

T H E

Kneipp Water Cure Monthly

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HERALD OF HEALTH.

<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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BIRTH OF JESUS.

Mortals, arouse, with Angels join,
And chant the joyful lay,
Joy, love, and gratitude combine,
To hail the blessed day.

In heaven the rapturous song began,
And sweet the seraphic fire
Through all the joyous legions ran,
And strung and tuned the lyre.

Swift through the vast expanse it flew,
And loud the echo rolled;
The theme, the song, the joy, was new,
'Twas more than Heaven could hold.

Down through the portals of the sky
The thrilling torrent ran,
And angels flew with eager joy
To bear the news to man.

Hark, the cherubic armies shout,
And glory fills the song,
Good will and peace is heard throughout
The happy angel throng.

Hail, Prince of Peace, forever hail,
Great Healer, Teacher, Friend,
Though earth, and air, and sky should fail,
Thy praise shall never end.

We use the power in Jesus' name
To heal both great and small,
And with the royal diadem,
We crown him Lord of all.

Jesus.—Great healer help me heal thy own,
And a good healer be,
And as thou sittest on thy throne,
Just now remember me.—Vita.

TO OUR READERS.

Another year has gone by and the circle of our readers has by degrees doubled and trebled.

We have aimed to bring before our readers the most important factors of the New Natural Healing Movement and will continue to do so.

Many of our kind readers have assisted us in our arduous task, to disseminate this as yet comparatively unknown movement, by sending us the names of their friends and relatives, whom they thought would be interested.

And thanks to their kindness, many a new subscriber has been enrolled in our lists. May we hope that all those of our readers who wish to further benefit our undertaking will continue in the future to send us names and lists of names of their friends, so that we may be enabled to send them complimentary sample copies.

A little kindness like this will be always highly appreciated.

The name of the late lamented Rev. Father Sebastian Kneipp, who was a benefactor to the entire human race, unfortunately *too little* known amongst the Americans and we have therefore decided in order to bring our cause to the better appreciation of all Americans, to change the *title* of our Magazine and call it henceforth:

" PIONEER OF NATUROPATHY • f

and Herald of Health.

(Formerly the Kneipp Water Cure Monthly.)

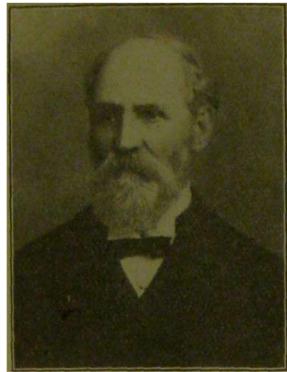
In our leading article in the January number the meaning of Naturopathy, its aims and purposes, are fully and exhaustively explained, and we most anxiously hope that under this new name it will continue to thrive and grow as heretofore.

Our Naturopathic Adviser columns are **free** to subscribers, and we shall be only too pleased **to give** them all free advice in even the most complicated and **intricate** cases, always to the exclusion of all drugs and non-accidental surgery.

Hoping that our numerous patrons will continue to remain faithful adherents to the Naturopathic Movement, I beg to wish them all

A Merry Christmas and Happy and Prosperous New Year

Benedict Lust, Kneipp



RICHARD METCALFE.

The Value of Physical Exercise.

By Richard Metcalfe.

The structure of man's body renders exercise absolutely necessary to his health. He resorts to it instinctively, impelled by the strong love of activity implanted in him by Nature for her own wise purposes. By exercise the circulation is promoted, especially in the multitude of minute vessels which ramify through every part of the body, a vigorous action of the lungs is secured, vigor and activity are imparted to all the organs as well as healthful energy to all the functions, and strength, elasticity, and grace developed in the body. Attention to exercise will bring out all the constitutional power inherent in the system, and tend to secure health and longevity.

When any organ is active, blood and nervous energy flow to it in an increased degree; hence increased nutrition and tone, proportionate to the demands made upon the organ in question. When its action is judiciously regulated, being alternated with repose, a permanent increase in the supply of arterial blood takes place, which leads to increased development and vigor of function; This is strikingly illustrated where one arm is vigorously exercised and the other is unemployed. The muscles of the former exhibit a far more powerful development than those of the latter.

Hence the due development and maintenance of the whole system depends on each part's being fully exercised, so that a certain amount of labor or activity of some sort is essential to man's welfare. Without it he cannot possess the bodily vigor, health, buoyant spirits, and keen sense of enjoyment of which his nature is capable. Every individual ought, therefore, to lay himself (or herself) under a necessity to take exercise of some sort. Where it is not had in the ordinary employments, walking, riding, out-door sports, or gymnastics should be had recourse to: It matters not particularly what method is pursued so long as a due amount of exercise be secured.

A most important point is that the mind be exercised at the same time with the body. Exercise in order to be beneficial must be enjoyed. A solitary ride or walk is of infinitely less benefit than the social

canter or pedestrian trip, or picnic. Exercise does most good when enjoyment is the immediate object—when all considerations for health are for the moment forgotten, and social health and hilarity inspire every movement.

This is too much lost sight of in the exercises engaged in by many people. The formal walk of the young ladies' boarding school makes the poor creatures an object of pity. How different would be their motions and the benefit derived from them if engaged in active play or in dancing! How stirring is the effect of martial music on soldiers weariedly trudging along on the march; and a South African traveler tells us when he and his party were exhausted with fatigue, as soon as they got a glimpse of the game all their languor left them in an instant. The bright eye and elastic step of exercise, when mingled with mirth, shows how great is the power of the nervous stimulus to increase the benefits of the muscular action.

It is not sufficient to go daily through a fixed and circumscribed mode of taking exercise. Besides becoming monotonous and spiritless, it only puts in motion a certain set of muscles, and so fails to effect the purpose which was had in view. There must be variety in exercise. By that means the whole or greater part of the muscular system is brought into play, and each single muscle secures that alternate contraction and relaxation which is the only condition favorable to its perfect development. The action of each set of muscles is, of course, more or less local; thus walking more particularly exercises the muscles of the legs, rowing those of the chest and arms, etc.; so that, if only one description of exercise be engaged in, the benefits derived therefrom are to a considerable extent confined in that part of the system thus brought into action; though there can be no doubt that all healthful exercise must result in general good to the constitution, from the impulse given to the functional activity of the system.

It is contrary to all physiological law that any one set of muscles should be kept long in a state of relaxation or tension, as is the case with the living model of the statuary who must preserve for hours the same attitude. From the same cause much deformity exists among boarding-school girls, from the constrained positions which many of them for hours are compelled to maintain. Persons confined to the desk or study frequently suffer from this cause; the few muscles brought into play are overstrained, but the bulk of them, as well as the bones, become weak from disease, and general debility follows.

How inactivity of the voluntary muscles should impair the general tone of the system, will appear when it is considered that their special purpose is to use up the animal fibrine or richest portion of the blood, and that when not doing so some 30 per cent. of the blood is rendered useless and thrown back into the general circulation. The brain, ganglionic centres, spinal marrow, lungs, heart, and blood vessels thus become filled to repletion, and the functions of the viscera are embarrassed by the stoppage of the chief outlets to waste. Apoplectic or paralytic seizures are consequently rendered imminent.][^] It must be remembered that the voluntary muscles form

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m one entire half of the human frame, that they are extremely vascular, and that in proportion to their activity they demand nutrition. But where no stimulus is, there can be no flexus, and hence internal congestions with their unhappy issues.

It is really surprising, when thus considering its importance both as a preserver of health and preventive of disease, that exercise should have been so long and so much neglected. But it only affords another instance of the fact, that, in spite of our many advantages, we are still far behind the ancients in many branches of knowledge and art. Even the Chinese, whom we still look upon somewhat in the light of half barbarians, have from time immemorial seen and provided for the necessity of adequate exercise. The humidity of the climate was looked upon as a prolific source of endemic and epidemic diseases, against which the only effectual preventive consisted in the regular exercise of the body by a description of gymnastic dance; and so all-important was it considered in relation to the welfare of the people that it was under Government regulation.

In addition to this, the Chinese have a system of medical gymnastics, dating back, it is said, to over two thousand years anterior to the present era; and so potent is it in the cure and relief of many diseases that people of every rank resort to it when every other means has been tried in vain. Father Amiot, a Jesuit Missionary who spent some forty-four years in China during the latter half of last century, says: "Volumes might be written of the traditions, stories, and extravagant virtues of the Cong Fou, which are implicitly believed; even the majesty of the throne not exempting many emperors from a stupid credulity. Notwithstanding the priestly superstitions connected with it (for the priests persuade the people that it is a true exercise of religion), it is really a very ancient practice of medicine, founded on principles, and potent in many diseases."

M. Amiot gives, at considerable length, a description of the methods and principles of this therapeutic system of movements, from which it appears that morning was considered the proper time for the treatment. The Cong Fou consisted in placing the body in certain positions and keeping it in each successive posture for some time, great stress being at the same time laid on particular methods of breathing. These methods were chosen and combined according to the disease of the patient.

The ancient inhabitants of Hindostan also practised many bodily movements of a nature greatly resembling those of the Chinese. One of the most weighty of them was the retention of the air in respiration, it being believed that air has the same effect on the body that fire produces upon metals exposed to its influence—namely, that of purifying it. Similar ideas were entertained among the Greeks. We learn from the narrative of a Greek who visited India in the third century before our era that there was an order of Brahmins who relied chiefly on regimen of diet, together with external manipulations, for the cure of disease; and we know that there is at the present time an order of Brahmins whose principal therapeutic agency is hygienic shampooing.

Little need be said respecting exercise: the Greeks and Romans. Every one, who has any acquaintance with the history of those people, knows what an important part gymnastics played in their educational system, more especially among the former. With the Greeks the gymnasium was the place for both physical and mental culture, the two going hand in hand, and probably no town of importance was without one of these schools. Education began at the seventh year, and consisted of music, grammar, and physical training. It is asserted by some historians that as much time was given to the development of the body as to the culture of the mind. In Sparta physical culture was of paramount importance, polite literature and the arts suffering proportionately in consequence. Even the women were obliged to go through the same exercises as the men; for, said the law givers, "Female slaves are good enough to stay at home and spin; but who can expect a splendid offspring—the appropriate gift of a free Spartan woman to her country—from mothers brought up in such occupations?"

With the Romans there was less appreciation of exercise, as a sanitary or educational means; they being a nation of soldiers, the first, and often sole object they had in view was the promotion of physical strength for warlike purposes. They had gymnasia, but these became perverted, especially in the latter days of the empire, into exhibitions of the most brutal and degrading description.

During the whole of the Middle Ages exercise, that is, exercise as a system, appears to have been universally neglected; and it was not until Ling called attention to the subject that the modern mind began to appreciate its importance. To him we are indebted for one of the most perfect systems of physiological gymnastics ever invented. *It is known as the "Swedish movements." Dr. Dio Lewis, Mr. Watson, and Dr. Roth have also given their attention to gymnastics and calisthenics, and their systems have met with much favor. Of all four it may be said that they "comprise a great variety of movements calculated to develop the osseous and muscular systems, and so give freedom and ease to the carriage." They may be used by invalids, women, and children without any risk and with considerable benefit.

In connection with this subject of exercise. I must not omit to mention what in the hands of Dr. W. Johnson, Mr. Grosvenor, Dr. Balfour, Admiral Henry, and others has almost been reduced to a science. I refer to rubbing and percussion, though to enter upon the subject here in anything like a concise form would lead me too far. I must simply be satisfied by referring my readers to Dr. W. Johnson's valuable work entitled "The Anatriptic Art."

While thus urging the importance of exercise, it is always with the proviso that it be proportioned to the strength of the patient. Pushed beyond this, it is followed by exhaustion, and the body is weakened instead of being strengthened. Some inconsiderate people, thinking that if exercise be a good thing the more they have of it the better, make an amount of exertion altogether disproportionate to their muscular development or vital stamina, and

a painful sense of weariness and exhaustion, and their sleep is uneasy and disturbed, they having drawn too much on both muscular and nervous energy. Not only does undue exertion have this effect, but it also alters the constitution of the blood itself by impairing the powers of nutrition. This is noticeable in animals that have been hunted to death, whose blood is found to be in a fluid state, and whose bodies speedily become putrid, and in that of soldiers, worn out with long marches, who, when attacked with fever, seldom recover.

As muscular activity involves waste, and therefore active nutrition, it is evident that food, in proportion to the exertion made, is absolutely necessary. Activity and appetite generally go together, and where the activity goes on, the appetite remains unsatisfied, there is loss of flesh and diminished vital power. This is the state of multitudes of poor people whose vocations compel them to exertion, but whose scanty and unnutritious diet is altogether incapable of adequately supplying the waste caused by it. Hence the pallor, feebleness and diseases of debility so common among that class in our large cities; and from this cause it is no doubt that the stimulus of ardent spirits is too often had recourse to.

A sudden bound from an inactive, sedentary life to that of a pedestrian or gymnast would of course be attended with injurious consequences. Everything must have a beginning, and personal habits are in man so influential in modifying his bodily powers that one set cannot be all at once exchanged for another without inconvenience. The transition to be beneficial must be gradual. A person who has been unaccustomed to activity should therefore be careful to graduate his exertions when he does begin them, so that his powers shall never be overtaxed, otherwise he may jump to the conclusion that exercise does not agree with him. Let him go on by degrees from little to much, and he will find that it does, and leads him on "from strength to strength."

The times for exercise ought to be judiciously selected. One grand rule is that it should never be engaged in after a full meal. For the healthy, early morning is the best time, when the stomach is empty and the body refreshed by sleep. Invalids, however—unless their appetite for breakfast is defective, in which case they may take a short stroll in the open air—should defer their walking exercise till after breakfast, and always leave off before exhaustion from want of food sets in. The necessity of this precaution also militates against the expediency of much walking or other active exercise immediately before a meal. In both cases the blood is diverted from the digestive organs, where it is urgently needed, and digestion is interfered with in consequence. An interval of rest should always precede and follow any meal.

The kinds of exercise which should be resorted to must depend on a variety of circumstances. Walking is most readily had recourse to by most people, and it brings well into play the* muscles of the loins and lower limbs. It, however, does not secure sufficient play to the muscles of the arms and chest, and should therefore be diversified by such exercises as rowing,

fencing, shuttlecock, bowls, hand-ball, etc., which, besides exercising the muscles of the trunk and *arms* pleasantly stimulate the mind—an advantage which has already been dwelt upon.

Riding is, especially for those of weak lungs, a most healthful exercise, having the advantage of not hurrying the breathing. "It calls into more equal play," says Dr. Combe, "all the muscles of the body, and at the same time engages the mind in the management of the animal, and exhilarates by the free contact of the air, a more rapid change of scene. Even at a walking pace, a gentle but general and constant action of the muscle is required to preserve the seat, and adapt the rider's position to the movements of the horse; and this kind of muscular action is extremely favorable to the proper and equable circulation of the blood through the extreme vessels, and to the prevention of its undue accumulation in the central organs. The gentleness of the action admits of its being kept up without accelerating respiration, and enables a delicate person to reap the combined advantages of the open air and proper exercise, for a much longer period than would otherwise be possible. From the tendency of riding to equalize the circulation, stimulate the skin, and promote the action of the bowels, it is also excellently adapted as an exercise for dyspeptic and nervous invalids.

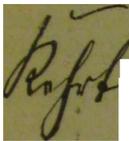
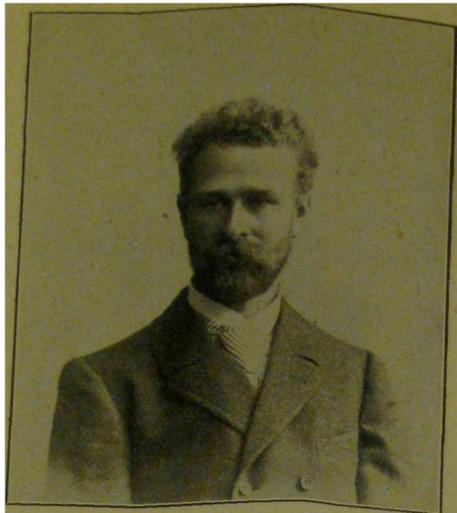
Dancing—when not associated with late hours and hot rooms—is also a most healthful and invigorating exercise, and very well adapted to women and children. Not less useful are the musical gymnastics now much in use both in this country and America. No school should be without some such system for the physical training and development of children.

From the foregoing remarks it will be seen that the importance of exercise, along with other hygienic practice, cannot be over estimated, and that the individual who wishes to remember the motto, *mens sana in corpore sano*, must not neglect one healthful means more than another.

2^ How to Stop Bleeding of Wounds.

One of our readers writes us the following:

"In one of last issues you bring some advice how to stop bleeding of wounds quickly. I request you now to publish the following: To stop the bleeding of a small wound quicker than with a hot water compress, a finger compress upon the bleeding part is very effective; that is to say, press upon the wound with your clean finger until the bleeding stops of itself. This is certain to happen sooner or later according* to the severity of the wound. Because the circulation is being stopped by the pressure of the finger in all those little veins surrounding the wounded spot. The blood begins to clog and forms a natural stopper made of hardened or dried blood particles, thus preventing the admission of any air. Should the continuous pressure with the finger be too fatiguing, one can replace same by a piece of thin (silk) paper folded together several times which is placed firmly upon the wound and over which is then tied a piece of cloth.



Return to Nature.

By Adolf Just, Jungborn, Stapelburg, Harz, Germany.
Translated from the German by B. Lust.

(Continued from November Issue.)
IV. THE NATURAL BATH.

Since I look only to nature when I want to know the right thing to do for my health and my well-being. I always find that everything that I have recognized as strictly natural, that is, as thoroughly in the spirit of Nature, has on trial always proved itself to be the right thing entirely. Where Nature is accurately observed, experiments to prove the correctness of a procedure are superfluous. When Nature's intentions are perfectly understood we can at once confidently rely upon them as correct, just as primitive man and the animals in the free state have always eaten and bathed without first convincing themselves of the right way by experiment. This has likewise been shown by the natural bath.

After the first bath of this kind I at once felt benefited and refreshed in a way that I had never experienced from any other water application. Almost all who besides myself have tried this new bath have been surprised by its agreeable and positively good effects.* All experienced a very strong but pleasant

* Only a few were frightened by the healing crises brought on by the baths. In one person, for instance, who suffered from chronic lung trouble, a lung trouble put in its appearance after a few days: the chronic ailment had become acute, a most favorable sign. The same person also declared that sun-baths did not agree with him, that they gave him pains in the body, while these pains only showed that the foreign matter (disease germs) in his body were

sensation of coolness* and after the bath a much better and more agreeable bodily warmth. The points that were especially commented on were the exceedingly stimulated digestion, warm feet for the entire day, increased action of the skin as shown by a slight perspiration, unusual vivacity and cheerfulness* remarkable vigor, and other favorable manifestations.

I could here mention innumerable reports that I have received concerning the efficacy of the bath, both by letter and by word of mouth, the latter always with a happy, beaming face. But I send it into the world simply on its own merits and without flourish of trumpets.

Whoever understands Nature, and knows that everything which is in the spirit of Nature and according to her dictates must result in the greatest blessing for mankind, will welcome this bath, and to him it will bring blessing and happiness in abundance. Let those who care nothing for all-wise Nature and everything for the "science" of men, of sick men, and who flounder from one error to another, scorn and deride it!

In sending my bath into the world, I wish to give it only a few directions on the way. I disapprove, on the whole, of the warming of the water, it is against Nature.* It is not so difficult to sit with only the posterior and the feet in entirely cold water, once the abdomen and the sexual organs have been washed and rubbed and the interior especially of the abdomen has been cooled off, and the blood is once more driven towards the extremities. But if for all that one cannot stand it very long in winter, which does not easily happen, one can take a very short bath, or even dispense with it altogether. In this case we have still another resource, namely, going naked, or the earth-compress on the abdomen, of which I shall speak more in detail later.

The water ought not to be too deep, about as deep as the width of the bather's hand; for adults at most three inches. The rubbing and the exercise after the bath must not be executed according to any definite rules, or any system of massage, or gymnastics, but entirely according to one's own feeling and indignation.

Whoever has the opportunity (and the opportunity can always be found if it is only sought), can take his bath in the open. Man originally had to take his bath in the open, and in the open he must again take it regularly, if he is to derive the full benefit of it, just as food partaken in fresh air always tastes better, and does more good than when it is eaten in the room and in impure air.

Women can discontinue their bath during their monthly periods.

The other remedies of Nature, however—walking barefooted, the air-and-light baths, earth compress* etc.—women need not avoid during this period. They are especially benefited at that time.

The bath can always be taken

being loosened by the sun, preliminary to being taken in the open air. Patients who show such little appreciation of her healing forces, will probably never regain their own strength and health. * In order not to discourage beginners, I may allow to warm the water a little or to take the bath in a warm room.

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the shore when they are deep), in brooks and small ponds.

In the room, if it is heated, the windows can always remain open to some extent. The early morning, or at least the forenoon, when one has not yet broken one's fast, or has eaten very little, is the best time for the bath.

All fishes (water animals) try to avoid the air, while all air creatures take great pains not to get their bodies into the water, and while taking their bath, as little as their bodily structures will allow. 'Man is the highest light-and-air creature. If the air should suddenly be entirely withheld, he could live for only a very short time. But even if only a small part of the air due him is withheld, he at once loses vitality and is weakened, just as the fish begins to die when he is taken out of his element, the water. But now the body is almost entirely immersed in water during a full bath, and the skin, through which the body ordinarily absorbs quite a considerable quantity of air, can neither absorb nor throw off the bad, used-up air. The body is therefore weakened and injured by a full bath. If the full bath lasts only a very short time, perhaps only several seconds, the benefit which the body derives from the cooling, for which a few seconds suffice, may be somewhat greater than the harm done by depriving it of air. But if the full bath lasts five, ten, fifteen minutes and longer, as is customary in our bathing institutions, it is always very injurious. But if we deprive a part of the body, or separate organs, of air, for instance the hands by means of leather gloves, these are always injured and lamed. In our sitz-baths, hitherto, the abdominal organs were always surrounded by water from all sides. These were therefore shut off from the air and rendered more or less inactive, so that they could not work in the right way during the bath. Thus the effect of these baths was essentially weakened. Neither was the water thrown over the entire abdominal surface in the sitz-bath, and there was no rubbing. In the natural bath everything that interferes with the full effect of former water applications is done away with, and this is the explanation of the great results that are only now being achieved by water.

It is to be hoped that the natural bath will now be welcomed by the public at large, by rich and poor, by high and low, and carry to old and young the blessing and well-being which the kind mother, Nature, has always intended to shed upon mankind with lavish hands. Let no one say that he does not need the natural bath, because he is well. For it is plainly not the first intention of Nature to cure diseases by the bath, but rather to keep her creatures well, bright and happy.

As winter succeeds autumn and night the day, according to stern natural law, so man, leading an unnatural mode of life, breathing impure air, using tobacco, alcohol, coffee, etc., must fall a victim to disease. This does not always manifest itself in the form of what is called disease nowadays, but disease is nevertheless present and will make itself felt plainly enough.

The child in school is inattentive and indolent and learns his lessons with difficulty, often he is ill-bred, and becomes a prey to sin and vice. He is pun-

ished, often severely enough. But the poor fellow is in fact only ill and suffers his punishment innocently. The husband and father is unkind, harsh, often even brutal toward his wife and children, toward those whom he loves. Later he is filled with remorse, not knowing that only his nerves have been overheated by the use of alcohol, tobacco, and other modern poisons, and that he, too, is ill.

Others are directly driven on to the path of vice and crime. They are put into Houses of correction and penitentiaries, instead of being cured and made whole.

The young wife becomes whimsical, irritable, hysterical.

With the cestus loosed—away
Flies illusion from the heart.*

Conjugal happiness is not realized, as had been expected, and the heaven drearied of in reality turns into hell. The young girl who entered wedlock with the fairest qualities and sacred heart, an angel, becomes a vixen. But do not reproach her, poor thing, for the unnatural life which married people almost always lead bears fruit and demands as its first victim the wife.

The plants and animals of the forest, in the state of nature (not the plants of the fields), retain their health, beauty, youthfulness and goodness up to a certain period, fixed for the individuals of the same species, when they die suddenly, with only a few exceptions which here again have been caused by man's interference with nature.

Among men, in modern times, one becomes shortsighted in childhood, another hard of hearing, one loses his teeth, another his hair, many suffer from nervous troubles, and even are enveloped by mental darkness. The young girl who is a celebrated beauty to-day, suddenly falls away, grows thin and pale, or becomes bloated and ruddy soon after her marriage, and appears offensively homely to the man whom she had so recently charmed.

Many people are favorably situated, but nevertheless give themselves no end of care and trouble. Even millionaires are sometimes troubled by the care for food.

Care^t the bottom of the heart is lurking:
Her secret pangs in silence working,
She, restless, rocks herself, disturbing joy and rest.
* * * * *

We dread the blows we never feel,
And what we never lose is yet by us lamented!
—Goethe, "Faust."

A Secret of Success.

Clear your mind of every gloomy, selfish, angry or revengeful thought; allow no resentment or grudge toward man, or fate, to stay in your heart over night.

Wake in the morning with a blessing for every living thing on your lips and in your soul.

Say to yourself: "Health, luck, usefulness, success, are mine, I claim them." Keep thinking that thought, no matter what happens, just as you would keep putting one foot before another if you had a mountain to climb, no matter what mud or brambles you encountered. Keep on—keep on—and suddenly you will find you are on the heights! Pluck! beside you.—Ella Wheeler Wilcox.

placed the sacrificial lamb by offerings from the vegetable kingdom, wine and bread.

Even in mediaeval times we find adversaries of animal killing.

I will only add the sayings of two well known physicians, the contemporaries of Paracelsus. "Prospero Alpini": All Europeans, who are so devoted to wine, and are so greedy after flesh, must pay for their pleasures with a short life. "Quercatanus" f] In olden times our ancestors grew to such an old age, because they lived in moderation, and abstained almost altogether from any meat. I

Even in the more modern and contemporaneous times we find amongst the followers of the bloodless diet some of the noblest names, of which I will quote just a few:

Rousseau and Doctor Heguet, Sully and Alberoni, Gassendi, Moliere, Racine, Bossuet, Bernardin de St. Pierre (author of Paul and Virginia and Harmonies and Vows of a Recluse), Voltaire and Montaigne, Milton (Paradise Lost), the two Newtons and the poets Shelley and Byron.

Amongst the Germans these hold the principles high: Herder, Goethe, Schiller, J. B. Richter, Wieland, Hahnemann, and most recently Wagner.

In literature those who started in this field were the Frenchman Gleize, 1773-1843, in "Thalysia, or the Salvation of Man;" in Germany in the thirties: Gustavo Laume in his novel, "Wanderings of Mandara after him comes W. Zimmermann, "The Way to Paradise!"

The outcome of all these efforts of these prominent men was the combining of those of one way of thinking into associations; the first of these was founded in 1847 in Manchester. Twenty years later the well-known E. Baltzer founded the Vegetarian Association in Nordhausen, and now the centre of the whole movement is to be found in Germany.

One of the truest and most unselfish fighters we find in Matthans Schmidtbauer, chief instructor in Schwanenstadt (Austria), who publishes a "magazine for the education and instruction of the natural healing system and natural living methods." We recommend his publication to our German friends.

Some object against the fruit diet, saying that the meat diet has scientifically been proven a human necessity. But not at all. It is not by quoting Buffon, on whose authority again and again people will dwell with preference, that they can prove anything, because his judgment is so faulty that it has found credence only because it suited the inclination of his contemporaries.

Other real great men (I name only Cuvier and Linne, Blumenbach and Owen, Bell and the celebrated Anathomyst Hyrtl) have proved conclusively that all vegetables contain albumen and carbonic acid in right proportion and would suffice completely to maintain the human body in strength and complete health.

Most frequently and preferably the canine tooth (commonly so-called) is cited as a proof for carnal diet. However, the larger human-like monkeys, which have a tremendous strengtli, nourish themselves only with fruit, although they also possess canine teeth, and even the grass eaters, i. e., the horse and camel, etc., possess such canine teeth, without that they are

therefore reckoned to the carnivorous animals. The teeth of the carnivorous animals are slightly bent inwardly, so that they can hold and tear their prey, which they catcti at a bound and seize with their claws. A lateral movement of their lower jaw is with them not possible, as with the herbivorous animals, who are thereby enabled to crunch their food evenly.

The tongue of the carnivorae is rough, scratchy; that of the herbivorous animal is smooth. The salivary glands of man are far bigger than those of the carnivorous animals, and the more that man abstains from carnal diet the greater gets the segregation of saliva.

The alimentary canal of the carnivora is short, only three to six times as long as its body. Their gastric juice is three times as strong as that of man.

The fruit eaters have hands, useful for climbing trees, breaking off the fruit, and for holding it while eating. Their canine teeth are destined for opening of the fruit shells, and their whole set of teeth for the slow crunching and salivating of the food. They can not possibly crunch cooked meat: it always remains in strings; and the carnivorous animals don't need to salivate their meat food, as their gastric juice (as already mentioned) is three times as sharp as that of man.

To the latter muriatic acid is given as an aid, although it weakens the stomach very much.

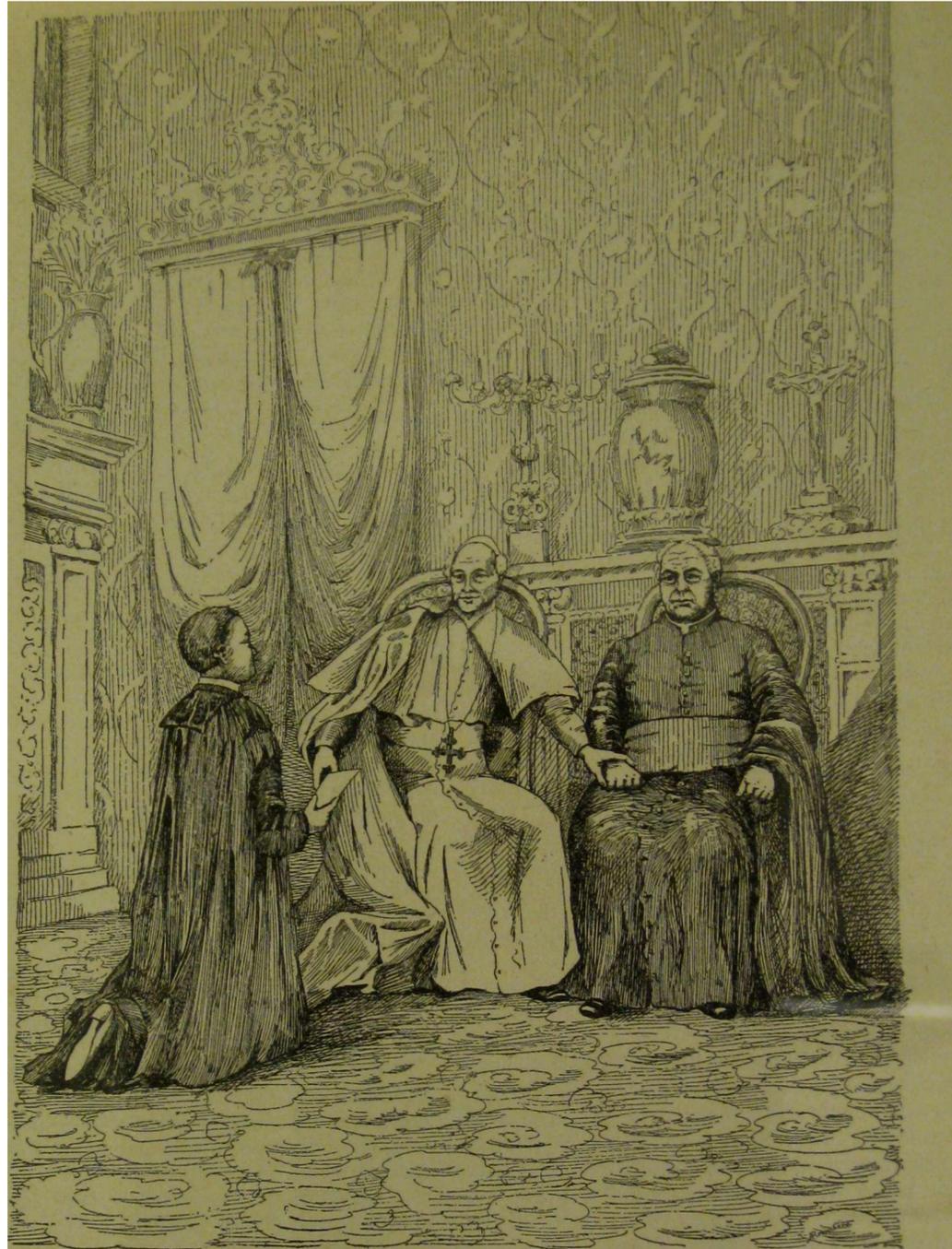
It is said flesh makes flesh. No, the body nourishes itself through its digestion, but the human stomach cannot digest meat, this changes it according to the researches of Dr. Abernety and Beaumont into a putrid stimulating matter. The gorilla and orang-outang, elephant, horse and chamois are strong, nimble and perservering on a purely herbivorous diet. With the same right one could think of partaking of phosphorus for the feeble-minded, or of the swallowing of hair for the hairless beings. In the Banting cure, which consists of a rich meat diet, the patients, get emaciated, lose their strength quickly, and age visibly.

The right of the stronger is also quoted, but only because it suits the meat eaters; compare the fable of the wolf and the sheep. Just as well the highwayman might depend on his good title or he who has been convicted of cruelty to animals, may excuse himself by "The right of the stronger."

The animals have been created on our account, what then should be done with them? Just as well, the flies that bother us might say, The human beings have been created on our account; or the beast of prey that kills man might say the same. Animals fattened for the shample are to be found in quantities only where they are bred; why does one eat only the accustomed meats, and not the flesh of rats, snakes, frogs, etc. Or why not the flesh of some animal that is dear to us as a dog or canary-bird, etc. ? etc. ?

Because our better feelings, which in the other cases have been hardened by yearly habit, revolt against the killing of animals.

Why is cannibalism so abhorred? For the very same reason. Men deride those that attack the kill-



POPE LEO XIII. CONSULTING FATHER KNEIPP ABOUT THE WATER CURE.

ing of animals. But they used to deride also those who attacked the combat of wild animals, the combat of gladiators, the killing of Christians and sacrifices of human beings; in the same way are derided those that do not care for and attack the so-called sports, as dove-shooting, hunt of wild beasts, Spanish bull-fights, cock-fights, Neapolitan horse-teasing and long-distance rides.

To the following objection that "When an animal is slaughtered, there flows blood and it is killed; but when a plant is used for food, you also destroy its

existence," we reply: The animals possess the faculty to make themselves acquainted with things of the outside world: they feel love, hate and fear, like or dislike, and are able to express same. They are creatures related to ourselves, and Cuvier appropriately likens them to the children.

All those who still maintain that the eating of animal corpses is according to natural law, should, as is recommended by Plutarch, tear apart an innocent lamb and bury their heads into the bleeding

entrails, to satisfy their thirst with the reeking blood. They should tear from the still convulsed body large pieces of bleeding flesh, and swallow them. - But even the most eager defender of the meat diet would recoil therefrom, calling it cannibalism, and would repudiate it. But I close with these words of Humboldt & Livingstone: "The eating of flesh is the first step to cannibalism!"

A natural sequence of the flesh-diet, that is the killing of animals, is the brutalisation of mankind, which finds an expression in the tormenting of other creatures. If this is done openly in the streets, it is liable to be prosecuted and punished, but there is another form which is called scientific vivisection. Thus says the great anatomist Hyrtle, that the words in the Bible, "The just has compassion even for the dumb animals," were written not only for cart-drivers, but they regard also several eminent professors.

Whatever these cruel scientists could see in the still living vivisected animals they could also find out in newly killed ones.

Who can quietly look on while a professor operates on a bitch bound fast to the torture-bench, and cutting out of her womb her young ones, tenders them one after the other to the mother, who licks them moaning all the while, and fastens her teeth into the woodwork, suffering from great pain—he deserves to become a knacker's assistant, not a physician.

The seemingly strengthening effect of the flesh food is in reality only an exciting one; this has been stated (already in the last century) by the Private Physician of the Empress Maria Theresia, also by Ivan Swieten, by Tissot and Lydenham; the same as for instance with coffee;—Every living animal body secretes continuously used-up matter, and such matter, whose secretion is prevented by death of the animal, called Creatin, Creatinin or Sarcin, we partake of together with the meat-diet, and force it into our bodies until it is passed out through the kidney's being over exerted (thus accounting for the continuous thirst).

As a sequel to the flesh-diet, and caused by it, comes alcoholism, and the liking of other unnatural and pernicious appetizers.

We are right if we reproach the Allopathists with having educated the people to inordinate desire for enjoyment or excitement, and specially, by the misuse of alcohol at the sick-bed, created the fable of its nutritiveness and helped along the craze for alcoholism. That we are right in maintaining such a grave reproach against these Allopaths can be seen from the sayings of many great physicians. Thus at the congress for internal medicine (in Wiesbaden, 9-12 April, 1888) counsellor of medicine Merkel says: "I have seen in numerous cases that the sick patients had a bottle of brandy at their bedside."

Most young physicians of to-day are let loose upon the community direct from the university, and then indiscriminately begin to abuse the use of alcohol both on the young and old.

Just the same is said by Nothnagel, and Dr. Wetberg says appropriately: "The people reason quite logically if they say that a substance, which is prescribed by the physician in greater quantities to a weak constitution, should be disadvantageous to the

healthy." Don't point to our ancestors, that they were addicted to the pleasures of beer-drinking. Firstly, their beer, principally, was rather sweet than bitter, as besides malt and honey it had no other ingredients.

I need not talk about the way that all kinds of liquors are manufactured, as this is well known through the papers. But even the hops which constitutes the recommendation and good taste of our present beer are not such an innocent plant.

They were used to give the beer strength and durability at first in the 12th century, and we have been told about this by a then living prioress, the holy Hildegard; she blames the use of hops with these words: "Hops are dry and hot, although they possess a certain amount of moisture, and are not of much use to mankind, because they create sorrowfulness (perhaps nervous disorders) and depress the human mind and dry up his vitals. But through their bitterness they prevent the evil-smelling of the liquids with which they are mixed, so that these liquids become more endurable.

Thinking minds, some physicians even, attribute the great extent of nervous diseases, the incapability of mothers of suckling their babies, in short, the whole retrogression of mankind, in greater part to the partaking of liquid spirits; and the fable of the beer being the liquid bread of the learned is being laughed at more and more.

But this ridicule of the drunkards does not serve any purpose; we could reply with justice: Much is talked about the plentiful drinking, but very little about the thirst.

It is not right to forbid the drinking of stimulants, but the thirst for them ought to be prevented, also the craving for alcoholic spirits which is created by this thirst, and which gets stronger through it. As to beer: the more one drinks the better it tastes, until at last beer is already taken very early in the morning as a morning stimulant.

It is evident that hunger, which is a sign of health (as was taught already 200 years ago by the French physician Hegnet), must suffer therefrom (as a physiological condition or outcome of logical circumstances).

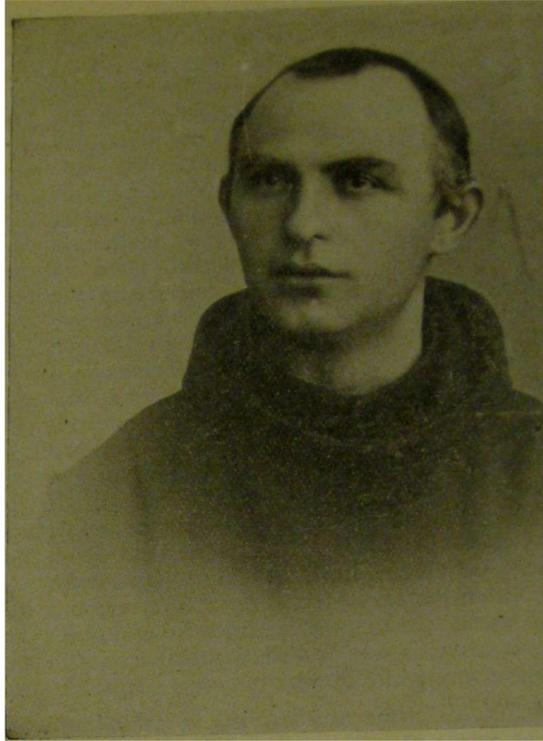
But thirst is a symptom of illness or inward fever (pathological condition). 'A strictly natural way of living and diet, makes the continuous feeling of thirst gradually disappear, and causes a decided antipathy against all alcoholic spirits.

I hope that I have clearly demonstrated the cause of the corporal and mental decay of humanity, a retrogression which Francke describes appropriately with these words: Vicissitudes, profusion of learning, and principally the poisoning through medicines and alcoholic liquids have changed man to a caricature, which resembles more a sick monkey than a human being.

From certain quarters this retrogression is not admitted; some even assert the contrary. But even a very summary glance into history shows us that the decay of mankind is very important in regards to longevity, beauty and strength. As regards old age, I refer to history which tells of plenty of people who reached the age of 200 years according to historical tradition; which age, according to natural law,



VERY REV. MGR. SEB. KNEIPP.



FR. BONIFAZ REILE,
Superior of the Brother* of Mercy, in Worishofen.
Successor to Father Kneipp.

should be the regular age, because it would be the tenfold time of the growing body and five-fold the time of the complete development of the human skeleton (at the age of 40). Mankind does not die: he kills himself.

Arthur Schopenhauer says with great justice: "If the natural term of life should be between 70 and 80 years, then people reaching the age from 70 to 80 years should die of old age. But this is not the case: they die just as the younger ones, from diseases. Disease, however, is mostly an abnormality, therefore it is not the natural ending" of life. Of course, I will admit, that this age according to natural law cannot be reached in the present state of our culture (poisoning of the atmosphere, continuous excitement, doubly tiresome and pernicious in winter), except under extraordinary, favorable, conditions; and in cities not at all, as even the trees in cities have their longevity much shortened on account of the continuous strong exposure to the light. But to shrink down to 30 years or so, or about one-seventh of the proper living limit, is even under these circumstances very much.

About the human strength Francke says: "Amongst all the Mammalia, man is not only the handsomest but also the strongest. No animal, not even the lion, has the beautiful shape of man or this muscular strength and strongly formed hip, and as to the calf of the leg, no animal could compare in the least with man.

Comparing the circumference of the limbs to the size of the body, man has a considerable larger amount of limb, in proportion, and thereby has the advantage in strength and beauty. A few animals

only can compete with man in the bearing of hardships and long lasting strength-exhibits. The strongest horse and the strongest dog tire out before man.

There are examples that savages have marched 3 days night and day without intermission, without rest or food, as persecuter and persecuted, leaving behind them horses and dogs, who could not keep up.

Well known is also the perseverance of the long-distance runners of the Persian kings in the old history, of the kings of Peru and Mexico at the time of the invasion of the Spaniards, and of to-jaiy even in India and Japan. Also that Alex. Selkirk could out-distance wild goats while running. Gautier relates the following: In the year 1746 an Indian of Buenos-Aires was condemned at Cadix to the galleys, and thereupon proposed to the government that they should allow him to venture his life at a public festival for his liberty. He promised that he would attack all alone, and without any other weapon but a rope, the most ferocious bull, would throw him to the ground, and then fasten him with the rope to anywhere he should be ordered; he would put a saddle and bridle on the animal, and after mounting it he would fight two of the most ferocious bulls which should be let loose from the Torillo (bull stronghold)* and if ordered would kill all three without help, petition was granted, and he kept his word* Sm what he promised. Every one will concede tl|JL Ullvi was more than a fight with a lion.

Even in our times with all the ill-treatment of nature, nature does sometimes show how well she meant it with mankind. As is well known* no animal

could compete in a race with the Norwegian Ernest Mensen, who passed scatheless through the Arabian desert and the dangers threatening him from wild beasts. It is also well known that the painter Leonardo da Vinci could break iron horse-hoofs with his slim, well-formed hands, as also August the Strong or Moritz of Saxony. That the late Alexander III., emperor of Russia, could tear into two a whole pack of playing cards. I will only tell of one man of great strength in the modern times: Johann Karl von Eckenburg, who showed his wonderful feats of strength in the beginning of the last century in the North and Lower Germany. He could tear an anchor rope as if it was a common thread; he could turn strong iron bolts or nails with his bare fingers into cork-screw shape, just as he liked. He carried a cannon weighing 2,000 lbs about in his arms as if it were a little child. His teeth were as strong and hard as iron. He bit, into a stick of oak-wood, and a strong carthorse which was harnessed thereto, although urged with a whip, could not tear it out of his mouth, or manage to drag the athlete away from the spot where he placed himself. He caught with his teeth a wooden bench 16 feet long at the one end and carried it about like that; sometimes he would let a trumpeter sit on this bench and would carry him around the same way while he was blowing a tune.

He held out his arms and carried in each hand a bumper with wine, at each wrist was a stout piece of rope, at which three men pulled and tugged to prevent him from drinking the wine in the bumpers. But notwithstanding all the efforts to the contrary, he slowly but forcibly carried these bumpers to his lips and drank the wine without spilling a drop. The most wonderful of all his exhibitions of strength was the following: He mounted a scaffolding of planks, under which was placed a platform consisting of thick boards, similar in form to a gigantic scale. Upon this platform a man dressed in the garb of a Herald mounted on horseback. This Hercules then, standing on top of the scaffolding, held in one hand a bumper of wine and with the other hand he lifted a heavy chain which was made fast to the platform, on which the horse and rider stood, and he not only lifted platform, horse and rider from the ground, but also while holding them suspended some distance from the ground slowly drank the contents of the bumper, which he carried in his other hand. Through the continuous imbibing of alcoholic spirits this Hercules gradually lost all his strength,

I will add a few descriptions of the strength, beauty and longevity of some savage nations, as these are in themselves already attractive, and by their aid a full light is thrown upon the decay and retrogression of the European race in consequence of their wrong healing methods.

It would be more correct if instead of calling these people "savages" they should be called rather "natural-men" or "men living according to laws of nature." Because most of these people and tribes, which we call "savages," have left off their original natural way of living, as for instance all those that use any kind of intoxicants, such as opium, hashish, boca or poisonous toadstool, tobacco, betel, kawa or meat, as also

all those that tattoo themselves, because thereby they derange the secretive organs of the human system.

On account of the mis-application of the words "natural" and "savage" there has sprung up wrong opinion, that the man of nature was not free from our usual illnesses.

This opinion is generally promulgated with preference by physicians, quoting for their examples tribes or races of people which although still called "savages," have, however, deviated very much from the natural diet.

At the discoveries of America, of Australia, and its Insular groups, the normal state of the general health of the Aborigines was found to be in such excellent condition as to astonish the Europeans, who also admired the sharpness of their senses, as also their beauty, strength and agility. With them, even the nimble, graceful young girls possessed extraordinary muscular strength; did not grow ugly and repulsive in their old age, bore children without pain and without any aid, and could again look after their ordinary occupation within a very few hours after they brought up their healthy babies without much care, because these, within two months old, could crawl about, and in the third or fourth month could already walk.

Kolbe narrates: "The Hottentots at the Cape of Good Hope, could catch fish with their hands as well as the Europeans could do with their nets. They also could swim with an extraordinary facility, and their bearing while swimming was something significant and astonishing. Often they swam with erected bodies, holding the hands out of the water, and it looked as if they were walking as if on land. Even if the sea was in the greatest turmoil and the waves were mountain-high, they would almost dance upon the waves, and would float about on them like a piece of cork.

When out hunting they also were very dexterous, and their facility in running would surpass all imagination. They have a keen look and a sure hand, so that the Europeans are far behind them in these points. They would throw a stone a hundred yards and manage to hit an object as big as a cent; and most curiously they don't look at their object while throwing, but keep their eyes moving about all the time, so that it looks as if some irresistible power guided the stone."

The "Histoire des Voyages" also narrates about these Hottentots how several English seamen fared badly amongst them. [These Europeans wanted to create respect for themselves amongst the savages, and fired with a gun at a bottle distant about 100 yards. The firing and detonation at first frightened the savages, but as soon as they perceived what the aims of the others were, they laughed and hit with stones more accurately the distant objects than the whites with their compound fire-arms. ||Also they could see with their naked eyes much longer distances than the Europeans with their telescopes, and thereupon the latter discontinued to try to show off their superiority, and had themselves to be astonished instead of succeeding to astonish the others.

The American Morell tells about the inhabitants of the island "Hogolen:" Men weighing less than

150 lbs. could lift Up anchors weighing* 600 lbs. just as easily as a white man would lift 100 lbs. Their women have slender waists, handsome shapes and most beautifully formed breasts. Their movements are light, elastic and undulous (wavy); they quickly turn in any direction without any elastic foot-covering. Several of the Insular inhabitants would surpass those who exhibit their strength as Hercufeses at fairs, etc., in our country, by far.

I

Dumont and Laperouse narrate about the inhabitants of the Australian Isles : "The chieftains were gigantic . . . but since the discovery of the island of Guaham the race seems to have much deteriorated,

The men were mostly more than 5 feet 10 inches tall, and had tremendous limbs, so that the Frenchmen in comparison looked almost like dwarfs. Their women were tall, graceful, well proportioned and invitingly sensuous (luscious) in their behavior.

After the quarter-deck had been emptied in such a manner from the female inhabitants of Nuka-Hawai, these seemed to want to make us feel what treasures of beauty and sensuousness we had rejected. Amongst these women there were many who, on account of their beauty,* would certainly have been envied even by some of the most beautiful European women.

While playing completely naked in the water around our vessel like syrens, they were not inferior to them in seducing lasciviousness. They were most attractive in all their sensuous movements while swimming. After they had spent about half an hour playing in the water like this they gradually swam ashore like dolphins, a distance of about a mile. This would have been something to imitate by our European coquettes.

According to the reports of the naturalist Les-son, the first discoverer of New-Holland and the isolated islands of the South Sea found no traces of any sickness; and these were always those tribes who did not tattoo themselves at all, or a very little only, and bathed plentifully.

Just the same it was in America. All the reports of those expeditions said distinctly the following about the original inhabitants of Chili, which could not be conquered by the Spaniards; and about the Peruvians in the valley of Lograno: that they nourished themselves only with fruits, bread and vegetables, that they were handsome and good-natured, free from all weaknesses, reached an old age, Had pleasant, agreeable manners, and that some of their wives had born children in their 80th year

When Captains Clarke and Lewis made their famous and romantic trip to Oregon and California, they narrated wonders about the health and strength of the Indians of those until then almost unknown rego^s; ,

Captain Marryatt writes about the small-pox: The Apaches, Comanches and Arrapahoes are very cleanly and neat in their domiciles, so that only a few or almost none of them suffer from this disease; at least I don t remember a single case which had caused death in any of these tribes.

The same is also narrated by the celebrated Cpok about thfc South-Sea islanders. Cook's friend, the chieftain Potatu, had an iron health and gigantic

build and strength. His thigh was as thick M tins body of one of the former's strongest sailors,

But to all those happy people, the European*, coming without being asked, have brought perdition, Everywhere, where they appeared, they brought with them syphilis, small-pox, itch and Spirits, also the poisonous pest called medicinal healing-art, and (hey call that bringing them the advantages of culture—"civilization."

The Roman historians report about the old Germans: Mighty were their looks, fierce the glance of their great blue eyes which no enemy could bear; daring their mien. Men 6 to 7 feet tall were nothing extraordinary. The Goth Maximian, who, in the senrice of the Roman armies, raised himself to the rank of Emperor, was eight feet tall. His strength was gigantic, and his agility extraordinary. When the Cimbrians attacked the Roman Consul Catulus at trrc river Etsch, they disrooted great tree-trunks from the earth or threw pieces of rock to destroy the bridges built by the Romans.>| They narrate that imprisoned Alanes would carry tree-trunks of a length of forty feet and more with great ease. Teutobach, the chieftain of the Teutons, could jump over six horses. The horsemen jumped upon their horses, stirrups were quite unknown to them. Great was also their endurance and quickness in running. To each rider there was one foot-soldier attached who, holding on to the horse, would run alongside and try to hit especially the Roman riders and horses in the battle, so that they should fall. Caesar found this way of fighting so advantageous that he also formed a light legion in imitation of the above, which legion brought hrr victory in the battle of Pharslus.

Even Charles the Great was seven feet tall—i. e. he measured seven of his own feet in length,

In comparison with these Germans in their bear skins, those of the middle ages in their iron habiliments are mere weaklings. But we; what are we h comparison even with those?

You should try to put that iron pot, whicl
TM^ * . * ^ f i c d , 7 ^ " Esquires upon the head o
the soldier of to-day, and then tell him to fight all da;
w i l l ^ — or perhaps let him wear the complete in*
armour with helmet and BREAST-plate! No, even if 1
^ * * * * * f m d e c from fire-clay, he would dro;
d o w ! \ A T T E R A : J O R T hour! It is not the bullets an
* * * * * most of the soldiers in war. but th
diseases and unnatural treatment in the hospitals, I

Only give a commander-in-chief an army of reall healthy men who would not be affected by a Russia winter, nqr the exertions or long-marches or th camping out at night, without being subject to severe cold—healthy men, who would remain awa from the typhoid air of the hospitals, away from th poisoning drugs of the druggists, and the flaggin of spirits from the use of liquors. This commandei in_ hief need really be no Napoleon to put all Euroc ., t his feet.

if . . . JH continually go on in the same manw . . . j . he last three centuries with the poisoning a pining away of the so-called civilized nations, Eurof will most probably see another migration of natioi within the next three centuries.

It is true that in the hr North- there are no mm

nations with gigantic bodies like those nations who destroyed Rome with rocks and tree-trunks, but soon it will not need any giants to destroy us—even the masses of Siberians and stinking dwarfs from Lapp-land may play with us the part of the Goths and Alanes, Marcomans and Teutons. Even if not coming from the North, they may come from the East.

With this saying Francke has prophesied the future very appropriately of fifty years ago. Is not everybody convinced of the yellow danger, and do not all judges of circumstances point out the Yellow Race as the most dangerous one?

That all these assertions and sayings are necessarily correct, is proven by various facts in the administration of the army (in Germany); all those bound to appear for military muster, all the most promising youth, show already not enough sufficiently-developed people at twenty years of age, so that they now are called in, in their twenty-first year, and the measurements in body-length and width of breast have had to be decreased. Also there is a continuous decrease in the childbirths without danger, and the number of mothers who suckle their babies is growing always, less.

But the more terrifying is the increase in madness, and the quantity of people of both sexes subject to diseases of the brain. Also the number of hospitals, of physicians, of invalids and cripples in body and soul is getting alarmingly larger and larger.

It is impossible to-day to overlook the fact that the present human society is diseased to the core. This is proved by the continuous craving after new healing remedies, which not only cause fresh disappointments, but also the general dissatisfaction of all classes, which springs from the indistinct craving after a complete internal happiness.

One Who Speaks With Authority.

Prof. E. M. Crookshank, M. B., of King's College, London, is an able, honest man, who made a "first-hand," thorough investigation of vaccination to get at the truth. He got it, or large sections of it, and it is important that his conclusions should be made known, for he must be the authority until some equally capable scientist controvert them. Here are a few quotations from his great work on the "History and Pathology of Vaccination":

"I gradually became so deeply impressed with the small amount of knowledge possessed by practitioners, concerning cow-pox and other sources of vaccine lymph, and with the conflicting opinions of leading authorities that I determined to investigate the subject for myself. I feel convinced that the profession has been misled. We have submitted to purely theoretical teaching."

Investigate he did and this is his conclusion:

"Inoculation of cow-pox does not have the least effect in affording immunity from the analogous disease in man, syphilis; and neither do cow-pox, horse-pox, sheep-pox, cattle-plague, or any other radically dissimilar disease, exercise any specific protective power against human small-pox." (Vol. I., page 464.)

Not until our "eminent professors" read Crookshank and refute him will they be entitled to pose as authorities on this important question.—The Anti-Vaccination of America, 1328 N. 12th St., Terre Haute, Ind.

Have a definite aim; stick to it; be willing to wait.
Be temperate.
Avoid gambling.
Read good books.

The World Mill.

The world is a mill, and its grinders are men;
The moulder is Nature and Passion its will;
And their lots are so cast, that nine out of ten
Turn the wheel like a horse in a mill.

The monarch, whose power is the greatest to sway,
And is throned in his crown like an oak on a hill,
Must the bulk of the state and the nation obey—
What is he, but a king in a mill?

Look hither or thither, count numbers or few;
Whether gay or sedate, in the camp or the drill;
Though they differ in routes, the same end they
pursue,
And are chained by a link to the mill.

Why trouble for riches? Why weep for the lost?
Why vex with your neighbor that sadness should kill?
'Tis ordained, and 'tis wisely, at every one's cost,
All should pull, might and main, in the mill.

Principles of Hygeio-Therapy.

The human organism has no power to change inorganic matter into organic. It can not use inorganic matter to build up any part of the body.

Only plant-life organizes; chemistry has nothing to do in organization, or in building up the human body.

The life expression in the body has two distinct divisions: The voluntary and the involuntary.

The voluntary is expressed in the will, in all expression of motion of the body and in thought, or mind.

The involuntary forces perform the functions of all the organs of the body necessary to keep up all of its operations which is done without mind or thought; All healing or mending of any part of the body is done by the involuntary force. The voluntary by physical volition and mind or thought power makes conditions favorable or unfavorable.

But the involuntary does all healing and all the keeping of physical conditions. It needs no directing, always doing its work to the best degree of perfection that the conditions will permit. All diseases are the expressed action of the involuntary force in its operations of repair and should never be interfered with nor counteracted. Disease expresses two natures: one is purification expressing many types; the other is repair or mending.

There are two distinct systems of laws relating to man's best interest: one is hygiene, relating to him when in health; the other is therapeutic, relating to him when sick.—(The Journal of Hygeio-Therapy.)

Just So.

Sometimes we envy the prosperity of a wicked man, little knowing how the wicked man envies us.—Walter Pulitzer.

To the man who profits by his mistakes experience pays handsome dividends.—Puck.

Instead of complaining of the thorns among the rocks, we should be thankful there are roses among the thorns.—Dryden.

Harold (desperately): "I tell you, old chap, I cannot live without her."

Rupert (complacently): "Oh, yes, you can, old man. Why, I used to think I couldn't live without cigarettes!"

THE KNEIPP WATER CURE MONTHLY.

The Cure of a Steep-Walker Through "Water Cure" Treatment,

In Eleven Pictures.

I.



Our Joe is a sleep-walker! Just look at him, how bad he looks, the poor boy. I would advise you, *my dear*, to go to the soothsayer in the nearest town; he may give you something to cure him.



In my opinion the best remedy I could advise would be a copious blood-letting. Of course he will be weakened a little thereby, but at least he will keep quiet at nights.

II.



The soothsayer prescribes: wild herbs from the devil's garden to be boiled in the moonlight, and of this decoction one quart full is to be given each day to the patient. Then, when there is a full-moon, pull out seven of his hairs and bury them near the cemetery wall close to the chapel; re-cite seven times "The Lord's Prayer," and your boy will be well again in four weeks thereafter.

V.



May all the Saints protect us! Look, there he is again upon the roof, in spite of his weakened condition. I'm afraid he may yet break his neck one of these days.

III.



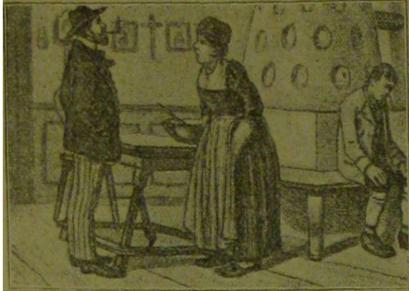
Well, look here, after having done for four long weeks exactly as we were told to—still here is Joe again sleep-walking upon the roof. Thunder and Lightning! to-morrow you shall drive to town and consult the village doctor.

VI.



Ah, Good day, Mr. Landscape-Banter going to stay with us for your vacation?
Yes, certainly, I will—but, my dear friend, what matter with you? You are making an awful matter of it.

VII.



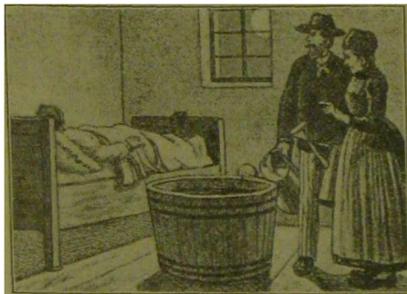
And so you have actually tried everything and all without success. Well, I think I know of a very simple remedy—the Kneipp Water-Cure. All I need for that is a large tub partially filled with water and two large cans filled with water. I will personally attend to everything else.

IX.



Oh! Heavens! stop. Hu—hu—hi—hi—Oh, Oh, stop, for God's sake, stop.
I guess this shall be your last sleep walk.

VIII.



Ah—now he is beginning to move already! Soon he will start his sleep-walking again; now you Just watch me—the treatment begins.

X.



The somnambulist mania had disappeared. And when the Landscape-painter returned the next year, Joe had grown to such athletic proportions, that the artist scarcely recognized him.

XI.



And when after another year Joe and his sweetheart celebrated their wedding, the artist was of course one of the principal guests, and made everybody remember Joe's "Water-Cure" treatment.

Effect of Vaccination.

Editor of the Homeopathic Recorder.

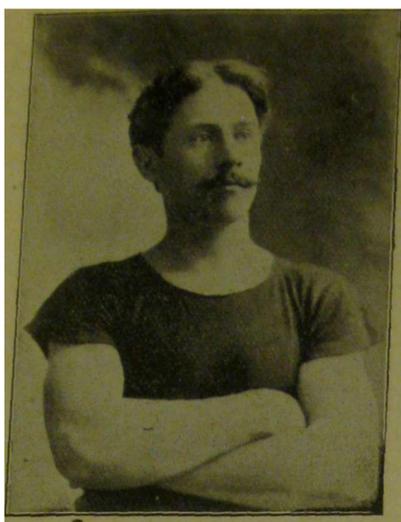
Dear Sir:—Please publish enclosed clipping relative to vaccination. I believe there is a better way to prevent small-pox epidemics, viz.: Cleanliness and absolute isolation. To modern hygiene, quarantine, cleanliness should be given the credit for less of small-pox than formerly rather than to vaccination.

Your? truly,

B. W. Severance, M. D.

Gouverneur, N. Y., Sept 2, 1901.

Ogdensburg, Sept. 2.—Harriet Marjorie McGibbs, only daughter of James A. and Harriet McGibbs, of Washington street, passed away Thursday evening after an illness of about six months, aged 10 years. Little Marjorie was vaccinated at the time the order was issued by the board of education compelling all children in the city school to be vaccinated. It worked very hard and the child soon began to fail, and has been confined to her bed most of the time. Death is attributed to the effects of vaccination. The funeral was held Saturday afternoon.—Watertown, N. Y., Daily Standard.



WILLIAM JAMES CROMIE.

Over Eating.

By William James Cromie.

In this age of hurry two meals per day, we think, would be better than three. It surprises me that food is ever digested, the way it is bolted down into the stomach by the average man. Is it any wonder that many have indigestion and dyspepia, when we realize the fact that most all of us eat too fast, drink too much fluid with our meals, eat improper food, and eat entirely too much for good health.

When we eat too fast the food is not properly mixed with saliva. Some one has said that properly masticating the food is one-half the digestion. It would be better to omit a meal than to eat as fast as some do. If the stomach had teeth, it would not be so bad, and it is a deplorable fact for some that it does not. A prominent physician once said that not one in a hundred eats his food properly, but eats it much too fast, and swallows it in pieces or masses, quite too large.

When we take liquid with food a great deal of water is directly absorbed! But when too much is taken some remains in the stomach and so dilutes the gastric juice, which, if practised continually, will eventually cause dyspepsia. Where can we find one whose body is not more or less impaired by eating improper food. I think the man is yet to be found, whose body has not been affected by improper eating and drinking. To whom, then, shall we go for advice concerning our good? Know thyself, and the advice of others will not be needed. It must be remembered that one person can do, without harm and sometimes with advantage, what is injurious to another. In other words, "What is one man's food, is another man's poison." Men differ very widely in their habits. Every person should understand the great laws and principles of physiology and apply them with the aid of experience to his own case. For instance, if for breakfast he partakes freely of fried ham and eggs, adding perhaps fried cakes and fried potatoes. This, to my mind, is about as digestible

not get through a well greased piece of leather, nor can gastric juice penetrate through a well greased egg. If one eats something that does not agree with him he should discontinue its use even if it does tickle the palate.

One of the worst evils, and it is taught us at an early age, is the habit of eating too much food. The child is no sooner old enough to desire food than he is overfed. We have all seen the tender infant urged to take a little more food, after Nature had already said "enough." Then, in a few minutes, if the child cries a little from pain, or from the effects of having been already overfed, the stuffing process is repeated. In fact, feeding becomes the panacea for every ill. The stomach is thus unnaturally distended, and if the stuffing process be continued, it becomes enlarged.

After a while the infant becomes old enough to go to the table. He is the most prominent object of attention and conversation, and each contends for the honor of feeding his little stomach. He must, of course, like what the rest like, tea, coffee, and other injurious things. This process goes on till the precious art of eating and drinking is acquired. The arrangement of our modern tables tempt him as a man more than when a child, because his stomach is entirely too large and habit has become fixed. When he has consumed about as much as his system required, another dish is brought on.

Suppose a housekeeper, endeavoring to follow out the laws of physiology and hygiene, would withhold from her guests tea, coffee, condiments, etc., what would her modern fashionable friends think? They would likely think her a reform crank and laugh at her for her pains. Are we feeding our stomachs when we overeat? No. We are feeding disease. When we overeat for any length of time the system becomes full of impurities, and Nature tries to throw off these impurities in the form of colds, boils, and many diseases.

Everybody is inclined to eat more than Nature requires. We would be in better condition if we ate less than we do. Some of our great men were small eaters. Sir Isaac Newton was exceedingly rigid with himself. Benjamin Franklin sometimes ate very little food. Dr. Dwight endeavored to subsist on twelve mouthfuls of food a day. President Jefferson said: "No man, when he comes to die, ever will repent oil having eaten so little." O. S. and L. N. Fowler phrenologists, in their writings advance and defend the doctrine of eating only one meal a day. The Roman soldiers, in the best days of Rome, subsisted on rations which were scanty as well as simple, yet they carried armor which in these days would be deemed insupportable.

The digestive apparatus is subject to habit, and the rest of the system. At the accustomed meal time the saliva and the other digestive fluids will flow though no food is taken. When that time is passed they do not start steadily.

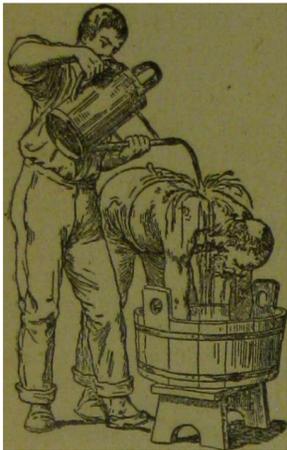
LACK OF EXERCISE.

This, to my mind, is a great hindrance to digestion. When the body is in a sluggish condition, the digestive juices flow slowly. The alimentary canal does not contract vigorously to knead the food.

Douches.

(See "My Water Cure" 50th Edition, p. 88.)

THE ARM-DOUCHE.



The arm-douche consists in douching the whole arm (beginning with the fingers, every one of which must be douched) and continuing up to the shoulder, and whole process must not take more than a minute. It is generally employed when powerlessness of the arm sets in caused either by paralysis or any like trouble, or when the arm is very feeble and abnormally cold, or in rheumatism of the arm. In writer's cramp and neuralgia generally it is a most excellent remedy. It may be taken every day and in exceptional cases twice a day.

Just as the feet are strengthened by the knee-douche, so the arm may be made quite strong by the applications of cold water from time to time.

THE UPPER-DOUCHE.

In administering an upper-douche one must take into consideration the parts of the body which will be subject to its action. These are the heart, the lungs, the bronchial tubes and the vocal chords. This being so, one must be advised whether the douche is to be weak or strong or even at first whether it may be given at all. For example in case of lung disease it would not be wise to begin with the upper douche, but to substitute for a time washing the upper part of the body morning and evening with cold water and to increase the action by mixing vinegar with the water. I advise the same for one who has palpitation or any other disease of the heart; otherwise it may be safely administered in all cases. A weak upper douche is not much stronger or very different to a washing. Should a few trials of the upper washing prove a success, then the upper douche may follow which will gradually strengthen the patient. This advice must be strictly followed in heart troubles. As this special douche has so much effect upon the organs of the chest, it is of the highest importance it should be rightly administered.

It should be applied by beginning from the neck down one-half the back; the water, which may be given either from a hose or a water can, should spread evenly like a sheet over the back. Whether the water comes from can or hose does not really matter although I personally prefer the can, because with it the stream can be more easily regulated, and increased or diminished at pleasure. For a mild upper douche one uses an ordinary garden hose containing three or four gallons of water—for a powerful upper douche double the quantity. Where tie patients have taken several

douches and with them have made great progress, three or four hose or cans may be used, and for a very hardy person even six, seven, and eight. If a sick person bears the upper douche well, its power may be gradually increased. If the upper part of the body is weak, one begins gently with the left or right arm, coming gradually from one side to the other with the water till the loins are reached. There is generally at the right or left side of the lower part of the back a point from which the water more easily covers the back, and flows equally, looking as if covered with a sheet.

Before taking an upper douche the upper part of the body should be quite warm, and as soon as it is over the shirt or chemise must be put on as quickly as possible followed by the remaining articles of clothing, without drying the body in the very least. After the body is covered, the neck and hair if they have become wet should be made dry, and exercise taken till the whole body has recovered its normal warmth.

The Nose Indicates Character.

Don't Complain If You Have a Big One, for That's the Very Best Kind.

"A large nose is always an unfailing sign of a decided character," writes Blanche W. Fischer, in an article on "Reading Character from the Face" in the October Ladies' Home Journal. "It belongs to the man of action, quick to see and to seize opportunity. A small nose indicates a passive nature, one less apt to act, although he may feel as deeply. He will have many theories, while the possessor of a large nose will have deeds to show. Persons with small noses are most loving and sympathizing, but their friendship is not the active kind.

"A nose with the tip slightly tilted is the sign of the heartless flirt. A long nose shows dignity and repose. A short nose, pugnacity and a love of gayety. An arched nose—one projecting at the bridge—shows thought. A straight nose shows an inclination toward serious subjects. A nose that turns up slightly indicates eloquence, wit and imagination. If turned up much it shows egotism and love of luxury. A nose that slopes out directly from the forehead, that shows no indenting between the eyes, indicates power. If the nose is indented deeply at the root the subject will be weak and vacillating. A nose that turns down signifies that the possessor is miserly and sarcastic.

Diseases.

How to Treat Them According to the Kneipp System.

DISLOCATIONS AND SPRAINS. These are cured by embrocation of camphorated spirit (a piece of camphor—the size of a hazelnut—dissolved in half a pint of spirit), besides other resources of the natural method.

DISSIPATION, and Infirmity Arising From It. Next to drunkenness, there is no vice so prevalent as that of the excessive indulgence of sexual passion. Millions of human beings ruin their whole life by it. The vice is visibly imprinted on the features; and one-half of all our lunatics are in the asylums only as the consequence of such indulgence. The medical treatment hitherto practiced, with the poisons; mercury and arsenic, does not cure the disease, but only vitiates the blood more than ever. Paralysis, spinal complaints

THE KNEIPP WATER CURE MONTnu*.



THE "KURHAUS" IN WOERISHOFEN OF TO-DAY

and blindness are the consequences of this perverse treatment. Here again it is evident that water alone, coupled with the very simplest diet, is capable of grappling thoroughly with the evil and of subduing the consuming fire of passion. In all the cases of this class the bowel action, sleep, and appetite, are very irregular, and the natural warmth and strength are much reduced; the first aim must therefore be to improve those symptoms one after the other, and to make the treatment fall in exactly with the patient's individual condition. For the comfort of mankind it may with confidence be said that the Kneipp system cures all such cases radically. The following is the treatment adopted:

a. Diet. The food of such patients must at first be strictly vegetarian. Three times daily (for breakfast, dinner, and supper) strengthening soup, which for dinner may have an addition of broth to it; the patient must take besides, if possible, a large spoonful of milk every hour before dinner, and the same quantity of water every hour after it, till the evening.

b. The Water Treatment is, for the first three days, a full washing daily, best with a mixture of water and vinegar; on the fourth day, washing of the upper part of the body, and thigh affusion; on the fifth day, upper and thigh affusion; the sixth, the same again; and on the seventh, a half bath. In each week following, three thigh affusions, three half baths, and a back affusion; all in rotation—one day upper and thigh affusions; the next, half bath, etc. Walking a great deal barefooted, treading in water, and walking exercise out of doors, are a "sine qua non." After a few weeks, sometimes after one, mixed diet may be given at dinner.

Thus the enfeebled body is, within from fifteen to twenty weeks at the most, restored to life and vigor; and nobody is more grateful than those so rescued. If medical men in authority would prescribe

a treatment of this kind for all afflicted with diseases in hospitals, not only would thousands, who are yearly treated there without the slightest success, soon recover, but the number of suicides would considerably decrease; for we read in the newspapers every day "the cause of suicide was some incurable malady." Incurable certainly, from a medical point of view, but mostly curable by the natural method of healing, not applied too late. Hundreds of testimonials might be adduced in proof of the efficacy of this system; the limited space at command would permit it scarcely to perceive, why, with more vigorous constitutions, upper and thigh affusions may be applied once, in rotation with the half bath. The less vitality there is, the milder and the less heat-absorbing must be the form of treatment.

DROPSY. Incipient dropsy of the abdomen treated with good effect by applying two whole three-quarter packs and four partial baths, week and by drinking daily a cup of pewter-grass tea, which may be added six or eight finely-ground juniper berries. The cane-chair steam-bath, with an infusion of hayseed, is also recommended for the beginning of this disease; especially for patients who dread water. Nettle tea, but also "Wiihlhuber's" infusion of juniper berries as well as of the left* twigs of that tree are good remedies. The cold, wet wrap is an excellent means to prevent the disease.

DROPSY OF THE HEART. Back and compresses, in turn, are applied daily. If the patient is otherwise strong, the various affusions will out of place. Rosemary tea should be taken, | as the other infusions mentioned under "Drop of wilstch act well on the kidneys. Tea also |§ wort or dwarf elder root (*Sambucus ebulus*, L., ates in the same way, and cleanses the kidneys. The roots are gathered late in the ai

dried in the air, and boiled after being pounded. Wormwood, boiled with aloe, expels the unhealthy humors, from which dropsy may develop. Incipient dropsy may be cured by nettle or elder-root tea. Rosemary wine acts on the kidneys, dropsy of the heart, or dropsy in general; three or four spoonfuls taken in the morning and at night. The wine is prepared as follows: A handful of rosemary is chopped as fine as possible, placed in a bottle, and well-kept wine (best white hock) is then poured on it. It may be used twelve hours afterward.

DRUNKENNESS. It is unfortunately true, that mothers will sometimes give their children alcohol in drops. Such children are backward in growth and development.

If the cure of a habitual drunkard is the task in hand, the treatment and cure of the patient are matters of unusual anxiety. As one looks for a nurse for a child, so must the person responsible for the recovery of a drunkard seek for an attendant capable of exercising a strong influence over the patient. • As the vital force of a habitual drunkard is much reduced, it will not do to stop the supply of alcohol all at once; lest the heart's action should cease, and the patient collapse, from mere weakness. The patient should therefore be allowed, at first, a fourth part of what he has been accustomed to take; and should be provided, at the same time, with good, nourishing food. The first thing in the morning, browned soup; otherwise, little liquid, but a substantial diet, including plenty of vegetables. By degrees the daily allowance of alcohol must be diminished; until, after four or five weeks, by which time the system should have recovered tone, it should cease altogether. As this class of patients are generally affected with heart complaints—and, if beer-drinkers, find later that their liver and kidneys become involved—a water treatment must be adopted with caution. But it will, in all cases, be quite safe to begin with the knee affusion and upper-body washing, in order to get the alcohol out of the system; therefore, for the first fortnight, a knee affusion should be given every morning, and an upper-body washing in the afternoon. If the patient is stronger at the end of that time, and if there is nothing wrong with the heart, all the affusions may be applied in turn, including the half bath in rotation, thus: on the first day, upper and thigh affusion; on the second day, a half bath; on the third, a back affusion; on the fourth day, again the upper and thigh affusion; on the fifth day, a half bath; on the sixth, a back affusion; and on the seventh, a full affusion. In addition to the baths and affusions, Kneipp prescribed a tea of wild plantain, wormwood, and yarrow, mixed; and for a change, another mixed tea, made from tormentilla, angelica root, and wild plantain; one cup daily, divided into three portions—of which one is to be taken in the morning fasting, one before the midday meal, and one before supper. Each of the tea-mixtures may be used for a week, in order that each may have time to exercise a favorable effect on the stomach of the patient. •»

EMACIATION. This morbid condition is frequently connected with cough and pulmonary complaints. The lungs, therefore, have to be attended to.

When emaciation, however, has to do with intestinal inflammation, showing itself by abdominal pains and spasms, and great pain during meals, likewise by a pale complexion and dull eyes, three hip baths a week should be taken; chest and abdomen must be vigorously washed with water and vinegar every morning and evening; and a cold half bath (time, one min lite) applied once a week. Twelve drops of wormwood in warm water should be taken internally twice a day.

The Care of the Eyes.

By the Editor.

Although the eyesight is one of the most precious gifts with which the Creator has endowed humanity, most of us do little or nothing for the preservation of this priceless boon, although there exist some very simple though effective means by which we are enabled to recuperate our eyesight easily and effectively.

This consists in bathing the eyes often, i. e., people whose occupation co-erces them to strain their eyesight continually should bathe their eyes at least once or twice during the day as follows:

Immerse your eyes, although keeping them wide open, into a vessel containing fresh, cool water as long as you can keep your breath. Repeat this several times, and open and close your eyes each time under water. This easy bath will be found by many to be attended with some inconvenience, and a considerable will-power must be exerted in order to carry out above instructions; however, only the first attempt will be found to be troublesome: habit very soon takes off the first strange sensation.

Even for the recovery of an already weakened eyesight the above bath is a very efficient remedy, and has proved to be very beneficial in cases of complete blindness, recuperating the optic nerve to a very marked extent. Care of the eyes is also an essential necessity for the preservation of the eyesight. Therefore avoid the too sudden changes from strong light to darkness or vice versa, and from heat to cold, etc.

If the eyes become red after the above bath, this is a sign of the good effect it has had on the eyes. To prevent determination to the head, some water-applications or gushes should be applied to the lower extremities and feet, thereby causing a regulated blood circulation.

These applications consist in treading the water, going barefoot in the wet grass, or upon wet cobblestones, etc.; by these means the feet also are hardened and strengthened.

Besides the eye-baths as above described, another preparation made of Fennel-tea is very beneficial for the purification and strengthening of the eyes.

This eye-lotion is prepared as follows: Boil half a pint of Water to which a heaped tea-spoonful of ground Fennel tea has been added. This decoction you should strain through a sieve and either apply to the eye by means of a soft linen cloth dipped into the fluid or by allowing a few drops of the fluid to flow into the open eye—several times during the day. A bath of Fennel-tea like this, added to one or two cold water ablutions daily, has already delivered many a one from various eye troubles.

The Coming Revolution in Diet.

By Sidney H. Beard.

Editor of the "Herald of the Golden Age," England.

It is improbable that any person who ventured to prophesy, that within fifty years the habit of eating flesh will be abandoned by the majority of the Anglo-Saxon race, would at the present moment be considered an enthusiast and his message be regarded with scornful incredulity. Yet there is reason for believing that this apparently improbable, but not unprecedented Revolution in the habits of a people, may actually be brought about.

Misery.—THE PUBLIC HEALTH.

In the first place, a great deal of uneasiness and concern is being created in the minds of the public, by the ghastly flood of light which has recently been flashed upon the subject of flesh-eating. The revelations of the Royal Commission on Tuberculosis, the frequent publication in newspapers and periodicals of cases of malignant disease and death resulting from the partaking of infected meat, and the issue of numerous pamphlets, books and papers written upon the subject by medical men and others, have demonstrated in the clearest manner on scientific authority, that a large proportion of the maladies which afflict the community are most certainly caused by this time honored but barbaric custom.

It is a well authenticated fact, that a considerable proportion of the flesh daily consumed is that of tuberculous animals, for it is the custom in this country for Medical Officers of Health to pass the carcasses for sale even when the internal organs are condemned as being full of tubercle. As the various scientific authorities who have publicly given an estimate of the percentage of animals suffering from tuberculosis, tell us that from twenty-five to fifty per cent, of the cattle sold for food are undoubtedly infected by this dread disease, we are quite safe in coming to the conclusion that at least one-third of the beef which is consumed in blissful ignorance is liable to communicate this malady (now pronounced by the whole medical world to be highly transmissible); The majority of animals killed are never examined by Medical Officers at all, and as the interests of the butcher and the breeder are alike involved in hushing up the fact that evidences of msligmint disease are found, it is not to be wondered at that one thousand persons every week die of consumption in England and Wales alone, and another thousand of other tubercular complaints. Dr. Koch has demonstrated that the bacillus can survive exposure to the temperature of boiling water for 15 minutes, and as the centre of a joint does not reach boiling point at all, the extreme danger of banqueting upon beef must be apparent to every intelligent person, for the experiments of the Royal Commission proved conclusively—that flesh which appeared to be perfectly healthy but which was taken from animals whose internal organs were infected by tubercle, communicated the disease in a considerable percentage of cases when administered to various healthy animals as an experiment.

Such afflictions as Scrofula in all its forms, water

on the Brain, Disease of the Hip and well as Consumption, are all caused Tuberculosis, and when we consider the victims who annually succumb to the terrible maladies, it is not surprising that a question should have been recently asked in the House of Commons as to what steps the Government proposed to take in this important matter. Unfortunately, the Government can only apply palliative remedies, for if all the delicious flesh were taken off the market the public would not have a sufficient supply, therefore a rapidly increasing number of sensible persons are providing a remedy for themselves and their children by giving up the use of meat altogether as food and by adopting a diet which our greatest scientists have declared to be the natural food of man—consisting of all kinds of fruit, cereals, pulses, nuts and vegetables (with the addition of milk, eggs, butter, and cheese, if desired).

Various other evils have been demonstrated to be the result of flesh-eating, such as Rheumatic Gout, Dipsomania, Tapeworm, Trichinosis, and other parasitical complaints (for these afflictions are unknown amongst abstainers from flesh of long experience), and a good deal of evidence can be furnished to show that Cancer, Dysentery, Carbuncles, Liver-complaint and Dyspepsia are also frequently caused through this violation of Nature's Law concerning our diet by attempting to assimilate food, which in addition to its danger from infective germs is not suited to our teeth and digestive organs. In Australia, where the climate is so genial, Cancer and Consumption are becoming prevalent to an alarming extent, and medical authorities out there, are beginning to attribute it to the large consumption of tuberculous and cancerous beef and mutton, which is eaten in greater measure even than in England on account of its moderate price.

In view of these gloomy facts, it is not to be wondered at that the favorable testimony borne by those who have adopted a rational and humane diet, should now be listened to with respect, especially as many of the apostles of the Food Reform Movement have an experience of from 20 to 50 years, supporting their declaration that abstinence from flesh has brought them increased health, happiness, vigor and contentment.

2. SOCIAL PROBLEMS.

Another reason which causes this reform to commend itself to a rapidly increasing number of thoughtful and practical men, is the fact that it presents a solution for some of our most difficult social problems: and a sound practical remedy for many of the physical and moral evils which bar the progress of our race towards the era of contentment and happiness which it is hoped we shall reach some day. The Agricultural Problem will to a great extent be solved when the beneficial change is brought about, for the fertile ground of England, which cannot be farmed profitably for the raising of cattle in many instances, on account of foreign competition, would generally yield a good return if used for the purpose of raising vegetables and dairy produce. The crop of a large farm near Paddock Wood recently realized from 50 pounds to 50 pounds per acre, and market gardens are generally profitable enterprises.

THE KNEIPP WATER CURE MONTHLY.

foresee that when the demand for such products is increased a hundredfold, the position of the landowner and agricultural farmer will be very different to what it is now. The overcrowding of cities would be remedied also, for twenty times as many agricultural laborers would be required upon the land as can be supported by it at present.

The great evil of Dipsomania would be sapped at its very foundations, for the drink crave has been proved by reliable evidence to be the result of malnutrition and flesh-eating—the meat bill and the drink bill of nations, cities and individuals, bearing the closest relationship. In Eastern countries where flesh-eating is not the custom, drunkenness is very rarely known, and it may probably be safely asserted that a vegetarian drunkard could not be produced in the United Kingdom. Dr. Jackson, of Dansville Sanitarium, U. S., treated nearly 100 cases of confirmed Dipsomania simply by making the patients abstain from flesh, condiments, etc., and he found that within 6 months the crave for drink disappeared entirely. His evidence is supported by many other practical men who have studied the matter, and this is beginning to be recognized as the real solution of the drink problem. Practical thinkers will admit that to remove the desire for strong drink from a nation is, if possible, a surer method of combating the drink demon, than merely seeking to create laws calculated to curtail the Sale of intoxicants (however desirable such measures may be in addition). The leaders of the British Women's Temperance Union have established a Food Reform Department as a branch of their organization, and the ablest workers in the temperance cause are now realizing the importance of this subject.

The money saved by the enormous reduction in the meat and drink bill of the nation, which will take place as this revolution makes headway, would be sufficient to eliminate poverty altogether from the land; England will become more independent concerning a food supply in case of war breaking out with other naval powers, and the great diminution in the aggregate of disease and crime which will follow upon the general adoption of this reform would soon tend to lessen the amount of suffering in our hospitals and prisons.

This golden prospect is not merely the dream of an enthusiastic imagination, but is based upon sound and reliable data. In a pamphlet entitled "What the Scientists Say Against Flesh-Eating," a number of medical testimonies will be found to corroborate this statement. Sir Henry Thompson, F.R.C.S., has stated that he has been compelled by facts to come to the conclusion that more physical evil accrues to the Western races from erroneous habits of diet even than from alcoholic drink (great as that is), and he suspects the same applies to moral evil also. It has been a recognized fact for centuries that flesh-eating strengthens the lower side of man's nature and hinders his moral and spiritual advancement, and we all know what a large percentage of crime is the result of intemperance; if the people could be made sober, such crime would cease to exist.

3—THE MORAL ARGUMENT.

The real strength of the Food Reform Movement however is based upon Humane Sentiment, and it is by the direct appeal to the conscience of Christendom, on the moral issue of this question, that the revolution will be brought about.

Public opinion and the law of the country, already declare that the unnecessary infliction of cruelty is a crime, and the wholesale atrocities of the slaughter house and the cattle boat are winked at only on the supposition that flesh-eating is a necessity, and consequently that the cruelties inseparable from the transport and butchery of cattle are unavoidable. Directly the fact is realized that a flesh diet is not only totally unnecessary but even injurious, no intelligent person can escape the logical conclusion that the wholesale massacres of highly organized creatures which take place daily are unjustifiable from a moral standpoint—and that therefore the custom of flesh-eating which necessitates the perpetration of these enormities ought to be abandoned by all who hold it to be their duty to show mercy to the weak and defenceless. This humane position was reached by the Brahmins and Buddhists twenty-five centuries ago, and it is time Christendom adopted it also.

Flesh-eating has been declared to be unnatural and unnecessary for man by such authorities as Prof. Owen, F.R.S., Cuvier, Gassendi, Pouchet, Linnaeus, Ray, Buffon, Sir H. Thompson, F. R. C. S., Dr. W. B. Carpenter, F.R.S., Sir C. Bell, F.R.S., Prof. Lawrence, Dr. Spencer Thompson, Dr. Haig, F.R.C.P., Lord Playfair, and Sir B. W. Richardson. In view* of such an array of scientific testimony, supported by the statements of large numbers of vegetarians of long standing—who declare that although living in this climate and engaged in all kinds of physical and mental toil, they are happier, healthier and more vigorous than when they ate flesh—no sincere person can well avoid the conviction that the aforesaid conclusion is based upon argument which is irrefutable. As the unavoidable cruelties involved in cattle transport and slaughter are in reality perpetrated at the instigation of those who buy the flesh (although butchers and drovers are hired to do the dreadful work), the responsibility of aiding and abetting this huge system of massacre rests upon those, who, with their eyes open to the facts of the case, continue to use a meat diet.

The public have but little idea of what is going on every day in order that their dinners may be provided, but the publication of the following facts may be the means of enlightening many persons who have hitherto accepted the notion that the process of being reared, transported and killed for the public benefit, is an experience which is cheerfully accepted by the sensitive creatures who are called upon to pass through it for the gratification of man's appetite.

Although cattle suffer from cruelty upon the ranches from such inflictions as mutilation and branding with red-hot irons, etc., and die of starvation and cold by thousands on the American plains, their worst sufferings commence on the journey by rail, and we are told by the American Humane Society that thousands arrive at the stations in that land mutilated,

THE KNEIFF W A I A A

crippled or dead, and they are frequently kept for three days and nights without food or water. The transit of cattle from America to Europe is a disgrace both to our civilization and Christianity. Those who have made long *voyages* know what it is to be on board in heavy weather even when first-class accommodation is provided, and they will* be able to form some conception of the sufferings endured by cattle who are *so tightly* jammed together that they have to stand the whole time they are on board, and when it must be difficult if not impossible to approach them for days together with either food or water. During a bad passage large numbers of the poor creatures are mutilated by being thrown about on the cattle-deck, often becoming impaled by the broken pens, and when they sink from exhaustion or their wounds, they are trampled and gored to death by the others. An article in Chamber's Journal of Feb., 1898, records an interview with an officer of a trans-atlantic cattle-ship who stated that the wretched beasts are often reduced to mere bleeding masses of hide-bound flesh.

The Graphic for November, 1897, contained a large picture drawn by an eye-witness, of a South American cattle boat in a storm, and it presented a scene of indescribable suffering which fully justifies the protests which are now so frequently being made in various magazines and journals. Scarcely a week passes without some vessel arriving at our ports and reporting heavy losses in transit; bftt the figures are too often merely glanced at by a complacent public which does not realize the tale of misery and anguish which these figures imply.

The Daily Telegraph, in an article on the cruelties of cattle transport, stated that when the wretched beasts were so mutilated as to be doomed, and the movements of the vessel prevented the men from dealing w^th them, they were made by means of tortures impossible to describe in a public newspaper to jump overboard from, sheer physical pain! The extent to which this is carried on may be learned from the-fact that a Privy Council Report records that in one year alone 14,024 animals in course of transit to this country were thrown into the sea (by what methods must be imagined), 1,240 were landed dead, and 455 were slaughtered on the quays to save them from dying of their wounds. Every year several millions of live cattle are forced to face these sufferings, but the daily occurrence of such enormities ought to make a Christian nation blush with shame.

The atrocities of the slaughter-house are as bad as those of the cattle-boat and the officers of the R. S. P. C. A. are only allowed in very rare instances to visit private slaughter-houses by the butchers who keep them. What takes place in them may be learned from a butcher who, writing to the Staffordshire Daily Sentinel, stated:

"The first lesson a butcher's apprentice generally receives is how to torture the animals which are to be slaughtered, and he is allowed to use the axe before well able to lift it, to the indescribable agony of the poor beasts. This I have seen occur daily, where a large amount of work has to be done. I have seen slaughter-men make bets as to which would first have five or ten sheep killed, skinned and dressed, and you

may depend *upon it* they were not pa their being dead before skinning them, have JEMF seen cows kicked, their taiks twisted a their eyes burst, before they could be got &md the slaughter-house, and they are frequently k&mdw days without food or water before being killed/*

At the Deptford Abattoirs, where the mo-st experienced men are employed, a medical man who ha& published a book on the subject, saw a poor coagstr struck repeatedly, until he felt literally sick (one blotr of the axe entering the eye.) If this sort of thing oc-curs in London, what must take place in our smap towns and villages? Some idea may be gained by the fact that a hide merchant at Exeter received a bul-lock's skin with twenty-seven punctures in the head. Another wrote to us recently offering to send the skin of a bullock's head containing ten holes made with the pole-axe and saying "we receive such by hun-dreds."

The Daily Chronicle of December 9th, 1895, published the following extract from a communica-tion sent to them by the Abattoir Society:

"The practice of commencing to skin before an animal is fully dead is (the butchers say) due to a de-sire to get through the killing and dressing work quickly. It would be a mistake to ascribe it in most cases to wilful barbarity, and we must also remember, in fairness to the slaughterers, that they have no pre-liminary training whatever which might enable them to tell when death has really occurred. . ' . . . Take the-following case from Newcastle, ft A slaughter-man was summoned for taking an entire skin off a bul-lock's face before the animal was dead. The man-pleaded that "if they had to wait until the beast was dead they might stand by for an hour." The man was convicted and sent to prison for a month. When remonstrated with by a country butcher for half-kill-ing a sheep and then proceeding to skin and take off one of its legs, another slaughter-man replied, "Do-you wait? We never do." This statement is taken from Colonel Coulson's paper on this subject."

"The annals of the R. S. P. C. A. show many prosecutions by their officers, who, during casual visits, have discovered slaughterers engaged in skin-ning sheep before such animals have been effectually killed. If these instances have been detected during occasional visits, it is really appalling to think what horrors, in a degree of cruelty and in number of vic-tims, may have been-enacted during their absence."

Having some faint idea of these enormities; if we try to realize the fact that every day in Europe and America at least one million oxen, sheep and pigs are done to death, or nearly one thousand every minute of the day and night (as per statistics furnished by Sir R. Giffen to the Board of Agriculture), we shall' easily understand why the number of men and women who are raising their voices in protest agai&st such a state of things, is daily increasing. That & great awak-ening is taking place on this subject, cannot be gain-said, and it is so rapidly gathering force that it may ere long sweep over Christendom like a wa * country are already seekingM conviction both by pen and voi<

As this humanitarian appeal is based upon sober facts and undeniable truth, it must win its way and meet with a response when it comes into contact with sincere and earnest minds. It is materially strengthened when we remember that not only do our national sins of diet involve the infliction of wrongs upon the animal world, but also upon our fellow men, for we condemn thousands of them to an occupation which utterly brutalizes them. One who visited Armour's Packing House, in Kansas City, where some thousands of men and boys are employed, and where 20,000 animals daily can be killed and dressed, writes thus:

"Inside the vast slaughter-house it looked like a battlefield—the floors were crimson, the men were deep dyed from head to foot. It was a sickening spectacle. There the cattle are driven into pens, scores at a time, and the echo of the pole-axes was heard like the rivetting of plates in a ship-building yard. Then the cage fronts were raised, and the kicking animals were shot on to the floor, to be seized by the hoofs by chains, and hoisted to the ceiling and sent flying on their way to rows of men, who waited with knives, and skinned and watered and washed them."

The effect of this dreadful work upon the men and boys is such that every Christian ought to tremble at the responsibility incurred by those who create the demand for flesh. In many States, butchers are not allowed to sit on a jury empanelled to try a case of murder. Yet they beget children in vast numbers, although they must be demoralized by pre-natal influences and grow up in too many instances to swell the ranks of the brutalized or criminal classes of society.

STUMBLING BLOCKS TO PROGRESS.

The chief obstacles which stand in the way of the reform are prejudice and ignorance, for most of us have imbibed the idea from infancy, that we can be nourished only upon flesh meat. The general public seem to ignore the fact that the animals which are strongest and capable of most endurance on this earth, are abstainers from flesh. More than half the human race live without eating meat, and among the races which do so, are to be found men of the finest physique who show a wonderful vitality and capacity for endurance. Recent events are however removing old superstitions, for vegetarian athletes have won so many victories lately and have broken so many records in the athletic world that one of the principal sporting journals recently advised professionals to train on vegetarian diet—so as to increase their staying power.

We are apt to mistake stimulation for nutrition and because flesh is highly stimulating we think that we are building up strength from it, whereas in reality 75 per cent. of lean beef is simply water—sewage water in fact—for which the working-man unwisely pays eightpence a pound. By the expenditure of twopence upon lentils or haricots, he might obtain more solid nutrition and flesh-forming material—and free from uric acid.

One of the most common questions asked of abstainers from flesh is, "How they manage to get a change of dishes." It is only those who have adopted this reform, who really know what it is to have a constant variety of all kinds of delicacies, instead of ring-

ing the changes upon beef, pork, and mutton. Some idea of the menu of the reformed diet may be gained when we state that it comprises all the various cereals and pulses and nuts, every variety of English and foreign fruit, macaroni, rice, tapioca, sago, semolina, dried fruits, butter, cheese, eggs and milk, every sort of vegetable, and even fish for those who are in the transition state. Many of these articles can be served in a score of tempting ways, as those who have traveled in Italy and France have learned by experience. In fact, most persons would be astonished if they were to reside for a few weeks in a well-ordered vegetarian household. Many of the difficulties attending this reform are now disappearing, for cookery books and information of all kinds can be obtained easily from the numerous Food Reform Societies and Magazines[^] whilst hotels, restaurants and boarding-houses are laying themselves out to cater for the rapidly increasing number of abstainers from flesh. Even a Masonic Lodge (The Arcadian, No. 2696)—from the banquets of which flesh is to be forever absent—was recently consecrated at the Hotel Cecil, London, with much eclat.

The welfare of a nation depends largely upon its diet and its knowledge of the fundamental laws of health, of what constitutes wholesome, economical, nutritious food, and of the proper methods of preparing the same.

There is little doubt that the feverish restlessness, the craving for excitement, and the frequent cases of nervous prostration, which characterize this generation, are the result of mal-nutrition of the brain and nervous system, through living upon white bread and stimulating foods.† Our grandfathers ate whole-meal bread, and thus obtained from the bran all the phosphates and other salts which built up healthy brains, strong nerves and sound teeth; we, in our ignorance, give the bran to the pigs and eat the starch, paying the penalty of our folly, in Neurasthenia, Brain-fag and Toothache.

It is not only the present generation which will be affected by this effort to save the people from continuing to dig their graves with their teeth. The physical and moral welfare of our children and posterity depends largely upon the response which is made to the evangel which is being proclaimed by a constantly increasing number of earnest men and women.

We have inherited the evil consequences of our fathers* having sinned against natural law on the all important question of diet. We are therefore—now that the lamp of truth has flashed upon our path—under the greater responsibility to save our children and descendants from receiving a similar legacy of physical and moral degeneration.—(The Herald of the Golden Age.)

"Magna est Veritas, et praevalabit."

In England information and literature on the subject of Food Reform may be obtained upon application to The Order of the Golden Age, Ilfracombe. In America from B. Lust, Editor of the Kneipp Water Cure Monthly and Herald of Health, in E. 59th St., New York.



For the little Children.

Food for Babies.

The most important food for babies is of course good pure milk, and preferably milk from such cows which have been pastured:

However, there will be many mothers who will attribute their babies' ailments to the milk; for this reason I want to give them some advice.

At first almost any mother will have recourse to the traditional zwieback, and they are not far out, Zwieback, by the double baking it has received, is quite appropriate for babies, only care should be taken never to feed babies with it, except in boiled water.

Also oat-gruel and barley-gruel are easy digestible, so that the baby may be fed with these for some time.

However, I must warn against any mixtures of cream with water, or so-called Swiss milk, and all those food preparations as are advertised in the newspapers under so many various names. I have never found any, which I could honestly recommend, as they generally cause frequent digestive troubles. All the vast outlay for advertising purposes is necessarily undertaken only out of selfish purposes, i. e., for commercial gain, and even if they have quite a number of medical certificates as to their properties, it is quite an open secret, that medical men of this kind "generally get their full market value for their testimonials." The more loud the advertising, the more swindle—therefore beware!

All the above refers to very young babies. From the eighth to the twelfth month when teething begins, some milk-rice may be given, besides milk and gruel; also sometimes apple-sauce and plum-sauce, etc.

Children often are very pleased to gnaw either a little zwieback or crust of bread.

As to nurses.—Children of parents who are not well-to-do generally do not have a nurse, and that does not mean any misfortune to them, either. For it is difficult to find a nurse that is perfectly healthy, and therefore it is preferable to do without one. It seems to me to be almost a crime to buy the food off a mother, thus depriving her own child of its proper food. Therefore no nurse.

Duties of the mother.—A healthy mother, who possesses the necessary faculties to suckle her own baby, but who does not do it, perhaps from so-called decency's sake, or perhaps even from frivolousness, does not only merit to be despised by all well-thinking people, but she also commits a crime against her own baby, for which she ought to be punished.

The poor girl, that, having been betrayed by her

false lover, kills her new-born child out of great shame and want, is not even approximately as cruel, because there it is hard necessity and want that drives her to the act, but here it is only forgetfulness of maternal duties or perhaps even frivolity.

Weaning.—As soon as the baby gets its first teeth, the time has come when the child should receive some heavier food (at least the food as already previously mentioned).

The mother should now wean the child, but this should not be too sudden, but only gradually.

Often, in most cases even, weaning is started much earlier, but the proper time to start to wean a child is, when it gets its first teeth; at least under normal conditions.

Proper Ventilation and Night's Rest.

We have repeatedly pointed out the necessity of good and sufficient ventilation. Here I will one more point out the advisability of renewing the air in the living rooms as often as possible; the air in your rooms should not only be pure, but should always contain all necessary condiments to act beneficially and favorably upon the human organism.

It is necessary, therefore, that during summer of windows should if possible always be kept open, and in winter to open them as often as possible. During winter the windows ought to be opened from 10 to 15 minutes at a time every 2 or 3 hours. In the bedroom, however, the windows should never, if possible be closed at all, neither in summer or winter. Never has there been, and neither will there ever be, a case of anybody's getting frozen in bed, no, not even the smallest child. Whoever says the contrary has not had the least experience, and should convince himself of the truth of our statements.

A very much healthier and more refreshing sleep is a natural consequence of sleeping with windows open, and moreover the little children sleep right through the whole night and do not even waken, when they are lifted up, when their beds are to be remade.

Suckling babies demand food only once or twice during the night, and when they are 3 months old and over, they do not demand food even once during the entire night, but sleep steadily on until morning. Then there will be no more sleepless nights for the poor mother and no babies crying and waiting all night, and even in the day-time crying will be much more rare, because the children will be rested completely. And there will be much less danger of the children catching cold from the continuous cover-

ing and uncovering during the night. There will be also a stop to the mother's catching cold so easily, caused by the continuous suckling the baby at night, but on the contrary the mother will have had a good night's rest and will not during the day-time be any more so nervous on account of insufficient rest as at present.

Whoever sleeps with open windows will be healthy, strong and in good condition. But he who sleeps with closed windows, thus breathing bad, impure air, has always the danger before him to become sick, or as a consequence is never entirely well. It is the same with the grown-up people as with the little babies. Therefore it is advisable always to sleep with open windows during winter as well as during summer.

REST, SOPORIFICS AND EXERCISE FOR CHILDREN.

When the child shall go to sleep, the child's cot should not be continuously swung to and fro, nor leave off all such unnatural habits; the baby will go to sleep without it, and if it does not, then the fault lies in the improper diet. The continuous shaking, tossing and swinging of the cot makes the child nervous, and only momentarily induces quiet to the detriment of the entire nervous system.

There are no real soporifics for humanity, or do you think drugs are healthy sleep-inducers? These are only the originators of chronic disease and death. If you still insist on giving your darlings any of these so-called soporifics you are committing a crime against them, because the poor little innocent creatures are not able to tell you that you are giving them poison.

Therefore do not use any soporifics whatever, even if they are prescribed by the most celebrated medical man, for poison remains poison, immaterial even whether, according to some physician's opinion, they are not supposed to be deleterious.

In reference to the exercise of babies they should never be coerced in any way either to sit down, to stand up, or to run about, rather allow the child's instinct free scope.

CLEANLINESS AND EXTRAVAGANCE IN DRESS OF BABIES.

Cleanliness is next to Godliness, says an old proverb; it is practiced by all friends of water and its manifold applications. Unfortunately there are a very great many families to be met with nowadays, where the children are cleaned but very intermittently, and of course the poor little innocents have to suffer thereby, because dirt is the origin of many diseases.

In poor families, where the mother is compelled to work for the daily bread for herself and her children, there is very little time left to the mother for a thorough care of the children, and there may be scarcity of clean clothes even. In these cases not only the child deserves our pity but the mother as well.

But there are also families where there is no such great want prevailing, but where the mother out of old superstitious belief has such a great fear of water, that cleanliness is never properly attended to. Often it happens that a thorough cleansing with water would demand too much time, at least they in their indolence

think so, and these are very sorry and pitiful cases indeed.

In the first days of life of the child, water of 28° Reaumur, but never hotter, should be used, which may gradually be reduced to 25° R., but on warm summer days, this may further be reduced and as a recompense, one will perceive the greater vivacity of the child.

While we thus notice a dearth in cleanliness, we may observe on the other side an excess of extravagance and over-dress in covering the babies with nonsensical finery and inadequate clothing, so that those babies deserve our pity and compassion. This proceeding may generally be noticed in such families, who pretend to be much wealthier than they are in reality, and who are often thereby placed in very contradictory, unpleasant situations.

This is the same as if a poor working girl did not have enough money to purchase a new undershirt, but who would still parade at a dance in hired clothes with perhaps lots of borrowed or hired jewelry.

It is unhealthful to cover the child with too much finery, because the child's free movements are very much impeded thereby; as the fine clothing, etc., is desired to be kept handsome, and therefore the child must be kept quiet, and is prevented from moving about much. But to be a little wild in its movements is a sign of good health, and vivacity in the children and good spirits should surely not be taken away from them already in their early youth—the school of life will later on deal more harshly with them. Therefore remember: Cleanliness is half the life and prevents most diseases. f1]

THE CHILD'S COT.

It is our duty to point out everything perverse and wrong referring to the care of children's health, and to point out the right modes of treatment.

What, for instance, is there not already to be said about the child's bedding.

Firstly: As a rule, the mother warms the bedding and underwear of the baby at the stove, during the baby's bath, but this is very wrong, because the child would be much better off in unwarmed bedding or underwear.

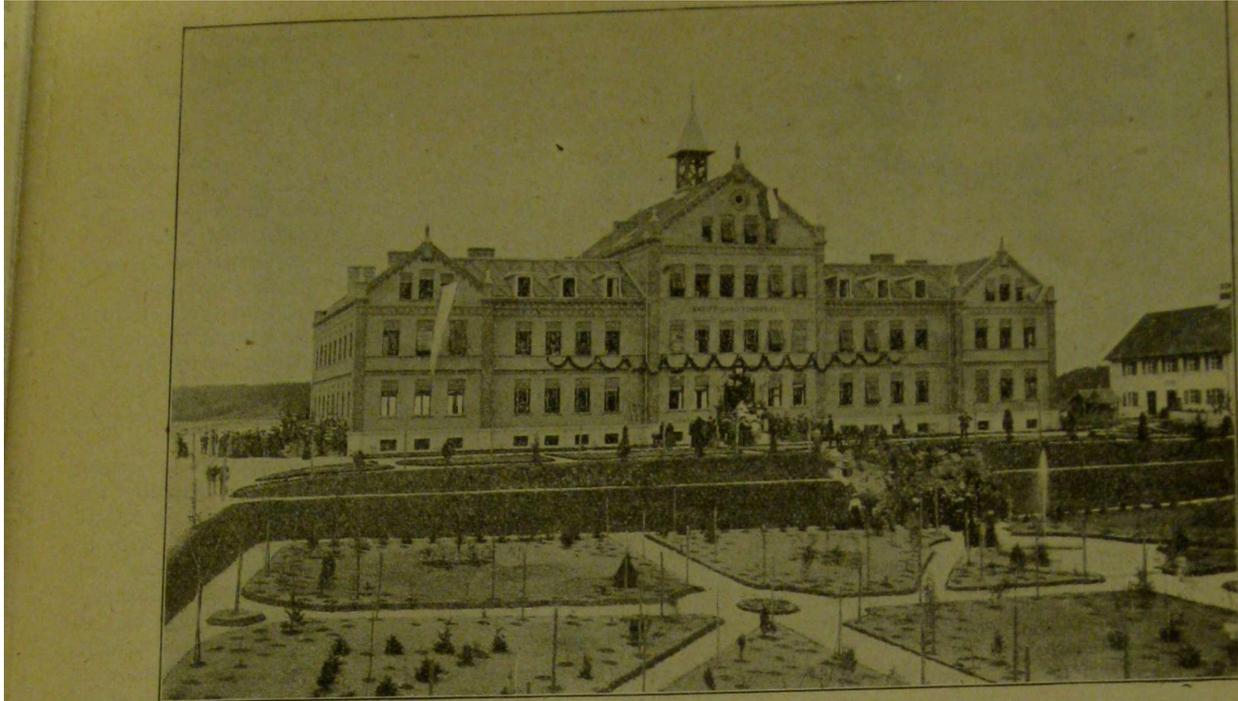
Secondly: The habit has become very common to use much woollen clothing and underwear, but it is actually unhealthy to wear woollen articles next to the body; coarse, porous linen underwear, rather, should be used, as they are much more healthful.

Thirdly: Far too little attention is paid to the child's getting enough light and air; on the contrary, it is encased so tightly in its bedding, that even a prisoner in chains is a hundred times better off, because he at least can move about a little, while the poor unfortunate little creature can do nothing but cry.

Ignorant people believe that it is necessary to keep the child as warm as possible, and do not reflect for a moment that they commit a great wrong by this and are thus grievously injuring the child's health, as they are slowly torturing it to death.

In summer, especially, the child should never be swathed in heavy bed-clothes, but only light covers and clothes should be used. Even in winter never overdo this, for it is not advisable to exceed a moderate degree of warmth at any time. One should re-

THE KNEIPWATERKUR & i



CHILDREN'S ASYLUM OF FATHER KNEIPP IN WOERISHOFEN.

member that the human body, immaterial whether young or old, needs plenty of air to remain healthy.

Fourthly: The child should not be put into the bed of grown-up people—not only on account of the bad exhalation from the bodies, of the grown-up folk, but also on account of the danger of suffocation or bodily hurt to the child during sleep.

Fifthly: The head of the child should always be kept uncovered in bed. It is very pernicious to cover the same, thus preventing natural exhalation. The child radiates so very much heat from all parts of its body, that it is impossible for it to feel cold in the head. Only when the baby is taken out into the cold, open air (in winter), its head ought to have a light covering made of soft material with wide meshes. The old saying, "Keep the legs warm and the head cool," is right for both young and old people, and prevents all brain disease, tooth-ache or head-ache.

Of course the child's head should be well protected from the hot rays of the sun, and care should especially be taken to protect the eyes well.

It is not an unnatural act, but on the contrary something very natural because

are again tied together so that the bodies

children are really forced into feather cuirass, and only the little faces are left open to the air.

One would suppose that this heavy bed harness was constructed to prevent the child from escaping. Such a proceeding is altogether wrong, a bed weakens the whole system and makes it so sensitive that the fresh air cannot be borne.

Think of the development of heat when a child is thus smothered in feathers; a heat which, being unable to disperse, remains in the cushion. When the child issues from this debilitating machine into the pure, somewhat cold air, it naturally shivers and catches cold.

This is the way in which catarrh and inflammation of the throat and lungs are so frequently produced; they are natural results of sleeping in an unreasonably warm bed and then facing the cold air.

It is the same with grown-up people who often go to bed at night quite well and are attacked in the night by catarrh or inflammation of the lungs brought on by the intense heat of the bed and then opposed to each other, because cold and heat are

The lower member of the body is very sensitive to cold, and the lower member of the body is very sensitive to cold, and the lower member of the body is very sensitive to cold.

to the intelligent and knowledge of the tele one"

When children sleep undisturbed, enveloped and bound in

as many feathers as they court to, German speaking

courts quickly through the body causing much harm

Hi J advised a mother, who asked how she should

take for it a mat of good straw, for straw warms well and is a



filled. The mother assured me later that her child slept much more quietly on this straw bedding, woke up less frequently and was in all respects more thriving since using it.

Great care should be taken that the mattress has no cavities. When they exist the child is forced to adopt a crooked position and if for this reason alone the lower part on which the child lies should be always rather firm and quite even.

The head should lie only just so much higher than the body that the small space in the nape of the neck is filled by the pillow or bolster, this enables the child to rest almost flat in bed. The nightdress of the child must not be tight nor should the sleeves and collar be closed otherwise a check would be given to the free circulation of the blood.

Many mothers are, I know, anxious to have my opinion of the cradle; I beg to say that I am very glad that its use is dying out, for its misuse has so often caused injury to the child. The cradle is quite unnecessary for the child and an altogether superfluous labor for the mother.

Many a child has been rocked into a dangerous and even fatal illness.

The favorite now is the cheerful basket-perambulator or mailcart, which the mother gladly draws in the open air with her little ones and for which I have nothing but praise. To accustom the children to sleep in them, simply draw the perambulator backward and forward.

I think it very undesirable for little ones to sleep in bed with grown people, for even if they be not suffocated as has not unfrequently occurred, yet the evaporation from older people is not good but, on the contrary, harmful for the children.

ASLEEP AND AWAKE.

Mothers, I am sure, will desire to ask me if it is better for the child to sleep much or to be wakeful. Here is my reply: Plants and trees growing in calm places and not too much exposed to storms thrive best. Trees exposed to violent storms will soon languish, but in order that they should prosper, gentle air currents and winds are necessary because they provide fresh air.

The growing child is similarly situated and we may call sleep a calm wind for the child. If it has a suitable bed to rest in and plenty of good fresh air

it prospers best, but if the child is much disturbed in its sleep and cannot rest, it shares the fate of plants and trees which are visited too roughly by the wind. Children who cannot sleep are either ill or not properly cared for.

When one considers how weak and helpless children are when they come into the world, it does not seem strange to us that only those who enjoy sleep and have great care can possibly thrive and prosper, and even then we must nourish them well if every member of the body is to develop fully.

Thus I exhort mothers to see that their children lie properly in bed, have room to stretch themselves their full length so that each member of *the* body is in its proper position, and to see that their sleep is not disturbed and that they breathe while sleeping only the freshest purest air.

If this last be prevented by damp or strong smelling articles in the room, you must remember that your children during their sleep breathe in matter injurious to health which, becoming mixed with the blood, may prove very serious to the children's well-being. This will be seen by the sickly appearance of those who constantly breathe in the impure air; the unwholesome matter remains in the blood and operates prejudicially on the happy development of the whole system. It is also of importance that children should not be roused by people passing and repassing their room, for sudden awakening causes them fright or nervous excitement and may lay the foundation of convulsions later on.

Thus it is the responsible duty of all mothers and nurses to see that the children—and I repeat it emphatically—are able to assume a proper position in bed, breathe a really wholesome air during sleep and are undisturbed in their slumber. And further, sleepy children should not be kept back from sleep nor, on any condition, should children be awakened because, according to the mothers' ideas, they have slept too long.

Let the little ones sleep; do not disturb them when they laugh in their slumber and dream sweetly. A beautiful legend declares that a child who laughs in its sleep is playing with the angels.

Again I say do not wake your babies but let them sleep: then they cannot fail to thrive and become sources of joy to you all.

I have still a word to say about the going to sleep. What a herculean task you mothers and nurses have in this getting the babies off to sleep! But allow me to say it is a plague you have imposed on yourselves.

A gentleman told me that he and his wife had never had half an hour's broken sleep in the night with their five children, and that they had never had to carry a child about or coax it to sleep.

He said the whole art consisted in not accustoming the child to being carried about, or rocked, or stung to and in accustoming it to a certain order. "Our children," he continued, "had nourishment regularly during the day, that is to say every two hours; in the night, however, only once, which was at the end of four hours, nothing after."

If some one of the treasures be an *crinip** when it was not time for a meal they simply looked to see

THE KNEIPP WATER CURE



FATHER KNEIPP'S FIRST CHILDREN'S ASYLUM

if some misfortune had happened in the little crib. When everything was- once more all right they let the baby simply cry on. It always left off when it had made music for some minutes. "One would scarcely believe!" said the gentleman, "how easily children may be accustomed to regularity. Ours sleep regularly for an hour and a half, then they wake up, have their beds fresh made, are played with and fondled, then fed and again they go to sleep.

"Our being so little disturbed," he continued, "is due also to our never admitting into the house the chief disturbers of peace, the sucking things, such as bottles, rings, teats and india rubber stoppers, all of which make trouble and are quite unnecessary. If such a stopper or india rubber tube falls out of the mouth of a child accustomed to it, it wakes up each time." The baby's bottle is an unwholesome and often a very unappetizing thing. The india rubber cork is quite unnecessary and the constant sucking of it occasions too much saliva and a great deal of wind in the stomach.

If a child is really ill and unable to sleep, make a bandage of a wet towel and lay it around the body, or dip the child for a moment in cold water.

Many mothers cannot bear to hear their children cry, but I must remind them that crying is the sole work and pleasure of little children. They do not always cry because they are in pain, but the power to cry is given them, to strengthen their lungs, to keep their blood in circulation, to assist digestion better° rather tired so that they may rest

t^Zf^^ c7 Pain! the mothers *em-
S often in fault, either they are not regular in feeding them, or they overfeed them or they feed them with indigestible food

What can I say to those mothers who give their children poppy tea (a decoction of poppy seed), or who dip the cork in brandy so that their children may sleep a long time?

It can only be the result of unlimited stupidity or execrable indifference. Any other would conclude that such mothers deliberately wish to murder their children.

Poppies and brandy and such like soporifics are simply strong poison to the children. Who would give their children poison? One might well desire for the little ones with such unnatural mothers that the poison might soon do its work.

But these unhappy children are often rendered silly by this treatment and so live on in a miserable pitiable manner. Oh! how much wish these mothers have to answer for! It seems scarcely credible that people so stupid, so thoughtless, so without conscience, can exist. If one remonstrates with these women (they do not deserve the sweet name of mother), they become angry and say "Stop your talk, others do just the same."

Of course one can say no more except "Do your own way, after all it is you who will be answered by have to answer to your children."

THE NOURISHMENT OF A NEW-BORN BABY

When one looks at a new-born babe in all its nakedness, helplessness and dependence one asks the question, "What will become of this child?" The answer runs, "This little miserable body will be strong* and durable,; able to resist an against all storms which may assail it in later

In this weak building resides a mind which shows itself in three innate qualities- reason and free will.

As the little body gradually develops*§ j



the mind grow more and more capable till at length body, mind and spirit are in a condition to fulfill worthily the work of life allotted to the individual.

If I wish to build a house, I consider first what material I shall use in the building. In like manner the mother must consider what treatment and nourishment will be best for her baby, if the spirit within it is to have a good dwelling house.

There is no doubt that food and drink are the building materials for the body, but another question arises, viz., what must be given to the child in order to protect its body from decay and to promote its growth? In answer to this, I say to all mothers, Do not forget that children are jewels entrusted to you by the Eternal Father to be brought up in His name, and if you worthily fulfill this sublime commission your reward will not fail.

If, on the contrary, you are neglectful and careless builders, then be sure your punishment will surely follow; for God is just.

I only wish that all mothers who possess such a heavenly jewel stood before me; it would rejoice me to tell them of the various articles of food and drink which would be best for building up and nourishing, and to point out those that would injure and destroy; and to impress upon them that those parents who gave them pernicious food and drink, knowing that they were harmful, were drawing upon themselves the reproaches of their children and the chastisement of Heaven.

As I cannot personally remind and warn them I will write down my thoughts here in a simple and practical form.

Because children at birth are so small, weak and helpless, our loving Father settled and regulated their mode of nourishment by a law of Nature.

This being so, the law should be as binding on the mothers as though God himself said to them, "Thus and in no other way shalt thou nourish my jewels."

This natural law, moreover, is not only laid down for man, but also for creatures, and the way these last obey this law should teach us not to despise it, and substitute for it an arrangement foreign to Nature.

As this natural law is laid on each mother, she ought to be convinced that she has the power to

obey it. If, however, she thinks she is not in a condition to bring up her child according to this natural law, it is owing to no fault of nature which does nothing in an incomplete manner, but rather the fault lies with her, in her bringing up, her nourishment or something else; indeed there are mothers who fear to damage their physical beauty if they bring up their babies according to Nature's requirements, and thus lose their husband's love. For such mothers I do not write; words would be wasted on them.

Every human being knows what should be taken in the way of food and drink for the maintenance of health, and all mothers should be quite clear as to what they may give their children and not leave out of consideration the inborn natural law. It is only by the conscientious fulfillment of the same that the child receives the nourishment destined for it by God, on which alone a blessing rests.

By this it is plain that a substitute for the mother, a wet nurse, can never completely supply her place. This is why I say no one of Nature's laws relating to the child entrusted to you by God should be relegated to a stranger to fulfill.

Manifold as are the forms and features of the human race, equally so are the dispositions, abilities and characteristics. For instance, each person has his own peculiar infirmities, his own longings and ambitions, his own characteristics which permeate and govern his whole being.

This important fact requires a mother to nourish her child herself and not to make use of a wet nurse if she wishes it to bear a resemblance to herself.

Perhaps many mothers will reply, "I cannot fulfill this duty, I am too weak, too infirm, too delicate," and I answer this by a question, "Is it not your own fault that you are so? Your body is ill nourished in consequence, perhaps, of your indiscretion as to diet."

No one goes unpunished who despises a command of the Lord, or leaves unfulfilled a law of Nature.

I warn every mother who omits to fulfill the natural law written by God that she will not escape punishment which unhappily will fall also on her child. Very many illnesses owe their origin to the evasion of the law of Nature set down for the nourishment of the baby by the mother herself.

This is noticeable even among the creatures. If for any reason they are prevented from nourishing their young themselves, the artificially reared progeny are usually miserable, weakly creatures.

Is not this a proof of the truth of my statement? If, however, cases occur, as sometimes among animals, in which a mother, through no fault of her own, is really prevented from obeying that law which commands her to nourish her own baby, or where the mother is removed by death, then of course other means must be sought, either a wet nurse or artificial nutriment.

The choice of a foster-mother is such an important one that it must be more closely investigated.

I desire to place the following before mothers and parents generally for their consideration. The foster mother should be youthful, quite healthy in mind and body, never having suffered from a severe illness whose results she might yet bear about with

THE KNEIPP WATER g u t e

her; she should never have yielded to any vicious passion, nor have led an immoral life, and should possess a virtuous character.

One must not forget that in building a good house, it is needful to use only good faultless materials; if even a few bad stones are employed, the house will be a failure and will sooner or later show itself to be such.

One must go still more carefully to work when one builds up, by means of nourishment, the dwelling of a child's soul, its body. A deep truth is hid in the proverb which says of a child or a youth he has inherited this or that virtue from his mother. Certainly the disposition to virtue on the one hand and to vice on the other may gain admittance to the child by its natural nourishment, just *JSLs* germs of disease may be given to sucklings in the same way, and when once the germs have been instilled, their effects are sure, even though years elapse before they show themselves.

And this holds true for evil as well as for good, for the body as well as for the soul.

How easily the disease of consumption is passed upon from one generation to another and equally so the tendency to vice; it really seems as though evil, physical and spiritual, germinated more quickly and easily than their opposites, showing a certain likeness to weeds.

If then I were asked for advice as to which would be of the greater benefit to the baby, a foster-mother or artificial nourishment, I should decidedly say the latter, and for two reasons; first, because it suffices thoroughly if given cautiously, and secondly, because it contains nothing prejudicial to the child.

In all cases where it is decided to have a foster-mother a skillful doctor should be consulted and enquiries made of some trustworthy person as to the former life of the foster-mother recommended. Where artificial nourishment is thought best for the child, care must be taken both in the selection and the manner of giving it.

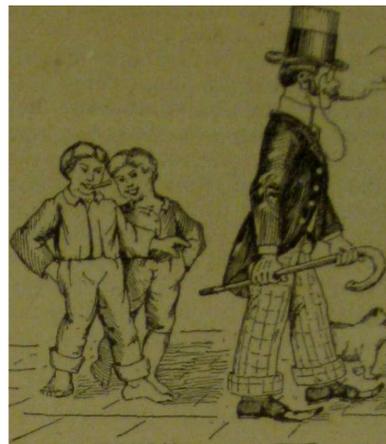
Several things are advised and recommended as aids by doctors and unprofessional people. I will mention some of these which may be used with good results and without injury to the well-being of the child. Naturally they do not contain all the nourishment the mother could have given.

I advised a mother, who was very ill, to give her little child every two hours during the day three or four spoonful of oak-coffee (acorn). This is not at all dear and can be obtained of any druggist. It may be prepared by boiling water being poured on it or it may be boiled for a short time and drunk with milk like other coffee.

The mother took my advice and gave the child this coffee for a whole year and she thrived with it and became strong and healthy."Subsequently she had other nourishment given to her which, having been carefully selected, suited her well.

Malt-coffee is very good for the child and is prepared in the same way as acorn-coffee.

And now I name a third article which a doctor of my acquaintance gave to his children, viz., cow's



milk mixed with one-third water every ree hours.

Pure cow's milk is less to be recommended. In any case boil the milk before using so as to destroy any existing germs of disease. Instead of plain water mix the milk with barley water, water gruel, or grits water, which materially helps the digestion in the little stomach.

Milk may be given by means of the well-known feeding bottle, which I must impress on you to keep clean, not as people too often do now-a-days, with bits of lead or-shot, which induces arsenic poisonings but with white sand or with common salt and water,

(Kneipp's Baby Cure.)

BED-WETTING.

It happens very often that children cannot retain their water, and bed-wetting is accordingly not of rare occurrence.

This is certainly resulting from weakness in their general constitution, and if not remedied betimes, this disagreeable trouble will last even until the children are grown up.

Unfortunately there seems to prevail an opinion in most of these cases that bed-wetting is the result of laziness only, and the parents sometimes will punish their offspring most severely, without, however, remedying the evil any. I knew a mother once that whipped her children regularly before sending them to bed she used the rod until they screamed with pain, even evening, however all to no avail, because she omitted to remedy the ordinary cause of the evil.

One should suppose that the children themselves? would dislike to lie in a bed that was wetted and dirtied by them. They certainly do not do it of their own accord, but because they cannot help it.

The medical practitioners are completely at a loss how to treat this evil, and none of their numerous doings will be of the slightest avail. There is only one remedy that will help in nearly every case with young people as well as with grown up ones: Harden their weak constitutions by the continual application of cold water; because this evil only occurs in children and grown-up people that are weakly constituted* but never in hardy or strong constitutions^

Of all the remedies that have ever been tried the following is the simplest and best:

Young children up to the age of five should be dipped into cold water for about three seconds once every day, and a plain non-stimulative diet be given them. The bed-wetting will disappear within a very short time. Children four to six years old or more should be made to tread from four to five minutes in cold water before going to bed, and for about a week they should be given for supper as little liquid food as possible, and the evil will be completely eradicated. Many letters of thanks are in my possession from parents and guardians who, by following my advice as above given, have cured the afflicted children in their charge in from four to six days.

Treading water is one of the best hardening remedies, but it is only very little practiced, because not known.

Grown up people who are afflicted with the above trouble should also tread water for 5 to 10 minutes every night, and continue this for some length of time. They should also live on a plain, strengthening though non-stimulative diet for some considerable time, and the above bad habit will be overcome by them finally. From the above the great importance to be paid to hardening the young growing-up generation should be recognized.

The Nursery.

It is a recognized and remarkable fact that little children who have been taken out into the open air point to the door even before they can speak as if they wished to go again, and as soon as they can walk they try to get to the window or door no matter how cold the wind is blowing outside.

This is a proof that children prefer the cold, fresh air to being shut up in a room.

A child will only remain in the day-room when it is obliged to do so. It may be prompted by different motives which it does not itself recognize. It is certainly a fact that fresh air attracts it and promotes its prosperity.

This affords us a hint as to what the nursery should be like; first there must be good wholesome air in the room, for if this be lacking the children will not prosper even though all other rules be kept for the preservation of health. As air and sunshine are necessary to the vegetable world, just think of the blades of grass behind the house or under the trees! they are equally necessary to the tender little plants of the nursery. The room set apart for the children to live in must be dry and light and must be regularly aired and ventilated so that only an unimportant difference exists between out of doors and the living room or nursery. If in any way the air of the room is rendered impure, either by damp walls or drying the linen there, it is deeply to be deplored for with each breath the children draw in disease-producing germs.

This thing alone is sufficient to block the road towards health and strength.

Of course in winter the nursery must be heated but it is not at all necessary to have it so extremely hot; 68-70 degrees warmth will suffice.

If the children lie in bed this is sufficient; if they are out of bed they are seldom quiet, and if perfectly well they keep themselves warm by their movements. Children have their own peculiar gymnastics, by which their bodies gain a certain amount of benefit.

I pray you, Mothers and Nurses, not to fumigate your nurseries with pastilles and perfumes, but rather open your windows. It is quite easy to avoid a draught.

NOTHER.

What a wealth of love sincere
Is enshrined in that one word!
'Tis the name of all names most dear—
Sweetest that was ever heard.

Her love absorbs all other love
In this beautiful world of ours;
Her smile, as the sunshine above,
Turns life's thorns into flowers.

Guardian of my infant days,
Shield of my youthful strife;
The guiding star whose gentle rays
Illume my way through life.

Richest of gifts—my very breath—
My heart to guard, my soul uplift,
God grant that in life and in death,
I may prove dear mother's best gift.

Louisville, Ky. —Katie Don Leavy.

Medical Fad of the Hour.

Osteopathy, the new science of healing, which first came to light in this country in Missouri, is flourishing in New York. It is gaining new believers every day. People who declare that they have been cured of many ailments by simple osteopathic treatment, are so numerous in this city that general attention has turned toward the science. A well-known literary man told me to-day that he had been cured of a severe attack of lumbago, and had been much improved in his general health by only a week or two of the treatment. I do not know much about osteopathy personally, but I do know the literary man I mention, and that he is not easily humbugged.—Pittsburg Commercial Gazette.

The above clipping refers to Col. Prentiss Ingraham, a well-known literateur and prominent business man of New York City, who, under the treatment of Dr. Madsen, has been remarkably benefited by osteopathic procedure.—Editor.

Disease.

Disease is not, as is commonly supposed, an entity, a thing, at war with the vital forces. It is a vital expression for purification and reparation. It is vital action in relation to abnormal things or conditions in the body. All cures that appear to come from medicine-giving of any kind is a delusion and a snare.

The benefit coming from the various manipulations is two-fold. One largely beneficial result is in getting the patient away from drug-taking. The other benefit is in harmonizing the voluntary, the mind, with the involuntary force, the only healing force in nature and divinely directed.

Hygeio-Therapy proposes to remove all obstructions from the body and to place all things and conditions connected with the body in the most favorable state, for the divine healing force to do its work, including a perfectly harmonious condition of the mind and a good magnetic condition.—(The Journal of Hygeio-Therapy.)

THE KNEIPP WAX



DR. M. MADSEN, NEW YORK.

A Few Words on Osteopathy.

Dr. M. Madsen, Osteopathic Physician, 357 W. 58th St.

Osteopathy is the latest discovery of science. It has been endorsed by the legislature of about eighteen or nineteen states of this Union since 1896.

Osteopathy is conservative surgery without the knife.

Osteopathy uses no drugs: it cures by removing the cause.

Osteopathy is endorsed by all who investigate it.

Almost daily people are inquiring, What is Osteopathy and what is its success in treating and curing diseases?

To aid those who wish to investigate this science and to learn something about its methods of treating, I will give these few lines of explanation, carefully avoiding technical terms that all may understand the theory and practice of osteopathy.

Osteopathy, s. (Gr. osteon, a bone, and pathos, suffering.)

The word osteopathy means "relief from suffering through the agency or use of bones," but its meaning is not limited to the treatment of the bones as so many erroneously suppose.

The bones are merely used as levers to remove pressure on nerves, veins, arteries, and softer structures.

The science of osteopathy originated and developed by Dr. A. T. Still, of Kirksville, Mo.; depends upon a thorough knowledge of anatomy and physiology for its results.

Osteopathy is a science which treats disease without drugs by skillfully readjusting mechanical disorders which interfere with natural functions of the body, at the same time utilizing the chemical forces in the body.

As an illustration: We look upon a machine man has invented and learn that the perfection of its mechanism depends upon the perfect condition of each part. All are united and when there is disorder in one part the other

part\$ mutt access a nly suffer Thus we coftwitf ow h« lte\$ as machines created by a divine MHW ami thf: health of this creation depends upon the perfect condition m h membft. When out of order the condition known as disease is present. As the engineer does not pottr oil' »tito his engine without first examining and correcting the me* ehanical disorder, and after this is done nature will furnish the oil needed.

That osteopathy is a science cannot be den red; its principles are real, exact and demonstrative and can lie applied to the treatment of all forms of disease.

In no way is osteopathy connected with maag&fre. Swedish movements, physical culture, hypnotism, clairvoyance, electricity, magnetism, mental science or faith cure.

It has been described by some as manipulative or conservative surgery without the knife.

Osteopathy takes an entirely new view of disease.

It has discovered the cause. It works on and re move 5 the cause. The cause being removed the disease is permanently cured.

Its aim is to alleviate all disorders and disease to which the human family is heir.

That it has not failed in its object is clearly seen not only in its successful treatment of acute diseases, but also in its claims to benefit at least ninety per cent, of all chronic afflictions abandoned as incurable by other systems of treatment, while seventy-five per cent, of them are absolutely cured.

(To be Continued.)

Girls! Don't!

Don't make haste to get acquainted with young rnen, and don't let such acquaintances ripen too fast. Never form a secret acquaintance with any one, man or woman.

Don't correspond with young men unless your mothei consents, and then have it distinctly understood that all letters will pass through her hands. Your letters may be read by others than the one to whom addressed, and young men write some things to girls which they would not writ* if they knew a mother's eye would see them.

Don't answer advertisements requesting "correspond ence." If it is for "fun," it is very sorry fun sometimes—fo: the girls: if in earnest, there is far a better way to make ac quaintances. Especially don't answer any advertisement offering "good wages with little work.** There is always ; trap under that bait.

Don't hail a stranger by smile, gesture or look; an< don't answer any such salutes. Young men generally con sider such advances as proof of your moral weakness. Yo cannot be too cautious regarding all strangers, and yo should never even seek an introduction to one. It is » easy to seem— and become—forward, presuming, bold an brazen. If you are deserving, you will sooner or later b sought after by the right one: wait for him.

Don't forget that the world is full of bad men—some c them in the best society—who are constantly seeking to rui pure young lives for time and eternity.

Don't allow yourselves to disregard your natural if stincts of danger and impropriety. Your first impressston < a man is quite likely to be the correct one, provided yo never permit your heart to control your judgment. If yo follow them, your instincts will guide you more safely eac year.

Don't have anything to do with a young man wm speaks disrespectfully of, or to, any woman: there is a da? reason for such disrespect. His wife will fare still worse « his hands. Nor with one who uses liquor or tobacco. If man will not drop these habits for the love oi a good, pui woman, he is too selfish to be trusted with her life, B< sides, a firm stand in this matter by all girls would work revolution in society: but the change must come before ma riage. Never think of marrying a man to reform him.

Don't let young men fondle you by taking yoar ate holding your hand, etc. "Hands off." Just so sure is yc suffer these familiarities, others will be sought, and yon w stand on the brink of moral death. It* YOU are chtded i beincr "tc larticula

ject to these gentlemanly courtesies," you are listening to the destroyer of souls, and you should not be deceived. It is Adam's old apple, and means death—a thousand deaths. Do your courting after marriage.

Don't lay your innocent head on any bosom save that of the home. Don't let sentimentality betray you into such perilous trusting of your dear young life. There can be no good reason for any such improprieties: none whatever.

Don't go into restaurants or hotels with young men. The place may be "respectable," and "first-class," yet the serpent of death is likely to be concealed there. And don't frequent the theatre or the ball-room: these are not proper places for any of you. To many innocent souls these places have been the gateways of hell.

Don't stroll in the highways or byways of town or city, nor take the carriage ride in the country—especially in the night—unless a near relative, father or brother, is with you. What shadows gather round the midnight ride! Don't forget this, girls. Many a one shudders at the mere mention of these perilous "night outings."

Don't accept at the hands of any person, a glass of wine or any intoxicant. No one who values your honor will ask this. Within sight of this writing sits one hidden from public gaze, lost, lost, who when the flowers began to bloom last spring, was pure and happy as you are. The glass of wine has shadowed her young life forever! Scorn the lure of your would-be betrayer, and flee from his presence.

Don't accept gifts from young men, unless betrothed to the giver. And—hear the warning—grant no privileges in return for a promise to fulfil those betrothal vows.

Don't fall in with the growing sentiment against marriage, and look forward to the condition of "girl bachelor." If you can earn good wages, and do have more "liberty" than after marriage, that is not the whole story. Aside from the grace of God, you can never be all you were designed to be, if you remain unmarried. And don't be too anxious, either, about getting married. You have a right to look forward to marriage, but an unwise marriage is far worse than single blessedness. Better* die than be unhappily married.

Don't "fall in love" until you feel sure that the object of your love is "worthy." Whether you believe it or not, you can by the grace of God control your feelings until your judgment gives its approval.

Don't—if you are a Christian—marry an unconverted man. If your example will not bring him to Christ now, don't expect it after marriage. To be "unequally yoked with unbelievers" nearly always means agony of soul and life failure.

Don't hurry away from the home to become clerks, "office help," etc. And, if necessary to leave home to earn your living, be sure where you thrust yourselves, especially where you lodge. Shun hotels and popular boarding houses. Tens of thousands regret the day when they left home for a "better place." Ponder this, girls.

Don't have a secret from your mother. Do your gentlemen friends object to your telling her their words and acts? Do they? Then get out of such companionship promptly. Don't hesitate an instant: you parley with an assassin of character, and you have no promise of protection—absolutely none. Keep close to your mother's heart all the time, and she will save you much trouble.

Don't flirt—don't even think of such a thing. Flirting is unwomanly, unchristian, undermining all that is sweet and lovable in a girl's life, and indicates a shallow nature and a hard heart. Besides, flirts know nothing of true happiness, and they are pretty sure to be flirited sooner or later.

Don't live an aimless life—that of the gad, the gossip, the visitor from place to place, the simple pleasure-seeker. Have an object in life, one which will make you grander, and some one else better. Use your talent, time and opportunity for the highest purposes.

Don't read trashy, sentimental literature, which finds its ideals in love-sick maidens, and heroes of doubtful virtue—read nothing that is not elevating. Drink only from pure fountains. Read your Bible daily.

Don't neglect God as your secure Refuge and Fortress. You can never know how helpless you are in this great world: He knows, and He atone can take you safely

through. Each day commit yourself to Him, ask His guidance and blessing in everything, and accept no other standard of morals except that which is sanctioned by the Bible.

Don't be indifferent to religion, or forsake your religious faith, for any consideration. All the glorious opportunities before you are the outcome of Christ's religion: be true to the One who has done so much for you. < If you would not be the ready prey of the human harpies who would blight your womanhood, don't forget your Saviour.

Proctor's Theatres.

Wat is known as the F. F. Proctor Stock Company, an organization of 150 selected players, will form the leading feature of Mr. Proctor's programmes during the coming season, presenting the revivals of comedies, social dramas, melodramatic offerings which have previously found favor before the theatre-going public.

There are six branches of the Proctor Company, one for each of his houses, and each division will tour the circuit after the manner of regularly organized theatrical companies. This gives the patrons the privilege of attending all the entertainments and the advantage of seeing a different company each week, and offering a greater variety than would otherwise be presented. The plan is comprehensive and elastic, permitting a great amount of expansion in either department, and, as it is Manager Proctor's original scheme, it will be worked out in a careful manner by this manager of long and varied experience.

There are no more popular places of amusement in the city than Proctor's theatres, all of which are well patronized.

Don't Worry.

Why shadow the beauty of sea or of land

With a doubt or a fear?
God holds all the swift-rolling world in His hand,
And sees what no man can as yet understand,
That out of life here,
With its smile and its tear,
Comes forth into light, from Eternity planned,
The soul of good cheer.
Don't worry—
The end shall appear.

-Elizabeth Porter Gould.

Hail, Good Health.

By George McGuigan.

Say what they may with pride to-day
Of Croesus with his wealth,
They cannot find a gift so kind,
So gracious as good health.
Rich yellow gold to have and hold,
Perhaps procured with stealth,
Cannot compare with that boon rare—
Old-fashioned, hale, good health.

Hail, good health! Hail! Tho' cometh bale,
And e'en the deuce, himself.
Them you may flout and put to rout
If you have hale, good health.

Partially Correct Diagnosis.

"I don't like your heart "action," the doctor said, applying the stethoscope again. "You have had some trouble with angina pectoris."

"You're partly right, doctor," sheepishly answered the young man. "Only that ain't her name."—Chicago Tribune.

THE KNEIPP WATER CURE

Demand.

"Ask and ye shall receive, seek and ye shall find, knock and it shall be opened unto you."

When Jesus said "Arise, take up thy bed and walk," he made a decisive demand. He did not merely wish she could be healed, and be able to walk, but he made a silent demand, and followed it up with the command to walk.

Make, your demands in a calm, earnest manner. Fretful, surly demands in the spirit of impatience are not productive of the best results.

There is a decided difference between indolently wishing and persistently demanding that certain things shall come to pass, or that certain things in your hands should come to pass, or that you shall succeed in accomplishing certain things. The first is a condition of mind which is merely receptive without being active in its demands.

The essentials are persistent and earnest demand. For example repeat this: "I demand the power to make my business a success, which will bring me the greatest happiness." Do not attempt to think hard all the time, but whenever you have a leisure moment repeat to yourself these words or their equivalent, in an earnest and trustful mood.

A wise man has said "As a man thinks so is he." There never was a more truthful or forcible statement.; Demand the good things of life and you shall receive them. Demand the corn husks and worthless things of life and you shall receive them.

Demand that you shall lose fear, worry and anxiety, and that your efforts when founded on right and justice shall prevail and bring you the success you desire.

Keep at it. Do not expect the whole trend and habit of your life to be changed in a day or month, but persevere, and soon life will brighten and things will come your way, and the success you have hoped and longed for will be an accomplished fact, and continued success will be yours if you continue in your demands. When your old fears and dread come back demand that they shall not effect you, and that they shall never effect you in the future, and you will enter upon a new life, and you will find your head is clearer for new plans and enterprises, and success is crowning your efforts.

Demand the power to see things in the best light for your own good. To illustrate: We are creatures of our associates and environment to a greater extent than we realize. There is a strong gulf stream of human effort sweeping by us. The food catches us and we are swept along rapidly or slowly according to our individual power of thought. The man who is swept along the current at full speed is the man who does not assert his own thought power. He is overcome by the flood of the mass of moving humanity, and he loses his individuality in the wreckage around him. He makes no effort to extricate himself from the current and on he goes with the driftwood of human life, plunging down the rapids of discouragement and over the falls of failure. On the other hand, the man who is caught in the current and moves slowly is the man who has individuality and exercises his own

thought power. Presently lie *at the bottom* of the water. He feels the ground under his feet. He demands for higher and better things and continues to seek higher ground, *and* *is* planted on the heights of success in himself.

To put it in another way. The man drifting in life, merely floating with the current, absorbs the thoughts, desires and feelings of others around him. He is like steel filings in the presence of a strong magnet. He goes where the strongest force is exerted. That force generally carries him in the wrong direction. He has lost his compass. He goes hither and thither as the forces draw him, and in the end he accomplishes nothing. Why? Simply because he is driftwood on the sea of life. He has never demanded anything for himself. He has never exercised his own thought power, he has always been a slave to the thought power of others, and the result is failure, his passive willing slave of others sometimes arouses himself temporarily and makes up his mind that a certain line of procedure will bring him success. He follows it and the result is failure. Simply for the reason that he has not adapted to the work he took in hand; he failed to give the matter careful consideration before going into it, and this preliminary failure will be the most valuable lesson of his life if it teaches him to demand success which will bring him the greatest happiness, to demand a clear mind to see and select the right method or procedure, and to demand that he should develop all his talents.

Make your demands of such a character that they will bring you the greatest good. Make, your demands so they will round out your life, and give you perfect success.

Many successful men from a money standpoint are one-sided and they achieve success in the acquisition of money at the expense of their health. Their whole thought in life is "I demand money and the power which money gives." The result is impaired health after money success is gained, and too frequently early death after a competence is secured. The point we wish to emphasize is this: Demand power to make your business a success. Demand that the weakness and fear of others shall not affect you. Demand good health and give good will to all. These demands will round out your life, bring you in touch and harmony with all others who are working along similar lines, and will bring you complete success and happiness. (How to succeed.)

Self-praise is self-scandal unless others see your good works before you speak of them.

The man who reviews his life and says I never broke a promise, I never did this and that as other men do, is a bigot or a fool or "one of a kind" which is an utterly useless thing.

The true man who reviews his life* page by page, has* the sharp consciousness of many talents neglected, many opportunities lost and many erratic and perverted warring within, that had warped his outer life*

Whatever you do in life try with your whole heart do cheerfully and well*

THE KNEIPP WATER CURE MONTHLY

About Hardening.

My grandfather was a German, a tanner by trade, a man of health and vigor to a good old age. Two weeks before he died of old age, at the age of eighty-seven, he walked four miles on a cold wintry day, without an overcoat. He never owned an overcoat.

His summary of hygiene science was in this: "Man is of three classes: (1) The sanguinous, or those having bodies rich in blood; (2) the aqueous, those rich in water; (3) aeriferous, those rich in air. It is the aeriferous who outdo all the others." *

From time immemorial, poet and peasant have praised the farmer's occupation as the most healthful of all. But if one gets around much among farmers and observe closely, the amount of chronic ailments that he sees on every hand, indoors and out, this will lead him seriously to question the above proposition.

But the proposition itself is all right. It is the farmers and the farmers' wives who, in their hygiene practice, are all wrong: and the penalty they pay for the wrong is heavy.

Surrounded with floods of sunlight and oceans of clean air the year round, when indoors they shut out both, systematically, from their rooms day and night. This exclusion of the life- and health-giving light and air is accomplished by badly built and worse managed houses,—houses built on purpose, one might say, to weaken and destroy their occupants. When out of doors, farmers faithfully follow out this same policy of excluding sunlight from their lungs and skin. Only yesterday I saw two strapping big fellows hauling manure. Though the almanac said it was May 15, the thermometer put it July 15, with 92° in the shade. I was wearing my July suit—straw hat, thin shirt and trousers—and was bare-footed. These men had on two heavy shirts each, heavy trousers with overalls over them, felt hats, and a handkerchief tied around the neck. They worked in a listless, stiff, dogged way. It took them both as long to load as it would me alone. One said, "We've got into no 'snap' here." I said, "I should think on a hot day like this you'd want to 'peel'—get off some of the extra clothing." The answer was, "It is no hotter with this clothing on than with less." I pitied the employer of these men, and went on about my business.

These light- and air-shy farmers sigh and grunt and groan; they diet and they drug; they break down when they should be in their prime, and they go down before their days are half numbered.

The single point to which I wish to call attention in this paper is the astonishing power of clean air when applied night and day to the body, inside and out, the year round, to cure disease, to restore and make permanent health, vigor, and elasticity of body and mind.

To begin with, the lungs need air, clean air. We can go days without drinking, and for weeks without food, but only a minute or two without air. And just as we absolutely must have air for the lungs from eight to fifteen times a minute to sustain life, just so important it is that that air be perfectly clean, in order to secure health and vigor. Even a slight contamination works injury from the ceaseless repetition of the poisonous inhalation. But the air in nine out of ten farmhouses, day or night, is abominable; it is poisoned continually by the volatile exhalations of the old house, old furniture, curtains, carpets, rubbish of all kinds, indoors and out, and by closed doors and windows. It is this ceaseless poisonous inhalation, year in, year out, that has helped more than any other thing to make the farmer's occupation unhealthful—needlessly so.

This may seem to be a sweeping assertion, yet I think I could prove it to be none too strong. For twenty years I have been more or less an invalid. During this time I have experimented with all the main systems of diet, exercise, and general hygiene. I have several times nearly died from starvation caused by stomach and liver trouble. But for nearly a year now, that ailment is all a thing of the past, apparently, and for six months I have done the severest work with exposure to wind and weather. What made the change?—Chiefly and mainly clean water, applied day and night, inside and out.

For three years I have not slept in a house. During the past winter, from Christmas to the first of March, I slept

near a stove, but with window and door wide open, one window being just one foot from my pillow. But the blankets were wool, and there were plenty of them. Since March 1, I have slept in an open shed, even in snowstorms, after working during the day eleven hours in the storm, at ditching, my feet constantly in ice-cold water. But my rubber boots were three sizes too large and had double felt insoles, no socks being worn. I have worn no socks for six years, but take good care of my feet, and they have life and circulation in them.

Not only do the lungs need clean air, but the skin does also. For many years I have worn no undershirt and no vest.

The point that I wish to make most prominent here is the necessity of ignoring the foolish rule that forbids people's taking off their flannels before May or June, or any other time. On warm days after zero weather, I have worked in February in exactly the same clothing that I wore the July before in haying. During the past two months I have worked day after day in ordinary cotton overalls and a coarse linen shirt, and nothing else but boots and hat. I never yet took cold from such a change from flannel to thin cotton. Why?—Because I never permit myself to swelter and waste my nerve force in clothing that is too heavy for the temperature and the work, just because ignorant fogies say a change is injurious. I change and go on with me; work with pleasure and vigor. Then when the coolness of night comes, even in June or July, on goes the wool shirt again, and the wool coat, too, if needed. Regulate the clothing according to the temperature, and the work, and your physical condition. It is a safe and profitable rule.

"Too much fuss"? Then don't, "How it looks!" The don't do it and be odd, but swelter and shiver and keep on whining and mewling about bad health. It is every one's privilege. From experience I know what these things have been the means of doing for me. From reading I know that on the Western plains hundreds of men are working on the same principles, with resulting vigor and health, which the civilized dupes of "stove-room civilization" know nothing. The outdoor life of the Boers is a large factor enabling them to make their struggle for liberty one of the most heroic the world has ever seen.

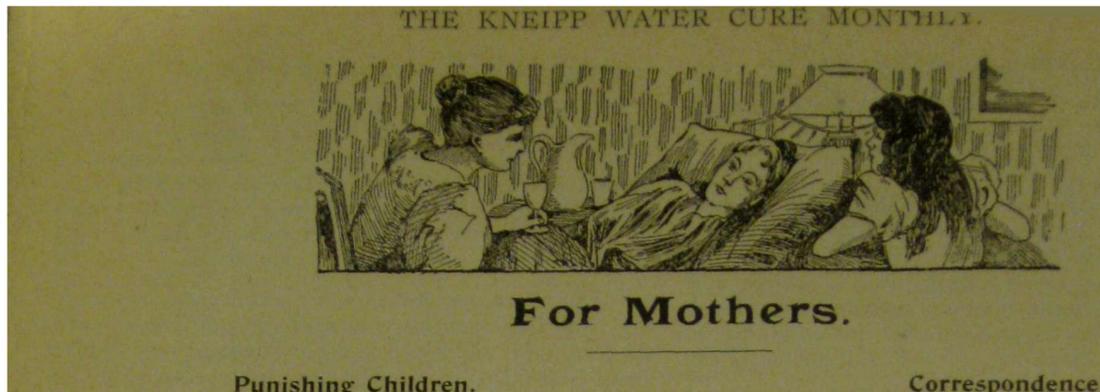
I can not give detailed rules here for acquiring and maintaining health. I can only give a few epigrammatic assertions which by their very improbability, seemingly, may arouse attention. Yet let me assure the reader that however impossible or absurd my statements may appear to him, know what I am talking about, and with more space could convince him of that fact. He would not be the first skeptic—hygienic—whom I have convinced.

"You have become hardened to it." Of course I have and so can you get hardened to it, easily; and if you at a punier, weaker, more narrow chested, more timid of overstepping established customs, than I was at first, your case is a bad one, indeed. For the very reason of trying to get you to make a practical test and study of this matter, I write at this season of the year, so that you may make your first attempts to use clean air day and night in the summer* win there is little or no risk. Then when winter comes again your system will be in a condition to resist the changes of that season. Many of those who predicted my certain speedy death when I first began to sleep out of doors, (with windows taken out entirely, twenty and ten years ago have gone to their last home, yet I am here.

In all your experiments in hygiene, go slowly. Make no abrupt or sudden changes, but go slowly until you find what is safe for you, what not. But persist. Don't say, scores say to me, "I could never do that"; for I know that by beginning right and going ahead right you can do it. There is no doubt about this. I have studied and experimented in these matters for twenty years, successfully; you have never given them a thought before, perhaps. Who opinion as to what you can or can not do is more likely to be right, yours or mine?

Always take your friends for what they really are, not what you think they ought to be.

Few men have a single natural gift that they have not in some way abused.



Neither should parents punish children just because they, the parents, happen to be somewhat larger and stronger than the children, due quite largely to the fact that the parents got an earlier start in life, thus securing an advantage over the handicapped children which many parents seem determined to make the most of.

Parents who have an uncontrollable surplus of animal spirits should quiet their nerves and subdue their muscles by playing golf, sawing wood, shoveling coal or exercising with dumb-bells. These methods are almost as effective as whipping a child with a strap or a slipper, and the child is said to like them even better. It is a clever joke to teach a child, "Therefore all things whatsoever ye would that men should do to you, do ye even so to them," and then take the little one into the woodshed and blister his tender flesh by copious applications of strap oil. I have sometimes smiled just in thinking how the joke might be passed along and made more of an all-round success, if, just when the parents are putting on the finishing touches in the work of *training* up a child in the way he should go, a monster three, four, five, six or seven times as large as they, themselves, should happen along and administer pain to them in allopathic doses.

It would be sweet justice, if the author of those words, "Spare the rod, and spoil the child," were to be drowned in the vast ocean of childish tears for which he has been in so large a measure responsible. If he ever succeeds in getting into heaven it will have to be accomplished in spite of the mighty chorus of sobbing protests uttered by millions of little boys and girls with broken hearts and tear-stained faces. His words have gone far toward making thousands of so-called parents who let others do their thinking for them, believe that it is not only their privilege but their duty to punish their children.

We can accomplish more with kindness and reason than we can with force. So, I say, "He that taketh up the sword shall perish by the sword." He that inflicts suffering upon the weaker and lower forms of life, or is the cause of such infliction of suffering, must pay off the debt to the utmost degree, and when he wakes up from his somnambulist sleep he will acknowledge the justice of the penalty and go and sin no more—in that respect, at least.

The whipping of children comes through undevelopment and a lack of understanding upon the part of the one who does the whipping. The parent should remember that the child is very largely a reproduction in inclination, action and habit of the parent themselves.

Kindness, Reason and Love are superior to force. I have tried both, and I know.—Dr. J. E. Rullison, Toledo, Ohio.

"Man should eat in order that he may live. So long as the motive for eating is the gratification of hunger only, so far is it normal. Eating for pleasure is a menace to the health, the intellect, the morality of the individual, and conducts straight down through the jaws of death."—Latson.

The pure and white complexion of the English aristocratic ladies is only the consequence of their diet, mostly composed of fruits and nuts.

Desultory work confuses and destroys.

Pasadena, Cal., Nov. 28, 1901.

The Kneipp Magazine Pub. Co.

Will you please send me at once a copy of the Kneipp Water Cure Monthly for November, for which I enclose 10 cents in stamps.

I am a regular subscriber, but owing to a collision of two mail trains in which all the mail was burned, and which was the day before the time in which I usually receive my magazine, I suppose it to have been lost. I think it the most valuable magazine that I can get and do not want to lose a single number. The article in October number 1 Ad. Just, giving instructions for taking the bath is alone worth the price of the magazine for a year. I hope to interest others in the magazine shortly. I shall do all in my power to spread it and its teachings. Respectfully,

C. A. DICKINSON,
125 North Pasadena Ave., Pasadena, Cal.

Schenectady, Oct. 28th, 1901.

Kneipp Mag. Pub. Co., New York.

Gentlemen:—I herewith acknowledge receipt of the books you sent me, and they are most precious. Especially the work by Bilz on the Natural Methods of Healing. I think the illustrations and the nine adjusted colored models of the human organs are worth the price of the book alone.

I enclose you a list of my friends who may get interest in your magazine. As I intend to get my copies bound the end of the year, I cannot lend them away. I shall let you know later what benefits I have received from your publication and will give you a life history of myself 2 my experiences with M. D.'s. Yours respectfully,

WM. J. BECK.

Mr. Louis Knappe has given me massage treatment with such excellent results that I had him give the same treatment to some of my patients, with whom he succeeded as well. I can therefore recommend Mr. Knappe to who may need his services. M. Goldberger, M. E.

Port Oram, N. J.

Dear Mr. Lust:—I would advise you to call personally on the Arch-Bishop and request him to recommend your magazine to the priests in his Diocese. All priests in my diocese will gladly recommend your publications. Every fan should have the copies of last March, containing the article by Dr. Roseh. Every sensible man and woman will appreciate same. Wishing you the success you well deserve.

Yours sincerely,
Rev. B. H. Philips.

(Signed)

Surely, Emerson's saying, "Health is the first wealth; still in force; from proper food comes health; health, vital force with the man, beauty with the woman"

The legumes (peas, beans, lentils) are much richer than animal meat, but they lack the fat which is the meat of nut.

Nuts, especially in other articles in the world

fra&

**An Experiment
In Scientific Cooking and Eating.**

By Jno. P. Morgan, Chicago, Ill.

The food was prepared in an office building, upon a gas stove (two burners) and a "tin overt jacketed with an asbestos cover (cost 20 cents), to retain the heat, flavor of the food adding to its quality and digestibility at the same time saving the cost of fuel. Since the food was cooked slowly the economy of time was another advantage as it did not interfere with business.

The Chemistry of Cooking—Steam Cooking:

Is to cook at a moderate heat for a long time, that the juices of the vegetables are distilled and converted into a nutritious and digestible condition. "The Chemistry of Cooking," by Dr. W. M. Williams, K 175 St. Public Library.

Eating Daily in Lincoln Park.

During July and August on the high hill, foot of Deming Court, overlooking the lake and surrounded by beautiful scenery and sun sets. It was conveyed in a hand satchel (the soups in Mason fruit jars), just hot enough to eat with entire wheat bread toasted brown, lettuce, water cress, nasturtium, dandelion (in paper sacks), eaten with a cooked dressing made of eggs, lemons, olive or Wesson oil, sugar and cream.

SOUPS.

Rice, barley, prunes, raisins, vegetables, fruit (peaches).

ROASTS AND BAKED

Banana (large red ones), sweet potatoes, squash, macaroni and cheese.

BOILED

Green corn on cob.

SOLIDS

(In soup bowls), cauliflower, asparagus, new beets, lima beans, celery, cucumbers, string beans, tomatoes, etc.

VEGETABLE, FRUIT, OR NUT TURKEY.

As a substitute for meat (receipt taken from Mazdaznam Cook Book) with a sauce made from tomatoes, cranberries, etc., eaten with any fresh sun cooked vegetables, viz., spinach, green peas, (carried in a glass jar).

Stewed celery and celery root, oyster plants, etc.

PUDDINGS.

Sago flour, corn starch, black- and raspberries, gooseberries and currant jellies.

CAKES.

Chocolate, almond and cookies made from entire wheat flour; nuts, raisins, figs and konut butter.

CANDY. % V

Chocolate, almond and walnuts.

Fresh cream was obtained from dairy, New Park, for berries (fresh), pineapple, cocoanut, peach cobbler, with sauce made from konut butter, sugar and flavored to taste.

BEVERAGES.

Grape and peach juice, lemonade (with honey), made from (artesian well water) with cherries, eating about four o'clock.

BREAKFAST RAW FOOD LIVING CELLS.

Fresh berries, fruit and grapes in season, mellons, tomatoes, toasted wheat flakes, shredded biscuit, "Malta Veta," a breakfast (dry) food consisting of wheat, corn and oats (cost 13 pounds for one dollar), Grits. Hominy, entire wheat bread, toasted brown with peanut butter (to obtain protein), barley food and honey; ripe olives, figs and chestnuts.

The fresh vegetables were procured every morning from the truck farmers south end of Rogers park, on Randolph and Halsted Sts. The fruit was shipped from fruit farms in Michigan at night, received in Chicago next morning, freight only five cents half-bushel basket.

For over twenty-five years I lived at the finest hotels and club houses in the U. S. and Canada, and feasted on the "fat of the land." Green turtle soup, soft shell crabs, rice birds, "grand dinner, canvas back ducks, terrapins, midnight suppers "after the opera is over 2 a. m.," wines of the finest ages, and specially imported cigars, which developed chronic indigestion and rheumatic gout, for which I went every year to the Hot Springs to be boiled out. I then weighed over two hundred pounds; now weight one hundred and fifty, and never enjoyed as good health, and relished my food as I do under the above named experiments. The Scientific Chemistry of Cooking and nutrition of food was published in a number of the Kneipp Monthly with list of books in the public library.

Cost of food for two persons:

July, groceries *JUQ\$%\$... i|»..* \$3 50
 July, vegetables *... .11. \ 3* 00
 July, fruit *... . * , ... 'v*.*... 75*
 Fuel *... . V;...../;*4* 40

Total *«|||^ap^|||P|^ ^ 7 65*

August, groceries *... . |\$3 75*
 August, vegetables *... . * »# . ^ V - • | 5*
 August, fruit *.. Sv*:-.. 1 35*
 Fuel *... . Stt&mr - * 45*

Total *I . . -|^SB- • ————' \$14 45*

September, groceries *... . ; V»>>*\$3 60*
 September, vegetables *< & 1 30*
 September, fruit *j, ^ A. • 1 00*
 Fuel *, 50*

Total *WB^W \$20 85*

October, groceries *»»... . * .. \$3 45*
 October, vegetables *... . 1 35*
 October, fruit *... . 90*
 Fuel *.. • • \$ p - 5°*

Total *..... , 6 20*

Total expenses, for 4 months (120 days) *..... \$27 05*

BOOKS IN THE PUBLIC LIBRARY.-

- A plea for Simple Foods, N 891.
 Household Monitor of Health, N 674.
 How to Gain Health and Long Life, N 978.
 "Science in the Kitchen," by Mrs. E. E. Kellogg.
 "Perfect Way in Diet," Kingsford.
 "The True Science of Living," Dr. Edward Dewey.
 Long Life and How to Reach It, N 440.
 The Science of a New Life, N 1001.
 "Art in Cooking," Good Health, 1900.
 "Food Question," Century, 1886.
 "Chemistry of Food," Centurmig88.

F a s t i n g .

The Catholic Church compels certain of its children, under certain conditions and on certain occasions, to fast. The fast is not hard and 'tis done as a penance. We advocate fasting" as a means to health. You can offer up your fasting to God as satisfaction for your sins if you wish, just as you may dedicate your whole day to Him, including business and pleasure; but we are treating the subject now as a means to health.

In the morning for breakfast, do not eat much—a cup of milk or chocolate, and two or three slices of toast bread should suffice for any one. White bread, so-called, should not be eaten. Kneipp's bread or a bread made of whole wheat is the only kind that has nutritive value. Meat should never be taken at this meal. An orange or an apple before breakfast is very wholesome. Make your main meal if possible at noon time. You may at that meal eat meat, but this should not be indulged—three times a week is plenty. Eat vegetables, they are nature's medicine. They nourish and cleanse. Never eat when you are not hungry—never eat till you have to breathe deep and sigh and say: "Goodness, I can't eat another bite, I'm filled clean up to here," holding your open hand under your chin. Get up from the table with a feeling that you could eat more. Make your supper very light or do without it altogether. You will become accustomed to it and you will find yourself feeling better on two or even one meal a day, than on three. Those of course that have to make their main meal in the evening, may skip the dinner hour without eating. We heartily endorse the two-meal per day plan. It isn't the quantity, but the quality and digestive portions of food that are nourishing. Remember, your body feeds not only on the food you put into your stomach, but like the plants in the earth, it sucks the air in through the pores and thus stimulates and satisfies the hunger of the body. Drink a great deal of water. Never drink ice water undiluted. Summer time you may dash your glass of water with a little ice water, but just enough to make it palatable. And have your water distilled or at least filtered, but drink water even if not distilled or filtered, drink it anyhow; better to drink it as it is rather than not drink it at all.

THE HYGIENE OF FASTING.

"Almost all the great founders of religions have deemed it salutary to prescribe a certain amount of fasting for their disciples. The reason for this, says a writer in the Blatter für Volksgesundheitspflege, is not only the knowledge that it is well for man to conquer his bodily desires, but also the experience that most persons eat too much. To overload the stomach with food is not less unhealthy than to deluge it with beverages; the more nutritious the food the more hazardous are the consequences when excess is habitual. Of all the sins of nutrition, the immoderate use of meat is certainly the most grievous. It gives to the body in a form that is favorable for easy assimilation the albumen that is absolutely necessary to life, and hence the earliest effect of its excessive use must be to surcharge the body with nutrients.

The chief point here is the critical examination of what is called hunger. Many persons believe that any and

but this is a great mistake. Ail eqtaffy, mistake is the opinion that one ntu- satiety arises. These two mistakes & unfavorable development of the human body, f of the body grows to a degree that it deirifi activity of most jf the chief and finer organ stature an approximate weight may be stated accepted as normal, and in accordance with adjusted the vital organs, particularly the heart has volume sufficient only for a hody and is put to work to satisfy the demand* of t pounds, it soon shows that it is unequal to it just as if an engine that was built to pull only weight were used to pull a large additional activity of the other organs as well as of the dered by the fat that is deposited about the la sive nutrition injures the mental capabilities ; particular consequences of excessive nutrition pochondria (the very name of which refers t the region of the abdomen), and the gout, it i essary to speak."

The

rdly

Proctor's Theatre. A good laugh—which is one oi Nature's best and cheapest remedies—may b orocured. together with a very pleasantly spent evening, b; will visit any of Proctor's Vaudeville Theatre which there are several in New York, besides those i M towns. As the price is a moderate one, and the seat art comfortable in all parts of the house, every one will be sun to enjoy himself. A little recreation does everybody 2 great deal of good—and Proctor's name is a guarantee tha any show performed at his places will not offend even th< most fastidious tastes. Any married man can go there wit! his entire family and enjoy himself heartily.

A Kentucky Colonel fell into the Mississippi, was rescued, taken to the bank and resuscitated. When he opene- his eyes he asked, "Where am I?" They said, "On th bank." "Which bank?" asked the colonel. "Iowa," was th reply. "Iowa!" he said; "Prohibition State! Throw me i again."

In China, India and Japan and other countries, fou hundred million of people strong, active, healthy and long lived eat no animal meat; the Japanese workmen wit muscles like steel bands, trot forty miles a day with heav loads on their shoulders over mountainous roads; the diet consists only of ripe fruits and nuts, and no anirm meat at all.

The strongest animal, the orang outang, who fight the lion victoriously, lives only on nuts and fruits, ar reaches. &n age of one hundred to one hundred and twenty five years,' while the lion or tiger (animal flesh eaters) In twenty to twenty-five years only.

Wm. McKinley, our President, is gone. The greate monument to his memory would be the understanding all the lessons involved in his taking off. How many do tor's Golgothas will be required to enlighten the world?- Dr. J. H. Tilden.

Calm demand brings all good things in time.

"As the body in air, so the soul sustains itself in love
 "There is only one time and that time is now."

If half the time and money expended by the sick, recover health, had been timely devoted to the preserv tion of health, resp. to the prevention of disease, life won be a more enjoyable and less expensive luxury.

If half the thought and sentiment that are spent on t subject of death, were bestowed on the practical duty health promoting, strengthening, lengthening and ennoblii life, we should be more fit to live worthily and die to tentedly.

Patience and continuance of energy is the true streng of character.

Hard work is vain and fruitless without punctualii order and diligence*

Determined concentration on one object at a til brings successful results*

LITERARY NOTES.

All books mentioned in our publications may be obtained at quoted prices from the Kneipp Mag. Publ. Co., in East 59th St., New York City.

What a Young Wife Ought to Know. By Mrs. Emma F. Angell Drake. M. D., published by the Vir Publishing Co., 1134 Real Estate Trust Building, Philadelphia, Pa. Price elegant binding, \$1.00.

This valuable book tells every young wife just what she needs to know, and saves her from the blind blundering and sad mistakes which have wrecked so many lives. It equips the young wife with the so necessary knowledge to enable her to discharge intelligently the duties of her responsible and sacred relations. This book to young wives is the concluding volume of a series of books upon social and personal purity. For its writing its author received a prize of one thousand dollars. We can conscientiously recommend every young woman to read this book: it will provide her with an amount of very valuable knowledge to be acquired at a nominal cost.

The Romance of the Red Star. A Biography of the Earth. Published by the Denver Fraternity of Emethachavah, of Denver, Colo. An order founded on the principles laid down. Founded Kosmon 50. Price \$2.50.

This remarkable book which is dedicated to all mankind contains the so-called biography of our own planet from 300,000 years before Moses up to a vague period thereafter.

Although we have conscientiously several times attempted to wade through the ponderous sentences, mysterious sayings, quaint oratory and peculiar way of sanctimonious expressions of this "Emethachavaean" oracle, we have had to give it up. We were completely bewildered by the extravagant roll-call of Gods and Goddesses, myriads of angels (there are several thousand millions of angels quoted), lords and lordesses, drujas, Isirians, Etherians, etc. A few thousand years are of a very little account in this remarkable publication. A matter of a thousand millions of souls are a mere nothing, in short, the entire biography of Emethachavah is to us an unexplicable problem clothed in mystery.

The Dietetic Way to Health and Beauty. By Lophie Leppel, founder and exponent of the Leppel system of dietetic (drugless) healing. L. N. Fowler & Co., 7 Imperial Arcade, London. E. C. Price 2 d.

The Tea Question. By Lophie Leppel, price 2 d. Fowler & Co., 7 Imperial Arcade, London E. C.

Hints for Self Diagnosis. By Sophie Leppel, price 2 d. Fowler & Co., 7 Imperial Arcade, London, E. C.

These treatises are excellently written, clear and concise and contain a very great amount of valuable information to those interested in vegetarianism and the diet question.

Food as a Factor in Student Life, a Contribution to the Study of Student Life. By Ellen H. Richards and Marion Talbot; published by the University of Chicago Press, Chicago III.

The statistics contained in this treatise are very precise and interesting and impress the mind with the great advantages to be derived from an economic and dietetic student life.

The Phrenological Journal and Science of Health for Dec. contains some very interesting articles as usual. It brings some character sketches of celebrated people, amongst whom special mention is made of the late Li Hung Chang. The modest price of the magazine (\$1.00 a year) places it within the reach of everybody.

Electricity in Medicine and Surgery, Including the X Ray. By William Harvey King, M. D. In two parts, with a section on Electro-Physiology by W. Y. Cowl, M. JX, and a section on the Bottini Operation by Albert Freudenberg, M. D. Published by Boericke & Runyon, New York. Price, \$3.50.

It has been the aim of the authors to make this book a thorough and reliable work on the use of electricity in medicine and surgery. Although keeping the book within a reasonable size sufficient details are given of all that is at

present well established on the subject of electricity in medicine and surgery, so far as intended to cover the subject. The book has numerous illustrations and several plates which aid materially in elucidating the technicalities of this really very useful work on Electro-therapy. Part I. treats of Electro Physics, the X Ray, Electric Diagnosis and Organic Electrology, while Part II. treats of Electro Therapeutics.

My Skeptical Nephew. An Allegorical Narrative based on Facts. By Rev. E. P. Woodward. Published by the Safeguard Publishing Company, 305 Cumberland St. Portland, Me. 25 cents.

The purpose of this book is to help honest skeptics of every kind; and it is designed to cover most of the ground of unbelief, though very briefly in some directions. The author informs us that the higher criticisms, which have been only lightly touched upon here, may possibly be treated exhaustively in a future volume, as a sequel to this book.

Second Adventism; What is it? The Fundamental Principles of the Advent Christian Denomination. History, biographical sketches and portraits of the Committee of Seven. By Rev. E. P. Woodward, pastor of the Second Advent Church, Portland, Me. This booklet will be sent free to anybody mentioning our magazine.

Messrs. P. Blakiston's Son & Co., 1012 Walnut St., Philadelphia, Pa., have sent us a specimen of their physicians' visiting list pocket book for 1902, which is a very useful and handy article for all physicians, naturopaths, hydropaths, osteopaths, etc. As this is the 51st year of its existence, the decided merit of this pocket book is self-evident. For completeness, compactness and simplicity of management, it can hardly be excelled by any others in the market.

Physiological Chemistry Illustrated. We have received from I. S. Baughman, D. O., Publisher, 523 Division St., Burlington, Ia., one of his charts entitled "Physiological Chemistry Illustrated,*" and appreciate the technique of the chart, the materials that are illustrated and the manner in which the detailed items in physiological chemistry are set forth. We are satisfied that it will be an indispensable aid to all teachers and students of physiological chemistry. The price for the chart, mounted on pole and hangers, prepaid, is \$3.60.

A System of Physiologic Therapeutics* ;vA Practical Exposition of the Methods, Other than Drug-Giving, Useful in the Prevention of Disease and in the Treatment of the Sick. Edited by Solomon Solis Cohen, A. H., M. D., Professor of Medicine and Therapeutics in the Philadelphia Polyclinic; Lecturer on Clinical Medicine at Jefferson Medical College; Physician to the Philadelphia Hospital, etc. Volume III., Climatology, Health Resorts, Mineral Springs. By F. Parkes Weber, M. A., M. D., F. R. C. P. (Lond.)* with the Collaboration for America of Guy Hinsdale, A. M., M. D., Secretary of the American Climatological Association, etc. In two books. Book I., Principles of Climatology, Ocean Voyages, Mediterranean, European and British Health Resorts. Book II., Mineral Springs, Therapeutics, etc. Illustrated with maps. Prices for the complete set, \$22.00 net.

These are the third and fourth volumes of Cohen's System of Physiologic Therapeutics, whose timeliness has already been commented upon. The first part treats of the factors of climate, with their effect on physiologic functions and pathological conditions, and describes the fundamental principles that underlie the application of climates, health resorts and mineral springs in the prevention of disease, and to promote the comfort and recovery of the sick.

The second part describes health resorts; and the third part discusses in detail the special climatic treatment of various diseases and different classes of patients. Book II. also describes the health resort in Africa, Asia, Australasia and America.

V; The sea-coast and inland health resorts of the Mediterranean countries, those of Continental Europe and those of the British Islands, including mountain stations of various elevations, plains, and mineral water spas, are described, with no waste of words, but with fullness of detail unusual in medical books. Not only geographic and climatic features are pointed out, but also social and other characteristics so important in selecting a resort that shall be suitable to the

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tastes and means of the individual patient, as well as beneficial in his disease. Allusion is made to the special medical uses of the various resorts described, and to the particular form of treatment for which any one is famous.

The existence of sanatoria for special diseases, as those at seaside resorts for *scrofulous* and weakly children, and in various regions for *consumption*, *nervous affections*, diseases of women, and the like, are specified; and the mere lists of such places, as found in the index, are likely to prove invaluable for reference. We know none other so complete. A mere glance at the closely printed pages of the index will show how unusually full is the treatment of special resorts and their particular qualities. Like the preceding volumes these are thoroughly scientific and eminently practical, a combination that reflects credit alike on authors and editor.

A Brief History of the Wallace System up to the present time. By E. J. Wood. Published in London, England, at 3 Vernon Place, W. C. Price 3 d.

This is a sketch of the Wallace Movement, which is simplified "nature cure" as introduced into England by Mr. M. J. Wallace, the founder of the Physical Regeneration Society. They claim to eradicate all kinds of disease simply by *hygiene and non-poisonous organic* remedies, and their friends and followers are to be found in all parts of the world.

Spiritual and Material Attraction: A Conception, of Unity. By Eugene del Mar, editor of George's Weekly, Denver, Colo. Price 75 cents postpaid.

This book sets forth a presentation, from the point of view of the man of science, of the fundamental principles underlying the Philosophy of the New Thought. It describes in a very masterly manner the conception of unity, evolution and *identity of* spiritual and material principles; and *defines very* graphically the principles and the purposes of attraction. A book for the thinker.

"Bilz's Natural Methods of Healing." A new and complete guide to health. By F. E. Bilz, founder and proprietor of the Bilz Sanatorium, at Radebeul, Dresden, Germany. Translated from the latest German edition. Containing over 2000 pages, and 720 illustrations; also six complete working models (colored).

As reviewed by Prof. Ch. A. Tyrell, M. IX, in Health.

Some idea may be gathered of the *estimation in* which this book is held, when it is known that this is a translation of the one hundredth German edition, and that upwards of 850,000 copies have been sold. No better tribute can be paid to an author, than to purchase his works, and it is a matter for sincere congratulation that the public is evincing such a marked interest in the employment of natural methods of combating disease. It is by far the most complete and *comprehensive* work on the subject that has yet appeared; in fact, it covers the entire field of natural curative agencies. It treats in a most thorough and exhaustive manner of every kind of bath known to therapeutists; water, steam, air, sun and electric light baths. Every form of applying water to the body, in a medicinal manner, douche, spray, gush or plunge, *together with a complete* exposition of the Kneipp Cure, massage, curative gymnastics and magnetism—in fact, the whole ground is so thoroughly gone over that there would appear to be nothing left for those who may come after him. There is scarcely an ailment known to humanity for which there is *not* a complete formula of treatment, and it is all expressed in simple unaffected language; so that his meaning is thoroughly comprehended. There is much pertinent and valuable information on diet, clothing, water, air, warmth and bathing; indeed, on these points it is a perfect encyclopedia. The illustrations are profuse, and of excellent character, rendering a perfect comprehension of the work comparatively easy, while the colored anatomical model charts are of a very high order of excellence. In fact, both to the

physician and lay man it is a most valuable book, and although it does not *follow* that every individual can ~~own~~ himself of the worst form of disease, after reading it, yet its possession, and faithful observance of its health rules will keep its possessor in health, and the minor complaints of life may be successfully treated by any intelligent person, at home, by consulting its pages. It is a complete medical education in itself, along natural lines, and it is *not* difficult to realize the success it has attained, after perusing it. It is excellently printed—clear type on good paper, and handsomely bound. It may be obtained from the Kneipp Magazine Publishing Co., 211 East 59th street, New York City. Price, \$7.50; express prepaid, \$8.00.

Naturopathic Adviser.

Under this column FREE advice according to the rules of the Natural Method of Healing will be given to all subscribers of the Kneipp Water Cure Monthly.

Chas. La M., Ogden, Utah. Quest. Last Spring removed my heavy winter clothing; same day took a whole cold bath; it did not react, but took to chilling with congestions in my chest and head; spit up black, clotted blood; tried the same bath again without result; feet remain cold; I have piles* and constipation. Answer: Evidently your body has not been warm enough when you took the cold bath, therefore no reaction; also you may have taken the bath too long time. Take a bed steambath every other day with five hot bottles, one on the feet, two on the calves, and two on the thighs, or two steambaths in the Irwin Bath Cabinet, followed by a luke-warm half-bath, 10 min., with pouring the water over the shoulders. Every day a warm oak bark sitz-bath (one-half pound of oak bark, cook two hours with two gallons of water, and add this to your sitz-bath) 10-15 min.; then cold sponge-bath. Every night abdominal bandage, which can be exchanged with calf packs. Every evening injection of one-half quarts of this oak bark and comomile tea, 95 degrees F. Eat plenty of fruits, vegetables and cereals; no meat, no stimulants; one cup of Wuehlhuber I three times weekly. %A

A. A. H., Fall River, Mass. Question: July, two years ago, I fell, dislocating my right knee; leg swelled all winter, breaking out following April. I remained away from work seven months doctoring for the ulcer; he advised medicine elastic stockings, plaster, which I am wearing at present. Ulcer is on right calf below knee. I am clerk in a grocery with a great deal of walking. Answer: Get from a pottery five or ten pounds of clay; take a small part, mix it with a little water to an ointment, and put it on cheese cloth round the knee and ulcer; cover with a wet linen bandage and finally with a dry flannel bandage every night and also during day time; in the latter case you may repeat the clay compress every four to six hours; if *day* gets dry and you should not have time, wet the linen bandage in order to keep the clay soft. Every Sunday afternoon a bed steam-bath, one and one-half hours, or a vapor-bath (a vessel with hot steaming water placed below a cane chair, sit on the chair and have a large horse blanket round your whole body and chair, only the head must be outside); hereafter cold sponge-bath. When changing the clay bandages wash the knee and ulcer every time with luke-warm water for three to five minutes. You may *also* take one warm foot-bath weekly (100 degrees F.), 15 min., then cold one-half min.; feet and calves must be in the water; high butter tubs will answer this purpose. Avoid meat and alcohol in any form; eat fruits, vegetables, whole wheat bread, or pumpernickel; do not drink much: the less you drink the sooner the ulcer will heal.

J. E. S., St Louis, Mo.: A nonymous letters *win* not be answered. If you intend to write again let the urine be examined whether it contains sugar.



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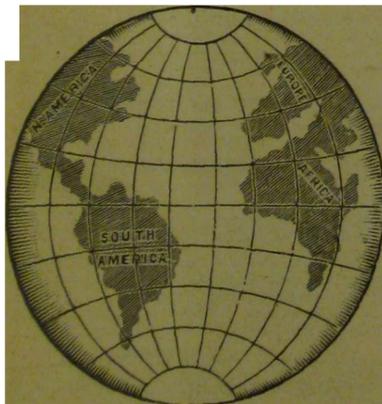
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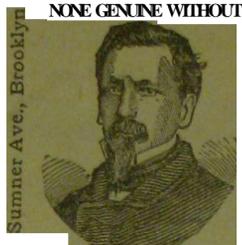
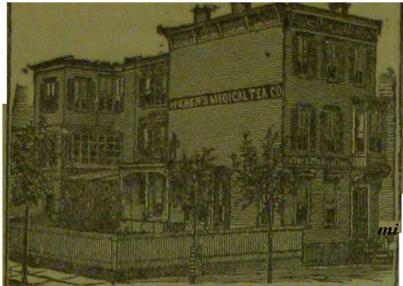
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