director of Dr. Rhode's Kneipp Sanitarium.

I recommended your Gout Cure to a friend of mine, Mr. G., who ordered a bottle to try it. This gentleman suffered by gout since a few years, and that so much that he had to stay in bed. I learned all about the Gout Cure from the *Kneipp-Blatter*, of which I am a subscriber. I applied the cure at the request of the patient and his wife, and according to your instructions. In 24 hours the gout was gone and my friend cured. Kindly send one bottle of your Gout Cure to Mr. J. B. in Ulm.

Hall, Württemberg, September 12th, 1898-

Rothmaier,
 Bookkeeper, Royal States Prison.

OKIE WORISHOFEN MOSQUITO CURE

Last summer an adherent of our system sent a communication to me, containing *amongst* others the following: I used your Tormentil-soap with the best success against the very fastidious and sometimes poisonous insect stings, therefore I should advise you to make similar experiments, and should they prove successful, it would be advisable to manufacture and put on the market a salve out of your soap."

I followed this advice and found that the above indication was thoroughly correct. I made experiments with other materials and arrived at the surprising result that the new stuff is a most valuable remedy for fresh wounds.

The Mosquito Cure, as I call my invention, will now be an indispensable companion for everybody. Principally for cyclists, tourists, and men working outdoors, who are greatly molested in the warm season by Mosquitoes and other insects the salve will be most useful. But of even more importance my invention will be as a remedy against wounds. Even a small wound is often the cause of blood poisoning and dead, then my salve will be a preservative. It is packed in plated tin boxes, nearly two inches long, and can be preserved for years. Along with each "SALVE" a piece of English court-plaster and the directions for use are given. The extremely low price puts it within the reach of all. The "Salve" is patented in all civilized countries, every piece bearing on the inner envelope my name (Okie) as trade mark.

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