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

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More Light.

By Dr. Martin Unterweger.

Like an echo from other worlds, but still closely related to our own feeling, do these words, which were the last exclamation of the dying Goethe, as also of the Empress Maria Theresia of Austria, still resound and vibrate in our hearts.

More light! Like a winged reminder it flies over hill and dale, over land and sea, and leaves behind its mark upon each human heart, disturbing its deepest depths and filling it with an infinite, uncoercible longing.

Light is wanted by the body, light is asked for by the soul.

The materialized light, about which we will talk in this treatise, and which stands in the same proportion to the spiritual light as a little child to a grown-up person, is the source of all higher life, it is the symbol of everything good and noble, of truth and wisdom, the principal origin of all beauty, the queen of the world. Its absolute contrast, darkness, on the contrary is the mother of everything wicked, the sister of crime and vice, the symbol of death and the enemy of all nascent life.

Thus we can understand how even the bravest and most audacious man is filled with an undefinable horror as soon as he is surrounded by impenetrable darkness.

Let us transpose ourselves, in imagination, back again to the charming, attractive days of youth, to the time of our belief in fairy tales and hobgoblins.

How we did imagine this fairy world to be peopled with gnomes, fairies and elves.

Did we not in our imagination think of a very, very large hall full of thousands of lights, which were reflected by transparent marble-white walls, and were not these fairies and elves themselves beautiful figures radiant with light? Did we not ourselves possess the desire to become such radiant creatures full of light and glory?

And even now, when thinking backwards, do we not also feel the same desire of our childhood?

Is it and was it not the strongest yearning of our heart after eternal, imperishable truth; was it not a call from our innermost soul "More light?"

And what replaces this beautiful belief of our

childhood in the greater part of the grown-up multitude?

Is it not religion and with it the belief in heaven and eternal felicity? But what do we imagine this eternal bliss to be but an infinite flood of light, in which there is no night, no darkness, and in which ethereal shapes float up and down? And damnation, is it not equivalent with eternal darkness or night?

This same desire for light we may notice in all living objects, animals and even plants. The bird, who is removed from the light into a dark place, lets his head drop, refuses his food and shortly dies.

The sprout of the potato crawls several yards along the floor towards the window, i. e., the light. And there are countless numbers of examples which confirm daily and hourly the inner yearning of all organic life toward light.

These circumstances give us plenty to think about and force us to this final conclusion:

"Light is Life; Darkness is Death."

Man is the greatest and most complete masterpiece of creative Nature and is altogether a child of light, his upward walk and his upwardly-lifted eye are sufficient proofs of this. To him has been given the faculty to distinguish light from darkness and to choose between the two.

Woe unto him, who turns away from his original element, or consents without any further ado that it be withdrawn from him. The excuse "that circumstances do not permit it" is here completely misplaced, because everyone can do what he wants to; and when he says he cannot, that only means he will not.

Disease, early death, vice, crime and perdition seize hold of him with iron claws and draw him down, down lower and lower.

It is terrible and horrifying to consider the vast destruction which has been caused to mankind by insufficiency of light.

One need only look down into those many damp, unhealthy, dark cellar-apartments or those many loudly to be denounced tenement-dwellings in our great cities, which still are permitted to exist on account of the insufficient severity of the government departments concerned. Sickly, pale faces, shy-evasive looks, emaciated, ghost-like bodies which pass you like shadows, are continuously met there. A deep pity, mixed with unexpressible horror, fills one's heart. And now one can conceive that terrible

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bloodcurdling crimes are possible, and that here is the birthplace of their existence. Here also one understands why the death rate in large cities is such a great one, and why death reaps such a large harvest

Every thinker will hereby recognize how severely and with what pitiless justice Nature's laws are carried out.

Humanity ought herefrom to derive this pertinent warning: "If you want to become happy, do not fly from the light, but seek it continuously! Into the sun and the light with you! Light is Happiness; Darkness is Misery/

It is not sufficient, however, if we allow the sunlight to shine upon us through the windows and through our clothes only. No, the sun's rays should come into contact with the entire body and its organs, whenever possible, and be allowed to penetrate us as much as possible. Our own organism will tell us when to stop by creating a desire after a cooling bath, ablution or beverage, and this longing should be satisfied in order to receive the full benefit of such a sun-bath.

Of course there will be many a lady who will be afraid of her snow-white skin, or out of so-called decency,—and perhaps even some effeminate male creature who will be outraged by such a suggestion, and especially so when I maintain that a sun-umbrella (in our country) is the most stupid and useless article ever invented; and which betrays many non-flattering qualities of the owner.

To all these I have to reply that they rather should abstain from being indecent in so many other ways, as are quite common to-day, where virtue and female delicacy are more in question, than in the act of partaking of an innocent sun-bath.

In reference to the parasole-bearers, however, I will simply tell them that they should not have any aspirations to go to heaven; for if they even in their terrestrial time of abode are already afraid of a few rays of the sun, how and what should they do in the eternal "Sea of Light" against which no umbrellas will avail them?

I can even now hear in my imagination some lady remark: "Oh, certainly, my beauty would suffer from the strong rays of the sun, and the gentlemen, resp. my husband, will not find me so attractive as before.

But, madame, I pray accompany me in spirit on a visit to your husband who has gone on a trip to the country. The charm of some fresh, healthy, robust country-wench with her red-rosey cheeks, soft velvety skin, and radiant eyes will very soon have enticed the poor fellow entirely, and he will be caught in the nets of this country-beauty like a fish.

And these natural country-beauties, which surpass your artificial charms by far, are daily exposed to the direct rays of the sun.

The effect of the sun's Rays on the human organism (immaterial whether ill or well), is always the same, a surprisingly favorable one, which may soon be noticed.

Thus, for instance, I had a case of a patient suffering from dropsy who had been already given up

altogether by the medical faculty; well, within twelve days this man recovered completely, solely by the use of sun-baths and gentle massage treatment.

The sun's rays penetrate through the pores of the skin, dissolve all foreign substances that do not belong there, and the perspiration caused by them eliminates these impure dissolved particles from the system; they draw the blood-globules up to the most extreme superficies of the skin, and enable them thereby to attract much oxygen.

In consequence of some peculiar organic actions, the sun's rays act beneficially upon the muscles, bones, heart, lungs and intestines, etc., strengthen and regulate the functions of each and stimulate the blood circulation.

I do not want to imply, however, that those who up to now have evaded the rays of the sun should at once expose their bodies for hours at a time to them. The action of the sun-bath is a much more intensive one, and much quicker than a water application; and for this reason in this mode of treatment a successive, slowly progressive hardening of the body is more advisable even than in the water treatments, if the results should not become negative instead of beneficial.

We all know the immense value of the light and its significance for the body and soul; we know that light alone can and will show us the path to early and eternal felicity. For this reason we should bravely surmount all obstacles and take the invigorating sun-baths.

We should courageously accept the battle with darkness, and should be faithful to this device: "Through Night to Light."

Man, the moral animal, whose frail generations begin and pass away, is but one of the links of an infinite and eternal chain of beings like himself.

To die is the condition of our birth; but it harmonizes with the rest of the system, in which infinite matter is perpetually changing its shapes.

How is it that our souls did not think, until the faculties of perception became developed, in proportion as our organs acquired their consistency? Why is it that we find our mental energies begin to fail

True happiness consists in the most disinterested and impartial action of the mind, and in the constant practice of all social duties.

To Our Readers!

On account of our printers having moved their entire plant into a new building, the "April Issue" of our Magazine has been unaccountably delayed. We therefore ask all our numerous readers and patrons to kindly excuse this delay, as it came quite unexpected.

B. LUST,
Hydropathic Physician,
Editor Kneipp Water Cure Monthly.

Origin of Most Chronic Diseases.

Especially the Chronic Diseases of the Female Sex.

By Dr. A. Rosch.

Translated from the German by the "Kneipp Water Cure Monthly."

III.

On that account hypochondrists and consumptives often are the most immoderate in this kind of enjoyment, and experience teaches also, that on the contrary the demands of nature, in regards to the creative organs, become much rarer in perfectly healthy men, if they observe the proper diet and abstinence.

A man should only in his prime use part of his own vitality, to create a new living being, and only the instinct which makes it self felt, in the vicinity of the conceptive wife, should direct him; but he should never forget, that he is actually using a part of his own vitality.

I could quote from my experience many cases where, by drawing the attention of the offending parties to the real cause of their ill-health, I enabled them to regain their bodily health, as well as their general felicity in wedded life, without the use, of any medicines.

I therefore also know some cases where I could see from the unbelieving face of the husband that my well-meant advice would not be followed. Of course there were no beneficent results, but even these cases have only helped to substantiate my theory.

Several of these cases have been so peculiar that I shall relate them here, because they explain my theory.

I once was introduced into a family! I noticed at once that the delicate wife was suffering severely, but that the husband had a very strong, robust constitution. § It was a most ill-assorted couple. Both parties lived together in the greatest harmony, and the husband showed the most tender regard to his wife, and by paying great attention to all her doings he showed his sincere attachment and pity for her suffering.

This lady showed such passionate affection for her husband as is unnatural in women who have found contentment in wedded life. An absence of only half a day seemed already terrible to her, and if business compelled him to absent himself a whole day, it would be for her a tearful day of sorrow and longing.

I could not have a moment's doubt about the cause of this morbid love, and the suffering condition of the poor wife. The house physician, who called daily, and who always had some recipe ready, was a relative, who had treated her for many years, who pretended to have studied her most peculiar constitution very thoroughly, and, who always made such a learned face, that everybody who did not know better would be led to believe that he really did know all about it.

Delicacy forbade me to offer my advice, but I only refrained with difficulty, as I could have helped so easily.

But at last there came the opportunity that I had been awaiting; in my presence the wife had a hysteric attack, and this induced the husband to ask my advice secretly. And when I asked after particulars, he told me that this lady "had been a bright, healthy girl, that she had born him two children, one of which died at birth, the other was still alive, but very delicate, that in the first year of their wedded life she had been exceedingly violent and quarrelsome, was easily excited by the least little thing, and this state of affairs had almost killed her. She had become weaker and weaker, and later on some miscarriages had brought her health down completely. That only when she had become so very weak, this morbid tenderness had developed itself, that her temper had become much sweeter, but that she was slowly dying, and had to thank the skilful house physician, who had made her condition his daily studies, the prolongation of her life."

I knew enough; all the remainder I could easily guess. I at once opened the eyes of the husband as to the true state of affairs, and noticed with pleasure that he was deeply moved at the thought that he was himself the cause of all her suffering.

I arranged with him to recommend to her a short voyage, purposely for change of air, as being the sole remedy which would cure her, and thus she would be taken out of the reach of the treatment of her medical friend. After severe combats and tearful parting, she started on the trip, and a quarter of a year sufficed to recuperate her entirely. She returned full of health and with rosy colors, has since then born him two healthy children, and lived on with full knowledge of her destined calling.

The second case was still more interesting.

During a travelling trip I made the acquaintance of a merchant who, through his sparkling wit and conversation, proved to be a very agreeable travelling companion. At last our conversation drifted upon women, and I noticed how all his previous good humor disappeared, and that his expression became clouded.

Yes, the women! he said, after a long silence—who can fathom them! And he relapsed into a long silence, but his face showed violent emotion. I thereupon disturbed him from his brooding with these words: How is it that you find women so unfathomable? This started a conversation on the subject, and he told me the following in condensed form:

"That he had courted the daughter of another merchant for six years, but that their love had met with many obstacles. That the young lady had sworn to him to remain single until all obstacles to their union should be removed, and if he could never become her own, she would remain single all her life. She refused several good and acceptable offers of marriage, and at last, by their faithfulness to each other, they conquered all obstacles, and got wedded. But soon after the wedding, the wife had become completely changed, and he had to come to the conclusion that her previous gentleness of character was

"only assumed. She had made him many ugly scenes, which by their vehemence moved him deeply, and through her malice, of which he never had held her capable before, she had made him lose all his peace of life. She presented him with a handsome boy, and only during the period of her childbed, and about two months afterwards, had there been any peace in his home. But then the war had commenced again and had not concluded, until after one year and a half of this unhappy wedded life he had got a divorce from her. Now she was living in a small town about ten hours distant from his place, and a relative had several times reproached him bitterly for his action, and told him that she was highly esteemed by her surroundings."

He assured me that he had had not consented to the separation with a light heart, but that he had been forced to the step, otherwise he would have gone to perdition in that hell. He seemed also much affected by the circumstance that the law forbade him to keep his child in his charge, because the law adjudged the child to the care of the mother, until a certain age.

Is this not an unfathomable riddle? he asked me after he had concluded his narrative. What do you say to these facts?

I thereupon gave him the key to this problem, talked long with him in the sense of above treatise, and told him that he had only to blame his too vivid temperament and ardor, with which he had previously desired her possession, for all these errors. He seemed to understand me, and when I had concluded my explanation, he was convinced that only he himself and nothing else had been the cause of all this misery, and exclaimed:

"Great God! and nothing about this is told one in his education; thus man is kept in the dark about things from which depend his good or ill fortune, and even the law sanctions *thi&misusage*, which tears the child from the heart of the father, and makes the very best of men unhappy. It is terrible!"

We separated, and after one year I received a letter from him, from quite a different place. The righteous man had repaired all his wrong-doing, had forced his little son to his fatherly heart, had travelled to where the mother lived, had spoken to her and explained the nature of these things, and had asked her forgiveness.

She had no ill-feeling against him, assured him that she had forgiven him long since, and said she could not understand herself, what bad demon had previously forced himself between them. And when he again asked her for her hand, and she mentioned her antipathy to return to the town where they had lived before, because the people might still think badly of her, he resolved to sell his business, and to build up again in a more remote place, the earthly heaven that they previously had not found together.

And since then they live united in a most happy union.

Hi

A third case was the following: One of my friends married a healthy girl who had a very gentle, pure, womanly disposition. Shortly after her wedding she fell sick. She had to suffer very much from the very beginning of her pregnancy. I remember she suf-

fered from heavy vomiting, cramps and a chronic violent headache. I was then only a student at the University, and at that time I knew very little of these things, and nothing seemed to me to be wrong, when the physician, who was then consulted, declared this to be a sequel of the pregnancy* which was an unusual condition of the body, and to which nature had to accustom herself *first* after severe battles. This explanation was religiously believed in; the prescribed medicines were promptly taken, but the wife remained sick. At last she gave birth to a boy, but with great pains and hardships only.

My occupation took me far away from the place where these two people lived. The husband had a business which compelled him to travel often, sometimes for half a year at a time. On these travels he often visited me in my distant home, sometimes on his starting, sometimes on his homeward trip.

On these occasions, I always made inquiries after the welfare of his wife, and every time when he had just left her, he used to tell me how ill she was, but when on his return trip, he always assured me that he had received the very best reports of her health.

At last he died, and when after some years I again met his widow she was perfectly healthy. Now only did I find a solution to the riddle.

After such experiences, is it not a duty to enlighten mankind about their own nature? Should not the various Governments undertake to especially cultivate this part of the popular education? Is it not evident that, after such enlightenment, our lawgivers would be compelled to strike out the law about obedience in fulfilling "marital duties" from the law books, and insert in its place another law, about the misuse of such rights?

Should not all governments order their very best physicians to compose a marriage catechism, in which in most peremptory language the above truth is pointed out, and without the possession of which no couple should be wedded? Is it not a fact that the good or ill fortune of a whole life depend on the recognition of this truth, and are not long lingering illnesses, as well as painful early death in most cases only the consequences of want of common sense or misconception?

Is it sufficient to counsel moderation in pleasures only, as long as immoderation and over-indulgence are protected by our laws?

How should anyone feel who recognizes the truth, but is anyhow ill-treated by such pernicious laws?

Until the time that arrangements have been organized, that all mankind may get a correct knowledge of their own constitution, a new calling is opened to the physician—the healing of moral evils, which often have ruined whole families. / Thousands of cases that indelicately have been taken to the courts, and been adjudged there, belong to his sphere, and should by him be adjusted as soon as he is convinced that not all remedies are only to be found at the druggists.

Only and solely by omission of the untimely sexual intercourse would the unnatural ill-treatment of the fair sex discontinue to be as sickly as at present.

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The thousandfold Oh's and Ah's, the cries and lamentations would end, all strange and inconsequent actions would disappear. The pregnancy would not be followed by those many evils, the peace of wedded life would be assured, the complaints become less, parents and children be much healthier, even old age would not announce itself by disease and lingering illness and appear much later. Man would be happier, gladder, and enjoy his existence to a greater extent.

Of course there are sure to be many people who will not deviate from their previous opinion, because in their belief the new light, which we want to disseminate on this subject, would overthrow the civic order of things.

This remark was once made to me by an Unbeliever. But how can one talk about an "Order" of things when there is just the reverse?

What we desire is only to combat this excess with its pitiful sequels, and if we succeed to show this unfathomable abyss to those reason-endowed men, who are suffering from the influences of this contrariness to nature, and to awake them from their unhealthy views to a reasonable retrospect of their own nature, then our labors have not been without reward.

Any one may be a little moderate, without hurting the civic order of things, and still be healthy and happy. For only then will our civic laws benefit us when the fairer half of humanity will not linger any more under the pressure of its manifold sufferings.

If only all mankind could at once be permeated with the uncombatable truth, that sexual intercourse should only be used for generating and procreating purposes, and that any abuse or excess of indulging in above is followed by such unending damage, hurting even the nascent human being in its most sacred rights to be born healthy and to live healthy; that thereby the sacred duties of preserving the mother for her child are infringed; that man spoils himself, because he has the duty to be a strong aid, a father to his own children. If, I repeat, all mankind could be suddenly brought to understand this truth, then indeed a progress would have been achieved equivalent to all the wisdom of many centuries. Only observe the old age; how does man age, who from his birth has been ill-treated and who has continuously ill-treated himself? Only a few reach the proper human age limit, most of them are used up before their time by many painful diseases. Even in the age, where they should enjoy their prime of life, instead of doing so, they are slowly dying off!!!

To be old and sick, is with us equivalent, as man becomes powerless, frail, miserable when getting old.

How different is the natural man; he is strong until his death and when he perceives its approach he awaits it without fear and terror.

We are only miserable creatures, who try to combat death with ridiculous weapons, and this can mostly be accounted for by the excessive abuse of the genitive instinct.

Woman at present is placed in much too low a position, as long as she must recognize it her duty, to permit man the execution of his sexual designs, with-

out having herself any prompting or natural desires to that effect. As long as she can be compelled by law to give up her body for the voluntary abuse of man's vile lust, and as long as the law forces her to do this at cost of her own health she is simply a powerless tool in man's hands.

What a terrible part this is for a woman, who knows just as well that she has her full claim to the rights of humanity, who has a sense of her own dignity, and a natural loathing for such unnatural excess, three times as terrible if she perhaps falls into the hands of a libertine, who knows no moderation.

To commit onanism from want of understanding when the genitive organs are excited, is already a sorry thing, but to be compelled to submit to onanism, without any inner desire, and to become ill, and perhaps to die from its consequences before one's time, that is even more than "barbarous." And in spite of all this, "inner purity" is still demanded of women! Only the circumstance that they believe this pernicious abuse to be part of their marital duties, and even believe on their deathbeds that they die in obedience to the duty of their calling, only this error, which they commit about their own nature, helps them to make their degradation bearable.

To ameliorate this, it is the duty of the husbands to come to a better understanding of what is right; and the sensible man will know what to do, as soon as the matter has been explained to him fully. Against those men, however, who have not enough common sense, the wife ought to be allowed to call in the protection of the law.

Thus only this sex would re-acquire its most sacred human rights, and regain its human dignity, and would then be entitled to the same standing and emancipation as the male sex. The lawgiver, who would be the first to start this, would gain for himself the eternal thanks of the entire feminine sex, and the praise of future generations.

If in our present time any woman, especially in the first few months of her wedded life, should refuse sexual intercourse to her husband, on account of her nature and inner feeling rebelling against this continuous excess, and thus act like a reasonable being, she would be looked down upon by all her sex, and even be openly blamed by those who had to submit to the same shameful excess continuously, and who are now suffering from the evil results therefrom, although they imagine themselves to be better and nobler women, having always done their duty.

All the evils that a woman is to-day a subject to are results of the false, degrading, low social scale, that has been allotted to her.

If hysterics, or some other above-named or similar illness make their appearance in unmarried individuals, these are mostly the result of some circumstance, some play of imagination, reading matter, love episode, etc., which has excited the sexual organs, without ultimate satisfaction.

That the previous medicinal treatments of such diseases have always remained vain and resultless, is not to be wondered at, as the primary cause (except when voyages were prescribed) was never removed; but that they even prove pernicious, is now evident,

-because as these morbid symptoms are always to be locked upon as evidences of an active reaction, it is wrong to combat the single symptoms, as thereby the disease will never be cured, but only be given another direction.

Oh, pitiful humanity! which has forgotten to understand its own instinct, and still thinks itself far above the animal, and feels ashamed to learn from it because it allows nature its full and true vent, and which in its conceit goes so far as to believe to be able to do without nature.

That mankind in general, which in its own opinions has long since outstripped nature, should eventually again return into nature's motherly arms, is not certain, but this is the primary reason of all human misery.

NEW SANITARIA.

We would refer our readers to the advertisement of the New York Naturopathic Institute and Sanitarium, which has been opened on April 1st in 135 E. 58th Street, New York.

Twelve sumptuously furnished rooms, a vegetarian table and model beautifully tiled and marbled bath-rooms are the special features of the Sanitarium.

In attendance are Naturopathic Physician Fritz Regeniter, a graduate of Bonn, Germany, formerly assistant physician to Dr. Prager's Sanitarium, Elberfeld, Germany, who is a specialist for all ladies' diseases; and Naturopathic Physician Benedict Lust, Director of the "Bellevue" Sanitarium, Butler, N. J., who has had many years practical experience in the Naturopathic treatment.

Dr. Regeniter will also give a course of lectures on the various branches of Naturopathy, both in theory and practice, in the large hall of the Sanitarium, for which students may now file their applications.

Special features of this Institute are treatment by sun-baths, air-baths, vapor-baths, massage, Swedish massage, Thure-Brandt internal massage, electric therapeutics, vegetarian diet, water applications according to Kneipp, and other approved modern methods and all the latest hydrotherapy.

The terms are very moderate, ranging from \$16 upward, inclusive of treatment, board and apartments. Prospectuses may be had on application from the Naturopathic Institute, at 135 E. 58th Street, New York.

Mme. E. Amend, of the New York "Kneippianum," 1931 Madison Ave., cor. 124th St., New York, has recently completed arrangements to take over and reopen under her management the well-known Kneipp Sanitarium, "St. Joseph" in Poughkeepsie, Dutchess County, N. Y., formerly conducted by Mrs. Schweizer Mayer, and is now ready to receive patients until Nov. 1st.

This beautiful summer resort with its splendid views, large lawn, numerous shade trees, large airy rooms and its healthy location will make a delightful location for those who seek rest and health.

Prospectuses to be had on application from Miss E. Amend, 1931 Madison Ave., New York. Miss Amend is graduated in Worishofen, Germany, and has had effected some wonderful cures, even in some instances when all medical help had entirely been given up. The success of her New York Sanitarium is the best proof of her efficiency.

The Prentice Mulford Club, Auto Life Society, held a business and social meeting, March 16th. It expects to be favored early in April with a lecture and objective lesson on "Harmonic Vibration," by Prof. A. D. Blackman. Complimentary tickets can be obtained by addressing John F. Morgan, 507 New York Life Building, Chicago.

"The Air Baths of the Quisisana Nature Cure Sanitarium at Asheville, N. C. were reopened again last week with the beginning of spring weather. These are the first genuine air baths built in the U. S. A., and the favorite place of all the patients of this so beautifully situated Institution."

The Popularization of the Natural Healing Methods.

By Dr. Carl Strueh,

Proprietor and Manager of the Water Cure Sanitarium, 464 Belden Ave., Chicago, 111.

A business-man, whose aim is to keep in mind the pecuniary advantages of his calling, prefers to deal with such customers as understand little or nothing of his business, and which therefore are not able to distinguish good ware from an inferior ware, and good labor from poor labor. And the more dishonest he is, the more he will take advantage of his customers' faith in him.

An inferior (plated) watch for instance could only be sold for a high price to such a person, who is no judge of the workmanship and general appearance of a watch.

The "Honest" business man, however, who cares not only for pecuniary benefit but also for his "Good Reputation," prefers rather to deal with such customers, who have some knowledge of his line of goods, and who therefore will be able to appreciate the good quality of his wares or his labor.

Just the same it is with art and literature. An Artist or Scientist who is only able to receive recognition and acknowledgement from people who do not understand anything about either art or science, is a sorry specimen of his profession.

A true artist or scientist has no need to fear publicity. On the contrary his honest aims will be directed towards educating mankind in his own particular profession, thus to enable them better to appreciate and to esteem his works.

To be able to judge a picture, a musical composition or a musical recitation, one must have had some instruction in either painting or music—but on this account, surely, one cannot already consider oneself either a Painter or a Musician.

This should be the same in the Medical Calling. It is really pitiful, that the Physician's work is exposed to the criticism of any old woman, and all doctors are continuously criticized by people who have no knowledge whatever of the medical science, who do not even know whether their liver lies on the right or left side of the body, and which is healthier, to bathe once or twice during a year, or not at all?

And what is still more to be pitied, is that we doctors have only ourselves to blame for these "sorry" conditions.

If we had not always persisted in surrounding our science with a mysterious veil, and kept our doctrines secret from all those who did not belong to the faculty, then we would not hear so many complaints about the ungratefulness of the medical calling.

Only then shall we find true satisfaction in our medical calling, when we shall not have to practice any further amongst "savages" or Ignorant persons, but amongst sensible people, who possess sufficient knowledge and understanding to be able to fairly judge our actions and doings.

This capability however does not yet stamp these people to "Doctors."

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The confidence that is placed in a physician should not be a blind one, but should be derived from the comprehension which the patient has of the course of actions of his Doctor.

The esteem which the patient shows to the doctor often comes only from his want of understanding. It is really shameful to observe, how some of us are praised to Heaven, because he has "cured" a case of measles in a child; and again how we are often condemned, although we have only done our very best and what was right.

If we want to raise the general respect in which the Medical faculty is held, so that the execution of the medical calling may give us real satisfaction,—we should endeavor before everything to give the uninitiated layman an insight into our science, and to instruct him in medicinal science and knowledge.

If some of the unnecessary items taught in our schools would be eliminated, there would then be left sufficient time to instruct the growing-up generation in the general system, maintenance and recovery of man's most precious property, i. e., "personal health."

It certainly should not require very much to impart to them a general understanding of the anatomical construction of the body and its general functions, of the cause of diseases, and health-culture as well as of the prevention and cure of diseases. In some countries a commencement in this direction has been started already, but it is only a start as yet. We need not be afraid that through the instruction thus given we shall educate new competitors.—No, not at all.

In regards to surgery, this branch of the medicinal science would only gain by being better known. Anyone who has some rudimentary knowledge of same, will pay more attention, and esteem far more the dexterity of a surgeon, than an entirely ignorant person.

The same as only an adept will be able to appreciate the work of an artist.

Surgery is to a great extent a matter of practice, and even the young practitioner who has not had sufficient practical instructions and experience abstains from undertaking any important surgical operations, And how should a layman dare to do so, who has not even a superficial knowledge of the subject. He will never even think of attempting himself any surgical operation, but he will understand the actions of a surgeon and appreciate them accordingly; and he will not oppose himself to any necessary surgical operation, which happens so very often at present; and on the contrary again he will not blindly submit to an unnecessary operation.

As to the treatment of inner diseases, we may well assert, that a physician who remained stationary at the same stand-point which he occupied when absolving his Official examination, should in reality have nothing to boast about his capabilities. The study of Anatomy, Physiology, Pathology, etc., is purely a matter of memory, and any one with only a normal power of understanding can imprint these sciences which are only preliminary requirements (but not the principal ones), into his memory, without having any special talent.

If the physician is not at the same time a philosopher, and as such is able to thoroughly appreciate

the circumstances and conditions of each specimen of illness, then of course he is not much of a Doctor and he may perhaps be afraid of the enlightenment of the "layman," as they also may have enough brains to learn how the stomach is constructed, and which are the symptoms of "enteritis."

If, in the treatment of diseases we had only to rely on that, which we have learned at school and out of books; if we were to try every remedy that is praised in medical periodicals but which is only the outcome of some empiric experiment of an "investigator." If we are able to think for ourselves and to judge the individual conditions of each single case, in that case, although we may possess quite a large amount of scientific knowledge, we should be very poor specimens of the Medical faculty.

But just because professionally executed practice is comparatively simple, the enlightenment of the multitude is feared.

If we were "Government-Officials," however, this certainly would never be the case; as we need not be afraid of any opposition because only those could become "Doctors" that would have passed a "state-examination" and would then be "Government-employees" themselves.

As however at present there is a continuous rivalry between all the physicians, not only in spiritual spheres, but also in the every-day strife for our daily bread-and-butter, it is easily explicable why, for the present at least, the medical science is treated as a secret, and monopolised to the entire exclusion of the uninitiated.

The popularization of the Healing Methods would also have a great influence in stopping the numerous "Quacks" from trying to imitate the medical faculty. We are continuously crying out against these "Quacks," but have ourselves brought them up.

If we permit it, that the layman judges us in the same manner as he does the "Quacks," i. e., according to our successes, then there will always be a rivalry between "Doctor" and "Quack," because the latter may also have some "success." The unexperienced layman naturally mistakes the "post hoc" for the "propter hoc," i. e., he believes that if some one who has been suffering from erysipelas and has been cured by some spell, this person was actually cured by the spell itself only, although this has nothing whatever to do with the recovery of the patient.

If humanity only had a little more understanding for medical science, the medical profession could be opened up to everybody.

Just as anybody, when he requires a repair to his coat, does not go to the blacksmith, but to a tailor to have it repaired, a patient would certainly not go to a shepherd but to a physician to get his sick body repaired.; For instance, any musician, without even possessing any diploma, may give a series of concerts. But if during the first performance he does not give proofs of his capabilities, the people who understand something of music, will of course remain away.

The laws for the regulation of the medical practice have originally only been adopted as a protection against the ignorant intruders, and in this sense are fully justified.

The popularization of medicinal knowledge would be of great influence upon Health-Culture and the prevention of disease.

How can we be indignant that men are at present living up to methods which are in strong opposition to the natural laws;—if we do not impart to them the correct knowledge how they should live to remain perfectly healthy—and what are the consequences of an unnatural way of living.

If mankind only would try to understand the great importance and influence which the parents' health has upon their progeny; then marriage would surely be looked at differently than it is at present. And Consumptives, Syphilitic persons and other invalids would be a little more conscientious and recognize what a great sin they would commit by getting married and generating children, who from their birth would be tainted with the stain of heredity.

Further, there are also to be considered the improper, excessive or irregular diet, the unreasonable way of dressing the human body, and the wrong proportion between labor and rest. Also the unhealthy dwelling- and sleeping-rooms of the many tenement-houses, in which such a great crowd of people live, partly from ignorance or compelled by poverty; all these should be remembered to prove how necessary it is that all men should be instructed in the principles of Health-Culture. We should then find also a better understanding in the nursing of the sick. To-day it is almost impossible to treat any acute attack of illness, without the use of the medicine bottle. But this pitiable condition of affairs is mostly the fault of the medical faculty itself.

Happily at present there is gradually a perceptible improvement in this state of affairs, and humanity begins better to understand the correct methods; and there is also a great progress noticeable in regards to the knowledge how to treat the healthy and the diseased body correctly.

And even if all *Doctors* with their high-sounding titles and decorations will attempt to impede this progress, they will not succeed in stopping it.

The natural treatment can only gain thereby, because it need not fear anything from the popularization of the Healing-Methods. On the contrary, its future is greatly dependent from it.

When humanity will have acquired a sufficient understanding, then only will the natural methods be in their full bloom, and all other healing methods will be crowded back to where they belong.

The human frame so entirely returns to its original dust, as to preserve no trace of its former lineaments, and only to break forth afresh, combined with its kindred principle, in the shape of plants and other animated beings. Its precincts suffer transition from entire universal death and dereliction to new modification of life.

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Some Causes of Disease.

By William James Cromie, Phys. Dir., Y. M. C. A., Easton, Pa.

The most prevalent causes of disease are muscular inactivity, the use of tobacco, alcoholic drinks and drugs; the emotions, improper eating and drinking and improper dress.

Some would blame Providence for disease existing in the world, but this is a great mistake. Man is a moral free-will agent, with the power to do good or evil, and if he sows the seeds of sin and weakness, he must not expect to reap health and long life, but disease and death. G. D. Boardman has said, "Sow an act, and you reap a habit; sow a habit, and you reap a character; sow a character, and you reap a destiny." God would have us live healthful and blameless. He erects danger signals all along the pathway of life.

We can see danger in the word saloon, over the entrance to the house of ill fame, in the box labelled "cigarettes," in the red nose and unsteady gait of the drunkard, in fact, in everything not pure and wholesome.

Muscular Inactivity.

Muscular inactivity causes disease, premature decay and death. This is not only so with individuals, it has been so with nations. The men who contested in the Olympian games of ancient Greece were envied by kings. Rulers were honored, these men were worshipped. To be victorious in war was much; to be conquerors in combat was more. They thought more of their bodies than of their souls. Rome also had her gladiatorial games and festivities. Her vast amphitheatres were crowded with the excited, yelling populace, in Greece and Rome enshrined the victors in their temples as the brightest type of physical beauty and perfection. These nations, when they became indolent and indulgent; when they thought more of luxury than exercise; when they violated God's laws by drinking and listening to the voice of the siren, as world powers fell. So will all nations or individuals deteriorate in bodily strength and vigor if they trespass on Nature's laws. Exercise is one of Nature's greatest laws. The poor man must exercise his muscles to get money to buy food with which to satisfy the cravings of his appetite, and the rich man must exercise to create an appetite. It is not work but worry that kills. It is not friction but rust that ruins machinery. It is not the ship at sea, but the ship at the wharf that rots fastest. Running water purifies itself. Exercise tends to alleviate all diseases as it strengthens the system in general.

Alcohol and Tobacco.

The reason most persons use alcoholic drinks is because they think it makes them strong and healthful. As well might they stand in a strong wind, thinking to gain strength thereby. Alcohol is regarded as a poison by the best teachers and writers on toxicology. Some would argue that strong drink is all right because Mr. So and So lived to be 80 or 90 years of age. This is no argument at all. All our race, so far as we know, die of disease,—in other words, of

THE KNEIPP WATER CURE MONTHLY.

violence, and not a natural death. And as for dying in good health, there neither is nor can be any such thing. If man would live within the laws of nature he would live on into the teens of the second century. Young men take a glass to be social; they expect never to become drunkards, but to remain moderate drinkers all their lives. Did it ever occur to those men (?) that they are slaves when they begin its practice, and that all drunkards passed through the field of moderation. Tobacco is a slow poison, but it does its deadly work just the same. Tobacco is a filthy, disgusting habit and we would question a woman being a lady if she were to go up and down the streets fumigating herself. The affects of fumigation I think should be enough to stop its use. The smoke of fireplaces blackens our chimneys; but the nose and windpipe, though transformed into chimneys so long, remain clean. Why are they not like some old tobacco pipes. Simple because the tobacco deposited in these cavities is absorbed, carried into the circulation, and in the end carried out of the body. Not till it has completed its mission of death in every part of the system in which the blood circulates. Not till it has impaired our health by lowering the tone of our vital energies, and in a greater or less degree shortened our lives!

Drugs.

The American people are too prone to resort to drugs for every ailment, *m* Drugs only effect a temporary cure.

Moliere said "Physicians pour medicine about which they know little into bodies of which they know less, in order to cure disease about which they know nothing at all." Remove the cause, take regular exercise, breathe the pure air deeply, drink good water freely, eat moderately, and the physician's pills will not be needed.

The Emotion.

Violent and sudden emotions sometimes terminate in sickness and death. Persons have fallen dead in a fit of anger. % If one thinks of sickness and imperfection all the time, he cannot expect to have perfect health. Again, if he permits his mind to dwell on illicit thoughts and deeds how quickly will the sexual organism become tainted, stultifying the intellect, deadening the sensibilities, dwarfing the soul. Anger, grief, jealousy, hurry and worry, discontent, passion, lack of self-control and illicit imaginations all tend to make these bodies of ours uglier; while high and lofty thoughts, will power, love, peace, charity, exercise and a Christian life make us beautiful.—Prov. 23-7.

Dominated by a great idea the weak become strong, the timid brave; martyrs weak in body but strong in mind and faith withstood great hardships, privations and even death. The Covenanters of Scotland went to the stake: rejoicing' and the early Christians praised God while they were being torn and devoured by wild beasts. We must cultivate and develop Spirit, Mind and Body if we would be rounded men. Mens Sana in-Corpore Sano.

Eating and Drinking.

Regarding eating and drinking I venture the assertion that there is not one whose system is not more or less impaired by eating too fast, partaking of too much fluid during meal time, eating improper food, eating irregularly and entirely too much.

Improper Dress.

As we watch the passing throngs we cannot help but notice the many women who are weak and sickly and a great many of whose bodies are deformed. I call it deformity and an unnatural crime when I see a woman's waist drawn in that tight by tight lacing of the corset that she can hardly breathe. Can we expect a strong, vigorous race as their offspring under this condition of affairs? Another evil about as pernicious is sweeping the sidewalks with long trains. All the filthy bacteria are swept up and wafted about their persons. When we think of the fact that society calls for the present tight and encumbering dress we with Shakespeare exclaim, "Seest thou what a deformed thief this fashion is!"

Old St. Peter's Gate.

"In the resurrection, therefore, when they shall rise, whose wife shall she be of them, for the seven had her to wife?"—Mark XII. 23.

The widow lay on her dying bed,
With candles at foot and candles at head,
And feebly turned to the priest and said:
"Father, good father, my soul to-night,
In an hour, perchance, takes its last long night;
In an hour, perchance, I shall stand in the light
Of the great white throne, borne down with affright,
For the weight of my sins is crushing me quite.
But deeper than this is my present care—
Deeper the depth of my dark despair,
For my greatest trouble is how shall I fare
When I meet my various husbands there,
For each of the seven—or was it eight?—
I promised to meet at the great golden gate;
Each as the death-mist dimmed his eye,
Each as his soul was about to fly,
With gasping sigh that was half a cry,
Said to me, 'Sweetheart, you and I
Must part, but 'tis only to meet on high—'
Or some such conventional pathos as this;
And then, with a lingering, ultimate kiss,
They successfully started for heavenly bliss.
But, father, the thought that oppresses my soul
Is, what will occur when I reach the goal
And find eight cherubs in white robes wait
My coming at old St. Peter's gate?
Will they in the shocked archangel's sight
Disgrace themselves by stand-up fight?
And if they aon't, but agree to share
My charms, will celestial society stare
And turn up its nose? And oh! need I fear
The unmarried seraphims maidenly sneer?
And if I flirt with each, and all,
Will respectable angels refuse to call?
Will the inner circle around the throne
Begin to talk in a spiteful tone
Of fast young minxes, and purse their lips,
And gather their skirts round sanctified hips?
When we meet to drink water of life in sips?
WUI— here came a cough, a smothering sigh,
A moan—and the lady had gone to try.

—J. WATERLOO DINSDALE, M. D.,
Chicago, Ill.

(Chicago Amusement News.)

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Christian Science and Naturopathy.

There is much talk about Christian Science; everybody nowadays knows what this Science means. Medical Science is fighting it wherever there is a chance. If a Christian Science healer loses a patient the daily papers inform the public immediately, not forgetting the commentaries concerning the absurdity and craziness of such healers; sometimes they even recommend putting such healers into prison. Of the thousands who daily die under medical treatment they never mention one word. The public are talking, according to the papers. This is no wonder, as the great masses never use their own judgment, and so Christian Science is mostly condemned just like Naturopathy.

There is no doubt that Christian Science is a gooff thing, if in the hands of healers who are honest and true. If Christ is the Saviour, why do not the Christ-thoughts save, and if they do not, of what possible good are they? says Rev. Francis Mason. This is a fine question and I liked to hear it answered by empiric science. Christian Science in itself is a truth. It must be a truth, but it is an old truth and not a new science, as Mrs. Eddy, the founder of Christian Science, pretends. It is an old, old truth and can be traced far back to the Vedas. Mrs. Eddy and her adherents are mistaken in teaching that Christian Science and nothing else is the only method of healing. There is in fact no method of healing that can make such a claim, as the power of healing is not without, but within everybody. It is an individual power and therefore everybody can heal and has a right to heal, if he understands and realizes this power, if he can awaken it, or is able to perceive it.

Christian Scientists further make the mistake in pretending that the body does not exist; only the soul if there is no body, and if there is no disease, why do they heal at all? If disease does not exist, there need be no healing and there need not be any method of healing. Who in the world can pretend the non-existence of the body or of matter. Matter is just as much unknown as the spirit; Science only knows the change of matter, but never matter itself, and never will know it. Indeed all human life taken from a divine standpoint is a folly, because human existence is exists, and as the soul never can be sick, consequently they deny any disease. This is a great contradiction; nothing else but the result of non-perception or, we may say, of ignorance. Taken from a human standpoint all human life, all our doing and being is a necessity, because even surrounded by illusions and being an illusion himself man has to yield to the conditions of such an illusory existence. And this is the reason why we must recognize the body and consequently we cannot help yielding to the circumstances under which this body exists. Naturopathy will never deny the great truth of the healing power of the Christ-thought, but will also give credit to other healing factors taken from nature, and this will make Naturopathy superior to Christian Science. I do not see any reason why we should not apply to a fever patient a cool sponge bath or a cool half bath or a wet pack, etc.; what an immense relief to such a patient is such

a treatment; the physiological effect is in the finest harmony with the physiological functions of the human organism.

I can see all material things with my physical eye, and if I close it or if I am blind I cannot see the world; do you doubt it? But I can see many things which I cannot see with my physical eye which I only can see with my spiritual eye; why should I wish to see only one world and not the other? There is medical science that sees only the physical and there is Christian mental science in regard to external things would be based on mere speculation, if we had not the capacity of seeing external phenomena, so also the highest science must be mere speculation in regard to spiritual things for those who have no spiritual perception. But who has the spiritual and physical perception for whom there is no more doubt, and this is expressed in the Bible by the words: "Pray and work."

LUDWIG STADEN,
Naturopathic Physician,
336 Schermerhorn St., Brooklyn.

"A number of patients," says Dr. Gleich, "die every year solely as the consequence of treatment with drugs, and a great number become dangerously ill from the same cause, v This is the bare truth and indeed it is a hard truth, but it must be spoken nevertheless for the sake of suffering humanity."

Professor Dr. Gilman: "Many chronic complaints of grown-up people are the consequence of mistaken treatment in childhood."—"Plasters applied to children nearly always cause their death."—"I give calomel to them if I want to tone down their vital force."—"To give an infant opium frequently causes its death."—"A single drop of laudanum will often kill a child. Four grains of calomel frequently suffice to kill an adult person."—"A mild treatment with calomel is synonymous with gently opening a human throat with a dissecting knife."

Professor Dr. Andrew Clark: "Thirty to sixty grains of calomel have been given to young children for quinsy."—"Persons struck with apoplexy who are not bled, have twice as much chance of recovering therefore, which is given, diminishes the patient's covered."—"All our remedies are poisons; every dose who, if they had been left to nature, would have remission. They have brought many to the grave, than those treated on the opposite system."—"Doctors have found out that more bad than good results are obtained by the treatment with medicine, of measles, scarlatina, and other self-limited diseases."—"According to my experience, it is impossible to cure croup well; at any rate, the result of the treatment is most doubtful. Every year sees a new method of cure introduced, only to be changed the next year."—"Ten thousand methods have been tried in vain for diabetes."

The equally estimable Professor Dr. M. Smith says: "All medicines which enter into the circulation of the blood, affect it in the same way as the poisons which produce disease. Physic heals no disease. Disease derives its cure always and only from the vital force resident in man. Digitalis has sent thousands of people to the grave."

Diet Treatment in Pulmonary Complaints.

By the Editor.

Cause: This disease will soon develop into a "General-Disease," for in the United States there are yearly 200,000 who die from "consumption" alone. It is high time, therefore, that the boards of health and the physicians should not only care for a cure, but they should give advice how to remove the primary causes. For if these are not got at this disease will remain a "general" one.

The primary cause consists mostly in overwork, living in bad, cold and damp dwelling places, or places where air and light have little or no access. Insufficient nourishment and the thereby developed anaemia, too little exercise in the open air, dissipation, anger, sorrow and want. It may be even a hereditary complaint transmitted from the parents.

Whoever neglects to breathe largely and deeply in the open air, especially those people compelled to work in narrow, badly-lit rooms, assists much in the development of consumption.

I Symptoms: Coughing with phlegm, nightly perspiration, emaciation of the body and loss of strength, cold hands and feet, often also diarrhoea.

Treatment: Only by consulting a physician can this disease really be ascertained, as similar symptoms often may deceive you.

The following treatment has been successfully applied in many cases: Consumptives should live well, i. e., eat plenty nutritious and fat foods, but not so that everything swims in fat. But of course the patient cannot be forced to eat when he has no hunger, let him eat when he has appetite.

In the morning he should receive an entire body-ablution in a warm room, lukewarm water should be used, and the washing to begin from the bottom upwards. This should be done by some attendant rather than the patient himself, as the bending down is not advisable and unhealthy, because thereby the blood is forced towards the lung?.

a Before this, mouth- and nose-baths should be undertaken, also a few sips of water be drunk.

If there is enough strength, the patient should every morning take an hour's walk from 7 to 8, and at the same time undertake lung-gymnastics, i. e., deep-breathing—but carefully, so that some of the small veins may not burst in the lungs.

After the morning-walk, give him breakfast: Oat-meal soup, one small glass boiled milk, preferably goat's milk, and whole-wheat bread. (If there is diarrhoea, leave the bread away.) Plenty of butter, and fruit according to the season. As a change, give Dr. Lahmann's Nutritive Cocoa, Bilz Cocoa, or Covena, with milk or some slimy soup. Now one-half hour's rest, and then again into the free open air or, if possible, some easy work.

For Dinner: Soup with an egg and plenty butter, some egg-dish or any light digestible vegetable-dish, and plenty of butter and fresh fruit. As a change once in a while, a well-roasted chicken or a little fresh game.

After dinner the patient should lean back in a reclining position, so that there is no pressure on the chest, and sleep for about one hour. After this he should go again into the open air (preferably some forest or park), if there is enough strength. Deep breaths should be drawn at intervals of one-quarter of an hour. No sitting down upon the bare ground, to evade any cold.

In the afternoon, if the patient has appetite, one cup Kneipp Malt Coffee with milk and a little Zwieback.

Supper at 7:00 P. M. A light soup, milk and fresh fruit with good, whole-wheat bread, and plenty of butter.

Go to bed at 10:00 P. M. and sleep with the window open, but in a protected position. All sorrow and anger should be kept away from the patient, as also bad smells, especially tobacco smoke.

At night body-compresses and also leg-pack. If there is cough, compresses of the shoulder and breast, also leg-pack.

In the morning, massage of the arms and legs.

Before going to bed occasionally a foot-steam-bath may be applied.

If constipated, use an enema. If there is diarrhoea, however, only apply a retaining-enema with cold water. If there is perspiration at night, cold ablutions may be applied, even at night.

The phlegm should be spit into a vessel half filled with water. Although there need be no fear of contagious germs—especially healthy people need not fear in the least—it is still better to follow the old saying: "Prevention is better than cure," and also: "Precaution is the mother of wisdom."

If the disease is not already advanced too far, there is every likelihood that, with perseverance, there may be a complete recovery.

To recover there is needed much courage, perseverance and force of character; and these peculiarities should not only be possessed by the patient, but also by his attendants, his surroundings and his physician.

It would be best if the patient could be brought to some healthy resort or sanitarium surrounded by hills and woods.

To effect a complete cure, either at home or in a sanitarium, money is needed, and in most cases the money is not over-abundant. It is also necessary that the convalescent need not return to his surroundings elsewise the cure was only a patchwork.

Unfortunately, in most cases the patients must continue their daily work compelled by necessity, until at last they collapse altogether.

A medical remedy, as invented by Dr. Koch, will never be effectual; but, of course, it would be very convenient. You could go to work and get an "injection" of \$20 to \$30 worth of "health"—and then return to the old dissipated life—then nobody would ever think about the removal of the primary causes.

Is your hair falling out, or have you neuralgia? Get an Electric Hair Brush from Pall Mall Electric Association, 842 Broadway, New York.

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Simpler Food on Steamers.

By Eustache Miles, M. A.
Amateur Tennis Champion of the World, Author
of "Muscle, Brain and Diet/"

There is no need to speak of the importance of travelling. Every one knows how it enables a person to make new friends, get hold of new ideas, to recover or improve health, and so on.

It will be more to the point to speak of the disadvantages of travelling. Many of them are at present inevitable, but it seems that two of them, at least, might be not altogether done away with, but lessened. The first of these is the expense, and the second is seasickness. Here I shall deal chiefly with the first.

Some expenses in travelling, and especially in steamer travelling, are absolutely necessary. The steamer has to be planned and built; it has to be fitted out and repaired; it has to be lighted, and it has to be made to move; would that it had to be well ventilated! The crew must be paid, and so must the stewards. All this we cannot help at present, though inventions will probably tend to minimize expenses of this kind by degrees.

It is the feeding which is the worst expense in the steamer voyage. It is because of the feeding that the charges for tickets are so high.

Why is this?

First of all, the foods are expensive in themselves. If we look at any list of prices—for instances, if we go into a restaurant, or if we examine ordinary wholesale or retail charges—we notice that the most costly items are meat and fish. Beef, mutton, lobster, crabs, poultry, etc., cost two or three times as much as other articles of food.

Secondly, the quantity of food taken on board and consumed on board is stupendous. I do not like here to reveal what was told me by the purser of a large liner, but the figures were almost beyond belief.

Thirdly, there is the waste, for more has to be taken on board, than can be consumed. The weather may be rough, but it does not do to allow for a rough voyage. If the voyage be smooth, food will be wanted for all the passengers all the time, and much of the food is perishable unless it be kept in the ice room, and that does not improve the taste.

This vast amount of food is all the more objectionable because on a voyage one has less exercise and less worry than on land. One cannot conduct business on board ship, and so, surely, the body and the brain should both need less food.

If we take excess of food on a voyage we thereby establish a habit of taking excess where it is not needed; then, when we might seem to need something extra, we have to add still further excess. And it is not rather strange that the food on steamers should make people take to stimulants? What do they need stimulants for? They are doing no work with their bodies or minds; they have none to do. They have plenty of enjoyment. Why do they need stimulants? Is it not probably because the nourishment is excessive and unwholesome, and therefore gets the internal

organs of the blood out of order, so that the person wants something to put him right.

But, quite apart from any sort of motive of this kind, the expense is the point which I wish to emphasize, and the expense is not merely one of money; it is also one of energy. There should be rest; the brain gets this anyhow, but the part of the body that requires it more than anything else is the stomach. In ordinary life we seldom rest the stomach. Immediately after meals we rush to work; the blood goes to the brain instead of being used for the digestion. Much of the food, therefore, remains in the stomach undigested.

In speaking of the food question it is hard to say anything of the value in such a short space, because the science of food is understood by hardly any ordinary people. So far as I know, it is never taught at schools. But a word or two must be said here.

Why should we eat at all? Obviously (apart from the pleasure of eating), in order to keep up strength and to repair loss. Now, what does keep up strength? Let us put aside water, and bulk or fibre, which can easily be had from fruit and vegetables. Let us put aside fattening and heating stuff, which can be easily had from bread and butter and sugar. Let us put aside the chemical "salts," of which we know next to nothing, and which can easily be got from Graham bread, apples and vegetables. It is not these things that give us most of our strength. What is it, then, that does give us strength and repair losses in our body? Why is it that apples and potatoes do not do this adequately? The answer is that we need proteid. The verdict of all scientific men agrees here, that proteid is essential to life; that it makes blood and the cells of the body, and the verdict is confirmed by experience. A dog will starve on beef tea, because beef tea contains practically no proteid. Proteid cannot be made from chemicals, as so many other things can. It must be made in the vegetable world, even if we eat it after it has passed through the animal world.

The important thing is, whence can we get this proteid? Lean beef and mutton contain about twenty per cent of it. In fact, it gives beef and mutton their chief value. Whether we know it or not, it is chiefly for proteid that we eat beef and mutton. But the price is very heavy, and so is the price for fish and fowl, which are somewhat less rich in it.

Whence, then, can we get cheaper proteids? For we seem to have come down now to the root of the matter... We want proteid, good and pure and cheap proteid. Tables of food values are not to be relied on, but they give rough and approximate amounts; they tell us that wheat and oat contain, let us say, twelve per cent; that beans and peas contain over twenty per cent; that nuts contain over twenty per cent, if we have first chewed them patiently. But here we see a real objection. Will people have patience to chew their food? Go into a restaurant and notice, and your answer will be that this generation is not likely to have the patience. That is one objection to such foods as wheat, and oats, and nuts. Americans are impatient, and at present we have to take them as we find them. Is there, then, no proteid which needs little chewing, and which is also

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cheap> and which—a most important point—is also palatable?

In my own case I find Plasmon the best as the main basis. I suggest it, therefore, as a substratum to which all kinds of fruits, vegetables, grains, etc., could be added according to personal likings and digestions. Pure Plasmon can be had as a kind of flour; it costs very little and it is sterilized and practically imperishable. Thus it is not only cheap to start with, but also there will be no waste in connection with it. It can be made into all kinds of dishes and can be added to ordinary food to make it more nourishing. For instance, people may like soup. Let them add to their soup some plasmon, and the soup will be not only pleasant, but also nourishing and sustaining. For it cannot be too often repeated that it is proteid that makes flesh and blood and which gives a little heat as well; and this form of proteid, viz., plasmon, is probably one of the most digestible. It does not give the heavy feeling after the meal, and is not stimulating.

It may be that this form of proteid, added to the pleasantest foods, would be the best cure for seasickness, for people would then get their eatables in a light form and would not have that sinking feeling which utter emptiness produces during seasickness; the agony of being sick on an empty stomach should be done away with. Whatever taste the individual preferred that taste he could have, together with nourishment. He might like ginger; let him have ginger then, perhaps in the form of ginger crackers. At any rate, seasickness would be decreased by such simple foods.

And a good habit would be established afterward, even if it were only a habit of living cheaply and a habit of saving time. I have been able to take the most violent exercise for two or three hours together immediately after eating four of these biscuits; they were all the food that I ate. And what will we not do to save time? Imagine a meal which could be over in two minutes without indigestion afterward. And it is on a steamer especially that we could get the habit for such a meal. Then we should perhaps be able to read afterward. Certainly we should be no less inclined to converse and to be agreeable. It is all very well to talk of rest, but really it is the inside that needs the rest—the indigestion.

A steamship company that started these simpler foods would appeal to thousands in America, for it could immediately undersell any other company. People would try it for the novelty; they would not mind the change for a few days.

Care would have to be taken to give plenty of variety in the foods, and other cheap foods could be added. What miracles could be worked in the way of cooking with macaroni, cheese, tomatoes, fruit and vegetables, combined and cooked in various ways. Think of the different salads alone. It is possible to have a fresh menu for every day in the year. I have seen a book full of recipes, and these recipes do not include plasmon at all. Nearly all the recipes would have cost a quarter of the amount of an ordinary meal.

It is probable that this cheaper food system will come in before long into this country; but the best means of starting it is the voyage. Surely every one

would prefer to pay a small price for his food if he reflected that for a certain proportion of the voyage he was not going to eat any food at all. It is maddening to have to pay for three or four large meals a day if one omits meals for three days out of the six. For the other three days one might well insist on having foods which were simple and nourishing and yet cheap. I cannot say what the saving of cost would be to a traveller, but any one who took the trouble could work it out for himself.

I am firmly convinced that the idea of a cheap and possibly a very healthy voyage would immediately appeal to thousands. There are, of course, many papers that would be only too glad to give a notice about the steamer gratis.

Dr. Craigie, a popular writer of his day, says: "When healthy properties are impaired we know of no agent by which they can be directly restored; when vital action is perverted or deranged, we possess no means of immediately rectifying it, but must be satisfied with using those means under which it is most likely to rectify itself." This, we maintain, is a rational and common sense view of the subject.

He further says: "The common method of compounding and decomposing medicines can never be reconciled to common sense."

And we could produce high medical authority from other sources in support of these statements.

As successful results are the test of medical, as well as of all other truth, and is the professed aim of all treatment, we appeal to this tribunal, believing, with Dr. Martineau, one of the first physiologists of his day, that "water, when its properties and modes of application are well known, will be worth all other remedies put together." A conviction of this kind induced Bernardo, a monk of Sicily in the year 1724, to go to Malta, where he effected some astonishing cures with water, the fame of which spread throughout Europe. The water was iced which he used internally and externally. He allowed his patient to eat very little. The doctors laughed at him at first, but confident of the soundness of his theory, and of the superior efficacy of his plan to theirs, he made a proposition that they should take one hundred patients, and said if they, by their mode of treatment, could cure forty, he would undertake to cure the other sixty more easily and securely, and in shorter time. His success was amazing. Look, also, at the practice of the German peasant, Prissnitz, which, however unnatural it may appear to those who have not investigated the subject, and to others who have all their lifetime outraged Nature, by living in opposition to her laws, proves, by its stupendous effects, that it is built on the soundest and most rational physiological principles given yet to the world, as a healing art.

Where, in the history of drugs and drug doctors, shall we find a man, who, like him, has had under his charge nearly 3,000 patients within two years (fourteen of whom were doctors), most of them had exhausted the resources of science? and drugs, who can say with him, that during that time he has not lost more than two individuals? In these days utility is everything. We care not a fig for theories—give us results. Compare the above facts with cases treated by drugs in our hospitals, etc. But this plan has several other advantages: it is not revolting to the sense of taste—can be self-administered—everywhere procured—and if not abused, is within the reach of all classes of the community. As a proof of the efficacy of this system, we call the reader's attention to the "endowment of public baths" which was among the noblest actions of the Roman Emperors. Eight hundred of these institutions adorned the Capitol of the Empire, and they supplied during many eventful years, almost the only medicine to a people distinguished for their corporeal and mental vigour. (Capital of Health.)

Newspaper Advertisements.

The advertisements in the public press are a disgrace to humanity. Yet they show the trend of the public mind and record just what the public demands. They Evidence the extremely low standard of the mind of man. The public is responsible for them, for it supports them.

The public press is the pulse of humanity. Read the papers and you will see just how the people are thinking. In the public press you see just how civilized, just how philosophical, just how religious, the people are. In the public papers you see the composite mind of humanity.

The medical announcements, which predominate, show how superficial is man. They show how weak he is in the art of self-protection. They stand sponsor for his stupidity, and also record the cupidity of the advertisers, who take advantage of the public's ignorance to fill their own pockets.

We wonder if you are credulous enough to believe that philanthropic motives prompt advertisers to announce their patent nostrums? Not a bit of it. There is not one infinitesimal degree of philanthropy in one single one of the patent medicine announcements that you read. They are after people's money, and are not concerned in the least as to whether you are well or sick. They would much rather have you sick. There is more money in it for them.

Here is an electric belt advertised, with streams of electricity radiating from it (that is, from the picture), but with not one iota of electricity in it. Not one iota, we affirm. It is absolutely inoperative, yet thousands are humbugged into the belief that there is virtue in it.

Here is a metallic ring for the cure of rheumatism. Do you think for a single moment there is any virtue in it? If so, you are hoodwinked. There is absolutely nothing in it. It is pure trickery.

Mrs. Lydia B. Pinkham, who has been dead over 25 years, still consults with her thousands of patrons, according to the announcements. Nine hundred and ninety-nine out of every thousand are fraudulent* and the proprietors of these things know it.

Here is a man in Boston who assumed the name of Francis Truth to add dignity and confidence to his swindling advertisements to heal the sick by mental treatments. He is alleged to have made an income of \$30,000 a month. He was recently closed up by the authorities.

And yet the public demand this deception, or the announcements would not appear.

Here is a man that advertises a certain prescription without charge. It is absolutely free, and such advertisements usually come from some Bible house, or some church building, where the impostor secures office room. He announces a prescription free to all. You send for it. You receive it. You take it to your druggist, or to some chemist, and he discovers one ingredient in the prescription that he never heard of, and he cannot fill it for you. You try another and another with equal experience, and after a day or two you receive a letter from the advertiser, stating that if you cannot find a druggist that can fill the prescription, he will send it to you for \$2.00, and the philanthropist becomes a swindler at once. Do we know

this from experience? No, we have been told this by those who have been duped.

A glance into any one of the daily papers would make you think that the world was filled with philanthropists, who were aching to help you out of your bodily difficulties, but they are one and all frauds.

These things will never cease until the public is educated to depend upon its own resources, and each one has sufficient within himself to meet every exigency of life, else man is a hopeless and a helpless creature.

You cannot blame the editors of the papers for what you see in the papers. The public are to blame, for the press is the public pulse. The public papers are the photograph of the human mind, and as long as there exists negatives in the human mind of the things we have enumerated, you will be bound to see the photograph in the papers. Destroy the negative and the photograph will itself disappear.

Get your own mind right, and then see to it that you systematically radiate your thoughts out into the great public mind, and the leaven of your higher realizations will become the leaven that will eventually leaven the whole lump.—The Healer.

Medical Opinions.

"I know very well," says Dr. Carus, physician to King John of Saxony, in his book, "The Voice of a Physician, Grown Gray in Practice": "I know very well that perhaps seven-tenths of mankind have not died of disease, but of untimely or excessive dosing with medicine."

Dr. Trinks and with him all humane medical men have long ago recognized and declared that the art of medicine will perish sooner or later as everything must do that wars with "reason and nature." "The death-germ of the medical art," says Dr. Trinks, "is within the art itself,—in the ever-increasing divergence of practice from science,—and suffering humanity can only be the gainer by the fall of allopathy.* It will be able to rejoice over the mitigation and cure of infirmities, extending over thousands of years."

Coco vena is a pure, wholesome food, easily digested, but very nourishing and palatable and it inexpensive, as 1 cup will cost about 1/2 cent only. For sale by all grocers and the Kneipp Health Store, 111 E. 5th St. New York.

Louis Lust's Hygienic Bakery is now removed to 26 E. 5th Street, where the delicious Kneipp Whole Wheat Bread and Zwieback may be obtained.

Kneipp Malt Coffee is a beverage still known by very few: its cheapness and wholesomeness ought to make it a much more favorite beverage than it is. It should be placed on the fire with cold water (not hot as with the other), and should boil about five minutes, then it will be delicious.

Can you afford to write all letters instead of using a Typewriter? Why, don't you write for a Catalogue for their \$1000 machines to the American Typewriter Co., 264 Broadway, New York?

Happyfooi Hail Insoles are indispensable in cold and wet weather: as the price is only 10 cents, you should get a pair from Wm. H. Wiley & Son Co., Box 58 Hartford Conn.

THE KNEIPP WATER CURE



For Mothers.

Mother-Sins.

By Clara Muche.

II.

(Continued from February Number.)

To the more limited nervous system of the child they are poison. The cooler, more refreshing and unenticing the diet, the more are we taking care of the nervous system of our youths, and are thus certain to evade those cliffs called "Green-sickness" or "Nervous prostration." Fruit and milk are the best diet for the child; for the youth then may be added fresh vegetables, eggs and meat; these two however in moderate quantities and alternately, and where there is no specific inclination for meat, a vegetarian diet would be much preferable as being purer and better.

Of course the wife should also have her own opinions in regards to the food of her children. But from where should she obtain same? In her education she has not been instructed about this!—We certainly have whole libraries full of valuable books about childrens' diet by some of our most famous physiologists; but these are not easy within reach; many lectures also are held about this in colleges and universities, but only our students hear these, and they will scarcely ever have anything to do with the cooking-pots. Those, however, to whom is entrusted the nutrition of our future generation, hear nothing of these learned doctrines, but have to obtain all their knowledge from some of the many cookery-books written by some one who has had great experience in preparing appetizing dishes.

About chemistry and physiology of those victuals and instructions for hygienic cookery we find however no book in the house-wife's library.

It is only because "mothers" do not know any better and are not aware, of the influence which the diet has upon the general welfare of body and soul, that they overfeed their children; and they satisfy their inopportune desires for sweets, etc., simply to buy off their clamoring noise. The crying baby gets its mouth stopped with a sugar-titty, later on with cake, chocolate, etc. Whenever the child gets restive it is quieted by giving it some food. If it shall not go to some place other it gets candy or pennies to buy something. But this habit, although very convenient, endangers both health as well as the morality of the child.

Sweets and irregular meals spoil the appetite and produce acidity, mucuous and other ailments, from

which children so often get emaciated. Thus are also developed gluttonness, greediness and enjoyment of material pleasures which deaden all nobler sentiments.

How miserable is youth, if it lacks the enthusiasm by which it can elevate itself above sensual pleasures! The holy scripture says of them, that their god lies in their stomachs only. This is a "mother's sin," from which the sons as well as the daughters have equally to suffer later in life.

Education in its proper meaning, or cultivation of the mind for general life is undertaken with more earnestness? Still efficiency in the education of our girls is lacking.

Their natural destiny—"that they shall become mothers in the future"—is not considered at all, although surely this fact is one of the most important points of human life. The requirements of woman as a mother are foremostly corporal ones.

Pure, rich blood, healthy, sound nerves and strong muscles are the most necessary requirements. In the majority of our young girls none of these capital factors is to be found.

Instead of being full of love of life and eagerness for work, and instead of disseminating gladness and joy, they need themselves consolation and great care from those to whom they should be the sunshine of life—not to speak of later conjugal felicity or maternal joys.

The most important point in a girl's education—should be perfect development of the body. Plenty gymnastic exercise, domestic occupation, play-exercise, in short all kinds of corporal exercise would be the nucleus of same. But instead of these, they not only have to sit still in school for several hours at a time, where they have to strain their mental capacities, but they also must sit for hours at the piano, or sit down to do long spells at needle-work* Many of our young girls are continuously engaged with some kind of darning, sewing, stitching, or embroidery work, which only alternates with some just as unhealthy, nerve-irritating, exciting pleasures. The continuous tension of the optical nerves, the restless activity of smaller groups of muscles» (i. e., of the fingers and underarm), in conjunction with continuous sedative habits, evoke feverish symptoms and light trembling of the whole body, sometimes with added palpitation of the heart. If these irritations are multiplied, there will result overgreat sensitiveness, and weakness of the nerves; sometimes this may lead even to complete nervous exhaustion.

If we would reduce the scientific education as well as the furtherance of the handicraft to only the

proper limit, and would give more attention to the development of the corporal faculties, all those above-mentioned common evils would soon disappear, and a healthy young generation would grow up, in spite of the weakly constitution which our nervous fathers and green-sick mothers have transmitted to us.

The small amount of interest which is shown in the erection of healing-places and gymnasiums by the adherents of our own cause even, proves how little the favorable action of physical exercise is understood at present.

Just as *little* understanding is shown for the hardening of the body against the inclemencies of the weather, hunger and thirst. And still without such exercise there can be no possibility of a healthy development of character. Whoever cannot dominate his desires, and overcome his bodily weakness, will never learn to be his own master in a spiritual sense. The negligence, weakness and yielding disposition of our present mode of education are consequences of the lack of spiritual energy of the parents, especially of the mother, and creates equal weakness of character in the child. Just the same as the muscle, which is put to a steady strain and to work, gets strengthened, it is the same also with the willpower; it gets stronger by surmounting obstacles. Wherever education has yielded to every desire, and removed every difficulty, there will-tension will be lacking. In such a case this fundatory power gets stunted and the total edifice of spiritual life suffers much damage.

The latter is one of the principal sins in the education of our young girls, starting from the wrong principal, that a woman need no steadiness of character. Thus are to be accounted for the frequent capriciousness, obstinacy, cupidity and cowardly recoiling from hardships and want of any kind in so many ladies and *girls*. The final result is almost always the hysterics, a disease whose components have not yet been discovered by any physician and against which no remedy has as yet been found. They are a fault of education, a scarcity of spiritual energy, which even extends its evil influences to the corporal welfare.

The best *ures* are often effected by destiny, when by some vicissitudes in life the sufferer has to bear privations and to work hard for a *living*. This hard work, which is the best remedy, has not been included in the young girl's education.

The acts of volition are not to be mistaken with the development of ambition. For this, like vanity, they accomplish wonderful feats to overcome hardships. But these feats are not worth much because they are not accomplished out of the free will, but because they are driven by the aforesaid passion. The difference that is to be found herein is the same as between strength of character and obstinacy. The first one obeys a sensible comparison, obstinacy however is always dominated by a whim, often even against better judgment.

Thus, for instance, a man driven by ambition may advance very far in any particular science, art or some similar object, although only having obtained a deficient *education*.

The same error that is committed in the food-

question and corporal care is also shown in the choice of amusements.

Whatever the parents themselves like, desire, wish for and feel, they suppose the same of their children; and this is decidedly wrong, because their receptive nervous capacity can never be the same. A child receives the slightest impression, a grown-up person's nerves, however, are not so easily impressible. The source of pleasure is a double one for the child: curiosity, with which it regards everything, and the desire to actively participate in everything it sees. From the natural voluntary development of the child's curiosity is devolved the desire for "knowledge" later on, which is retained up into very old age, and which protects man from over-satiety of life.

The desire for activity compels the child to try its strength and ability; it runs around violently, cries loudly and noisily and has pleasure in the destruction or change of things in its neighborhood. From both these causes it destroys its playthings or other articles, either to examine them more closely or to alter them. Led into the proper channels this will develop into a desire to achieve great things and energy for work, which will form the firm foundation of its future welfare in life.

Unfortunately most mothers have too little understanding for the child's quiet inquisitiveness—"it does something stupid"—neither have they patience with the noisy, wild enjoyment of the child. They would rather themselves play with the child, and turn the same into a plaything, taking away both its inward or outward freedom. The first noisy joy of the child urges the mother to imprint new sensations on the child's soul by all kinds of noises, as jingling of bells or keys, or clapping of hands, etc., to excite its nascent curiosity with squeaking or shrill toys; but she never allows the child a closer investigation, as to where the noises come from, or how the toys are moved—and this is certainly equivalent with destroying the child's intellectual capacity.

In this way the child's desire for a thorough knowledge is impeded, and it is taught to look at everything superficially only. Much has been said against the ready-manufactured toys, and the justness of this view is proved by the fact that a child generally throws them aside very soon, after a short examination, but does not play with them long. Neither is the idea of giving the child a box of wooden bricks to play with a right one. They can of course build up something with their wooden bricks, but their ideas are limited down to a small field.

It may have pleasure in building up once the church, castle, or copy of the original picture, but has rarely patience to build the same thing over and over again; because once its curiosity is satisfied, it loses all interest in same.

The child does not like to imitate only, but would like to create also.

Thus we see why it is, that we hear so many complaints about the children not feeling satisfied with their playthings. They prefer to play with sand, bits of wood, stones, etc., because they can create all sorts of things from their own imagination.

As soon as the natural talents find no outlet or encouragement they get restless, dissatisfied and tedi-

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ous, which very soon is shown by bad humor or dull laziness.

This is tried to be counteracted by the mother by offering the child continuously new attractions—sometimes sweets or pennies or sometimes amusements.

And that is also the reason why children are allowed so early to partake of the amusements of the grown-up people, as are: showy dress, music, shows of all kinds, fireworks, private and dancing parties, etc., etc. And then we sigh: "There are no more children in our present era! Whose fault is it?"

These amusements act upon the child's soul just as strong wine would act upon the youthful body—inebriating at first and deadening afterwards; they cause them to age much before their time. It certainly is superfluous to also point out that the hot, thick atmosphere of these amusement places, as well as the partaking of inappropriate dishes and beverages, and the abbreviation and interruption of the usual sleep are detrimental to the general health.

The tired eyes, the pallor, failing appetite and bad temper of the children should convince the parents of this.

And when finally they grow up to years of discretion, where is the voluptuous felicity which should make their life a series of pleasures at that period? Faded in their early youth, they already think life a burden, and only strong corporal or spiritual stimulants are able to cause them a fleeting sense of pleasure.

It must be evident to everybody that with such a condition of nervous prostration future felicity, especially of a domestic kind may scarcely be reckoned upon.

This is the result of the so easily considered "mother-sins," the unthinking obeying of the momentary desire and impulse. Every mother who has at heart the future welfare of her children, especially that of her daughters, should therefore never follow her impulse out of pure thoughtlessness or indolence, but should first consider seriously all her educational methods, and thereafter act energetically.

The serious consequences of mother-sins cannot be denied, but it is also a fact that they are caused mostly by their own previous faulty education and ignorant bringing up in the most vital questions of Health-Culture.

This knowledge should urge us to enrich our own wisdom in this direction as much as possible. Many eminent writers, who understood this question correctly, have contributed a series of essays, which try to propagate in comprehensive words that kind of knowledge which constitutes the true domestic felicity and health and welfare of the whole family. May they find admission and a proper appreciation in many, many households, for: "That, which the people do not know, nobody knows."

If your dental plates are in a bad condition, why don't you get them lined with gold. It is inexpensive and will last a life time. Parties living at a distance can send in their old plate my mail to Daily Gold Lining Dental Office, fct. James Building, 26th Street and Broadway, New York

What Shall We Do With Our Daughters?

By a Reader.

Much fine writing has been expended upon the question, What is expected from the young wife and mother, but girls and young women are taught little which is calculated to prepare them for its sacred and solemn duties, and what a pity it is that boys are never told that they might now and then think of preparing to become decent husbands and tolerable fathers.

Girls are trained and educated in the idea that matrimony is the end and aim of their existence; to marry well—that is, to marry wealth if possible; but at all events to marry.

Dress is instilled as the sole science worthy of female ambition. Fed almost exclusively upon works of fiction, their diseased intelligence incessantly creates some imaginary hero with whose impossible attributes they are wont to invest their "intended." There are hundreds of excellent matrons who are practically conversant with all the details of housekeeping, but whose daughters can neither cook a dinner nor soar beyond the merest small talk of the drawing-room, nor do any one thing in all this wide world passably well, save to arrange their dress becomingly and flirt with equally vapid gallants. They have learned every thing but what they ought to have learned, and these girls are intended for wives. But wives only, for it is going fast out of fashion to intend them for mothers.

Hygienic rules are laughed to scorn, only a thorough, radical, physical and mental revolution can achieve a change for the better, and to insist upon occupation, upon the necessity of work—work with a sensible object—as the sovereign remedy.

The fault lies a great deal with the mothers. An ever-recurring question to mothers is, "What shall we do with our daughters?"—and the almost constant solution is, "Get them married." So the plan of life for the daughters was arranged. She is put to school. Her "education" finished, she lives in a condition of comparative idleness and dependence until the hoped for event is reached.

This mode of life is adopted by a certain class, which certainly is not the true mode—one-quarter to one-half of these wotrien cannot become wives. In England and Wales there are from four to five thousand women who are obliged to remain single in consequence of the excess in numbers, and in the state of New York there are neany forty thc-^^d more women than men, and the same relation good with nearly all the older countries.

This large number of women, who have no hoperful chance of getting married, must do either of two things—live a life of dependence, or work, and the question presents itself, What can they do?

The remedy—a simple one—is to throw open to her every avocation for which she possesses a decided talent.

Equally with boys, she should be started in life with the purpose of acquiring and cultivating the qualities necessary to the trade or profession she is

to adopt. In doing this, should the offer of marriage present itself, and it consort with the law of choice, good and well. Should the offer not present, or if presented be undesirable, still good and well; for a woman, young or old, having in her, by transmission or through cultivation, the talents which when exercised make her independent, she can enjoy the pleasure of life much more intensely, whether married or unmarried.

There is a dread of the learned, otherwise called "strong-minded" women and broad doubts of their making desirable wives. Let this not trouble you; your wife cannot possibly be too learned.

Why should women not engage in various kinds of businesses, enter the professions without hindrance; We can not admit the validity of the common arguments against women doctors. Their intelligence surpasses that of man in observation; anatomical studies certainly demand less sacrifice of health and strength than most female employments. Their delicacy can survive the continual association with physical infirmities since none have more of this virtue than those who have devoted their entire life time to nursing the sick. The profession of letters. The successes of women in this sphere have been abundantly realized. They have only to "go in training"—training comes from experience. No one can learn to swim until he goes into the water.

"What can she do?"

This must be determined by trial, and not be prejudiced by false theories. The changes that have already been made, have improved her industrial and social position. It is comparatively within a short period that woman's work was limited to domestic service, serving and teaching.

"Let women be trained to the employments which require skill, and at once her wages are raised. Open new avenues of work. At once she becomes more independent, and rises in intelligence; she will be educated in the invaluable habits of self-reliance and independence. Her character will be strengthened, and her faculties enlarged.

But we are told that if you educate the daughter for a distinct vocation or profession, you unfit her for domestic duties. %? This is not true, as experience testifies.

In fact, we maintain that the training which comes from these varied vocations is a much better preparation for the duties of a wife or mother than the girl gets at our boarding school, or in life at ease at home, alternating between idleness and parties. We have vastly more hope of the future generation, when our mothers early in life are trained to some industrial employment or profession, than now when in so very many cases that period is wasted.

There are many employments which call for feminine qualities.

The number of women who have achieved and now enjoy distinction as writers, linguists, poets, physicians, scientists, and artists, in the early Christian ages has never been equalled in the same period of time. The Gospels assign to them most prominent places in the work of regeneration. They participated in the sacred life of our Lord, took part in his actions.

accompanied Him literally to the death. St. Jerome addresses to women one-half of his theological letters, and three-fourths of his treatises relate to female education.

After such proofs of courage, devotion, and intelligence, who shall dare to charge them with incapacity? Away, then, with the argument of incapacity. No distinctions of sex should enter here, but the opportunities and advantages should be equal.

This is simply justice to one whom we can say "rear your sons and your daughters." To discharge her duties perfectly, the mother should have received an education fully equal to her capacity. All the considerations which attach to her in the capacity of wife, mother, and housekeeper exact so much at least. Then, if the father of the family dies, the State will be no longer able to create an unnatural and strange protectorate over the widow and children, for it can no longer say to her, "You are incompetent, by reason of your education, to govern your own affairs."

In this country, where fortune is so capricious, and where all things are new and unstable, the proverbial wings of riches are ever active.

Scarcely any one is so secure in the possession of wealth that he may not regard want as a possibility.

The "ups and downs of life" are daily exemplified.

Not having, like men, a direct and immediate use for their attainments, women are too apt to neglect the advantages afforded them. Hence the superficial character of the education of most young ladies.

While the principal duties of a married woman are the care of her husband, her children, and her house, she should not neglect those studies and accomplishments which, if her education has been conducted on the principles here advocated, will have become for her a necessity. She will thus not only develop her mind to that treasure-house of instruction for her children, so essential to her high domestic vocation, but she will keep pace with the intellectual growth of her husband.

How often does it not happen that a man rises, by his talents and his application, far beyond the sphere in which he started, but whose wife, fitting companion for his days of drudgery and humble surroundings, remains chained to the condition of former years—a willing slave in the back-ground, or a vulgar object of ridicule in the drawing-room; many examples of this kind could be stated.

As far as women become self-supporting, they will be emancipated from the bondage of dependence, and be more free in respect to marriage. This relation will not be entered upon to secure a support, as is often done now, but more from the promptings of affection. The home will not be less sacred and hallowed, but will rest on a more secure basis.

This movement in favor of woman's emancipation finds a cordiality in the spirit and influence of Christianity. Every step made in improving her condition has been stimulated by the teachings of Christ.

As we carry on this work religion will be the gainer, society reap the benefit and home be made more effective.

THE KNEIPP WATER CURE MONTHLY.



For the Little Children.

The Period of Nursing Influence.

By Mrs. J. G. Hunter.

The importance of the mother's influence during the period of nursing is greatly under-estimated, and by very many not even believed in. When it is understood that the food the mother daily uses goes to furnish the food of the infant, and that, in being converted into milk in the mammary glands, is influenced not only by the quality and quantity of the food eaten, but also by the mental state of the mother during and immediately preceding its secretion, and that this influence is carried in the milk directly to the child's organism, and affects in a smaller or greater measure the child's mental and physical character, it must be allowed, by all candid, thinking mothers, that its importance cannot possibly be over-estimated.

In a smaller or greater measure, the mother's every-day state of mind and body is carried to and impressed on the mind and body of her infant. In the same way that the mother's habits of thought affect the child's character, so does the food she eats affect the child's physical growth and health, and in a close manner, its mental characteristics.

Eating indigestible articles of diet will cause in the child a disturbed state of the bowels—colic, griping, intestinal fever, etc. The use of spirituous and fermented drinks is improper during the nursing period. When given to increase the milk they may do so, but it is always at the expense of its quality. Only the very plainest and simplest food should be used, and eaten at regular intervals. She should, as she values her own peace and ease, and her child's health and happiness, exercise all due care against evils of this kind, for any momentary gratification of her appetite will be dearly paid for by the distress and, if no more, temporary illness of her babe.

During the nursing period of the child's life feed it regularly; keep its extremities warm and comfortable; in clear weather give it all the out-door sunshine that can be had; let it sleep all it wants to; bathe it daily; do not give it any soothing syrup, or any other patented trash, and when it comes to be weaned, let it be done in a gradual manner. This change commences soon after the protrusion of the two first teeth.

Small portions of pure and fresh milk, thickened with soft-boiled rice, apple sauce slightly sweetened, gruel made from unbolted wheat flour, should be allowed the child two or three times a day.

After weaning, the staple article of diet for the child should be made from unbolted, well-cleaned and finely ground wheat, for this grain contains all the constituents demanded by the system of a growing child for nourishment—the bone, muscle, and nerve-making properties. Unleavened whole wheat bread, corn bread, and dishes made from unbolted wheat, corn and oatmeal, plainly, simply cooked; apples, and all other fruit in season, and milk, are the only articles from which a diet should be selected for the child.

Care should be taken that suckling is continued no longer than is consistent with the welfare of either mother or child. To the mother, the effects of unduly protracted lactation are sometimes extremely pernicious. We not unfrequently see women frail, debilitated, and constantly tormented with dyspeptic and nervous affections, suckling their infants for eighteen or twenty months without suspecting that their ill health is the result of exhaustion from the constant drain of the nutritious element of the blood, which is kept up by suckling. After the proper period for weaning the infant, there is a decided change takes place in the milk; it not only diminishes in quantity, but deteriorates in quality, and becomes more and more unwholesome in its character in proportion as lactation is protracted. Those mothers who think to lessen the supposed dangers of the second summer by suckling the child through that period, that they are actually increasing the danger by allowing the infant food from which it derives but little nutriment, and which is decidedly unwholesome. This is a particularly bad habit and is a very common one.

The best months in the year for weaning are the months of March, April, and May, September, October, and November.

Only the plainest and simplest food, free from sugar, spices, candies, etc., should be allowed it. No drugs or patent medicines of any kind should be given it.

The child should be carefully guarded against associates of a bad or doubtful character.

Girls and boys, during this time, should be dressed precisely alike, and in every way treated alike. The more of a "torn-boy" the girl can grow into, the better for her future health, strength and beauty.

Have you heard of the new Proteid? Endorsed by eminent men like Virchow, Hughes Bennett and others. Plasmon Syndicate, Ltd., 18 and 20 W. 34th St., New York. It is pure and wholesome, made from fresh milk. Send 4 cents for literature and full information to American Plasmon Syndicate, Ltd., 18 and 20 West 34th St., New York, or 204 & 205 Crocker Bldg., San Francisco, Cal.

The New Vibration Method.

By Ludwig Staden, Naturarzt.
346 Schermerhorn St., Brooklyn.

All physical life is based upon the change of matter of the cell or upon the vibration within the cell, the problem of life and health is the problem of the harmony of this vibration for it is the essence of all manifestation.

Physically and psychologically vibration is the agent of the change of matter, of thought into organized manifestation or matter. No atom, no molecule is ever lost for the quantity and density of matter remains, forever the same. Molecules are continuously forming new combinations and in this manner simple unorganic bodies evolve into more complicated or more highly organized inorganic forms and finally into organic ones. From organic substances originates the protoplasm which becomes differential in the cell, we therefore may look upon the cell as the substance of all organized or unorganized matter. Taking into consideration that physical life and health is based on the vibrative process in the cell, which we call change of matter, there is no doubt that all disease is simply a disturbance of harmonious vibration within the cell. The Natural Method of Healing or Naturopathy as we may call it, now has accepted this theory as one of its first fundamental laws and consequently made it a first principle to raise and improve the change of matter of the cell. Amongst the different agents for this purpose Massage is one of the most prominent. The physiological effects of Massage as I will mention here in a few words are caused by a larger circulation of the blood to and from the cell, thus providing it with more blood and building it up with new material, at the same time through the reaction and pressure of the blood carrying away morbid matter and accumulations. Of all the various manipulations of which Massage is consisting, the Vibration was always an important part of this mechanical cure, it really formed the crown of it, but the great difficulty has been that the vibration could not be given rapidly and rhythmically and long enough by the human hand to secure permanent relief. To secure these rapid, rhythmic vibrations long enough to effect a permanent good to the patient, apparatus was introduced. The most celebrated of which are system Muschik of London and Pretzschner of Dresden, Germany. Mr. Pretzschner is the owner of the world famed water cure establishment "The Hygeia" at Dresden.

After many experiments he has perfected an apparatus which causes the tissues under its manipulation to vibrate through and through with the rhythm and precision of a musical note. The number of strokes to each hammer can be regulated, from five hundred to four thousand strokes per minute. And this by a simple pressure of the finger. Beside the hammers, there are special instruments for the nose

and other features of the face and head. The apparatus is run by a small electric motor.

The vibrations and oscillations carried through the parts by this apparatus, besides being agreeable cause a strong circulation of the blood to the sluggish cells, thus eliminating foreign matter, and renewing the tissues.

The method of Vibration massage has been introduced into all the renowned sanitariums of Germany, and is considered one of the grandest acquisitions, to the healing of the sick, especially Chronic cases, always the most difficult to reach. Dr. Carl Kabisch, of Germany, says in one of his articles concerning Naturopathy: "I have seen Success and result by the Vibration method which was phenomenal, almost miraculous/'

The Secret of Long Life.

By J. F. Morgan, Chicago, Ill.

It lies in breath and chest exercise. If you would have good health, brilliant mind, enjoy life, be happy and successful, live long and be physically and mentally strong, you must harmoniously tune yourself up, find out your correct key note and build for yourself an individual physical body, the same as you would build a material house in which to live, and stop paying rent and take the chances of being evicted by the landlord,—all of which is very easily done when you know the laws Of breath and health culture, as are now being taught to over 300 pupils by Rev. Dr. Otoman Zaradusht Hanish, Rab-Magi of Math-El-Kharman Temple, Persia, free of all charge, in a course of twelve lessons, one each week, of one hour's duration, in which the pupil is instructed in the laws and rules of health, and an exercise illustrated, which is to be practiced at home three times a day for three minutes each day, between sunrise and sunset for one week, to bring the individual into a normal condition. The exercises are very simple, yet thoroughly scientific.

Deep Breathing Generates Vitality.

and is an exercise that if scientifically practiced will raise the physical standard to a condition of perfect harmony, which is good health. The pupil is taught to sit in an upright position, spinal column straight, other limbs and muscles relaxed, with weight of the body balanced upon the base of the spinal column and weight of lower body balanced on the balls of the feet, hands resting lightly on the knees with thumbs out, since the will power is represented in the thumb, and a closed thumb represents a negative condition. In walking we should close the fists, since an open hand is liable to absorb all the vibration that is afloat in the atmosphere. That is the cause of sensitive ladies feeling depleted after mingling with a crowd. I would suggest to such sensitive ladies, when oil the crowded streets and compelled to be seated in a car with a gross physical man, to lock themselves up by crossing the right foot over the left and closing and pressing the first fingers with the thumb, and hold the thought that, I am an Egg and my shell extends

four feet from me, and no one can break through my shell or atmosphere.

Breath is life. Correct breathing is the most important step toward consciousness of life. To gain the greatest benefits from breathing it is necessary to begin to breathe the individual breath. The purpose and object of such rhythmical breathing is to attract, retain and distribute Ga-Llama, (Ga-centralizing, Llama-life principle) which is contained in the oxygen in the air we breathe, and manifests its greatest effects during the light period, from sunrise to sunset. The result of this is the building of life-tissues throughout the body, the setting of the brain functions into their normal condition, the development of the twelve senses to the highest degree, the increase of the vibrations of the ganglia of the nervous system, the regulation of the circulation of the blood and its purification, and the expansion of the magnetic circles of individuality in which all live, move and have their being.

This breath begins with the filling of the upper lobes of the lungs, thus opening the cells of the entire lungs, which is the greatest factor in man's existence—the mainspring of life—setting all the magnets of organic existence into activity, normalizing or centralizing the cellular tissue, building substance, insuring longevity, and consequent perfect youthfulness. The newly-born child breathes first before giving attention to feeding. Where the breathing is faint it must be established by vigorous manipulations to such a degree as to give the necessary vigor and force before nursing. Should breathing fail, life is lost and no force will retain or regain it. The breath must be full, regular and easy, without strain or a feeling of discomfort to any part of the system.

Physical culture, to be of benefit, must necessarily pay attention to perfect breathing, since through the applied breath the nervous system becomes normalized, and the muscles are strengthened and developed without apparent effort. The individual breath being properly established, pure, wholesome ideas will follow because of the centralized sense condition, resulting in common sense. Then it will be known what, when, and how much to eat and drink. Instead of filling the stomach with food sufficient for eight or ten persons, the requisite amount for one person only will be used. Sickness, constant struggle through life, extreme wealth and poverty, the result of unbalanced brain conditions, will no longer be known. The medical student will not write prescriptions, but will be in the kitchen superintending the cooking and preparation of foods; the patience of the pharmacist will no longer be tried by the compounding of drugs, but he will derive his principal revenue from the sale of cosmetics, lotions, perfumes, etc. Medical schools will turn into cooking schools, where formulae will be studied for the preparation of various foods. Physical culture and gymnastics will take an elevation to higher realms.

Correct breathing builds up the brain. We must learn how to take brain and not stomach, breath. The only way to accomplish this is to concentrate the mind and control every vibration of the nerves and polarize every atom of the entire system.

The Real Elixir of life.

By right breathing one can bring himself in harmony with his Creator or source of life. This is the elixir of life that the world seeks. To be in entire harmony with the Creator of this universe is a privilege man possesses but does not use because he is ignorant of the powers he possesses.

Right breathing opens the door to all that is desirable. It is the key to unlock the secrets of life. It vitalizes, refines and spiritualizes all one's life forces and puts one in control of every emotion and sensation of the body, thus uniting the lower with the higher will. When we were born we breathed "Mother Earth Breath" about three seconds at each inspiration, but we must learn to breathe the "Brain Breath," rhythmic breathing of about seven seconds to each inspiration and respiration.

In all breathing exercises all strained action is to be avoided. Our clothes should be loose. Ladies should not be harnessed up with corsets. When we take our right position we need no support, the spinal column being properly adjusted. Our rooms should be well ventilated with plenty of sunshine, and decorated with colors that harmonize with our different temperaments. Our clothing should also be adapted to our temperaments. While the magnetic temperament can wear to great advantage certain fabrics, texture and colors, the electric temperament needs a different kind. But fine silk underwear, which is the cheapest in the end, seems to be a common meeting ground. When we retire at night we should relax every muscle of the body from all tension and take full and regular inhalations through the nostrils until asleep. Suggest to ourselves that we go to bed to rest and recuperate the physical body. Sleep with the head to the north and upon the right side.

When we awaken in the morning we should open our windows and if possible face the east, and take long, regular, deep breathing exercises for three minutes.

During the day in walking always walk on the ball of the foot; never throw the weight upon the heel since it jars the nervous system.

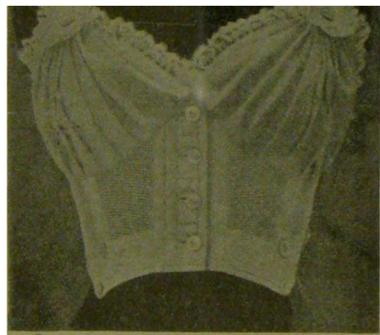
Mental gymnastics are a good thing to practice in connection with all breathing exercises. We should concentrate the mind upon why we breathe viz: to obtain by each inspiration more life than we inhale, and when we exhale we desire to expel from the system all the effete matter. By such breathing one can generate vital force and make nimble the stiffest muscles. Repeated during the day it will aid in overcoming many of the undesirable conditions that the human body takes on, thus exhilarating every atom, cell and organ of the body. Will power is required to concentrate the mind upon what one is doing at all times, to overcome the drifting tendency of the senses. We have twelve senses, seven full senses and five half senses, which correspond with the seven full notes and five half notes of the musical scale, and when we have these twelve senses properly developed they emerge into the thirteenth sense, which is common sense, that point of development which we are all striving to obtain to become a self-centered, well-poised being. When we become masters of ourselves and all that surrounds us, the elas-

ticity of the body and the clearness of the mind, the strength of the memory, that follow the continuance of these exercises are declared to be beyond credibility, and the poise and comfort that succeed more than repay those who understandingly practice them. This brings to each one the "Kingdom of Heaven" which is within, and no one will ever find it in any other place than within himself. We have wasted too much time in the past in looking everywhere outside of ourselves for it, and the secret of life is to be found in breath and the control of thought, because thought is like God, creative; we create our conditions and environment by the power and kind of thought we entertain. "As man thinketh so is he."—Progressive Thinker.

How Corsets Injure Health—And a Substitute.

By Mile. Tylicka, M. D., a Distinguished Woman Physician of Paris.

The corset is the enemy of our race. The Greeks and Romans never used it. An Athenian woman of the old-time would look upon a corset not only as injurious, but as



health Waist.

ugly. She merely used a gentle girdle to sustain her bust. In the middle ages the corset appeared in its incipient stage.

For the past hundred years we have had it in all its abuse and abominations. Let us first consider the corset from a hygienic and physiological point of view.

All medical authorities agree that the corset is unhealthful. Those who treat of the hygiene of clothes dwell strongly upon this point.

What makes matters still worse from a hygienic as well as from other aspects is that many women put on their corsets when they get up in the morning and do not doff them until they retire for the night. And the curious thing about this abominable practice is that women of fashion seem not to know that the stethodesmon, or girdlet, of the ancient Greeks is much more beautiful and becoming.

Women's bodies are made to look long or short by means of the corset. And it is not merely in appearance that their bodies are longer. The corset having been worn for generations, the women of corset-wearing ancestors have longer bodies than the ladies of a hundred years ago.

Heredity tells physically as well as morally. The corset injures the stomach.

It causes what is called the movable kidney, "as shown in the recent case of the noted actress Yvette Guilbert.

It hurts the liver. It makes people look bloodless. It disturbs all the functions of the lower part of the body.

The corset imprisons the organism of the wearer in shocking fashion. If it were imposed as a punishment, like the instruments of torture of a bygone age, it would be classed among these latter. The corset puts the surface of the body in the worst possible condition from a physiological point of view.

The squeezed parts of the skin have a deathly color.

The chest of a woman continues to grow large from sixteen until she is twenty-five years old. The corset deforms the chest.

The continuous struggle between the natural form of the chest and the form caused by the corset is most injurious. It rounds the chest. It frequently makes the transversal diameter equal to the diameter from front to back.

Difficult, indeed, is it to find a woman of from twenty-five to thirty years who is not more or less deformed by the corset.

The corset enfeebles the breathing capacity. In squeezed chests the physical conditions of respiration are not favorable for the vivifying of blood, which, of course, is necessary to produce heat for the proper support of life.

Among the physiological troubles, caused by the corset one of the most painful, though not the gravest, is indigestion and its accompanying evils.

When women begin to grow stout, these evils are in-



Grecian Bust Girdle,

tensified. There are many instances of women who in their opposition to obesity have died in the arms of their maids. They have been laced to suffocation.

The pressure of the corset upon a growing girl's figure is inconceivably injurious. It leads to many irregularities and displacements.

Young girls become pale, bloodless and sickly because of their corsets. Young and old suffer from this villainous article of dress.

Now what do I propose as a remedy and as a substitute?

First, the absolute rejection of the corset, for the many reasons already mentioned.

Second, its replacement by a girdle of strong cloth supporting the bust and adjusted to the size of the wearer.

Third, suspenders should be worn, particularly when a woman is thin.

Report of Cure.

In the interest of all those who are ill, I hereby beg to express my sincere thanks to Naturopathic Physician Gertrude Stark, of 152 Kosciusko St., Brooklyn, N. Y., for the attentive treatment accorded to me.

Since many years I was suffering from sciatica and my right side was completely drawn together so that I was unable to walk. For the last months I was even unable to get up any more, and the continuously increasing swellings made me think that my end was near. When I at last saw that I could not expect any help from "allopathy," I turned to the so much abused "Natural-Healing Methods," and went to Naturopathic Physician Stark for treatment, who in a considerably very short time recuperated me entirely. For this reason I would advise all sufferers not to despair, but to look to the Natural Methods of Healing for sure and speedy relief. I can recommend conscientiously the institute of Mrs. Stark to all. MARIE STYRER,

168 S. 2d St., Brooklyn, N. Y.

THE KNEIPP WATER CURE MONTHLY.

Grand Philanthropic Scheme.

Wants to Raise the American Nation to a Higher Plane of Physical, Moral and Mental Condition.
How it Shall be Done.

The originator of this scheme contends that we are in a deplorable condition, because:

First.—The people of the United States spend about \$700,000,000 per annum in patching up their health, which should require no patching whatever. Wild beasts are free from ills, and man, owing to his superior intellect, should enjoy at least the same freedom; but, in reality, not a single person beyond middle age can be found who has not at some time known the pangs of physical ailment.

Second.—The countless prostitutes, the great attractions exerted by lewd theatricals, and the endless reports of scandal and divorce cases testify to the moral standing of our nation.

Third.—People hurry in mad haste to obtain the almighty dollar, frequently resorting to methods which lead to the loss of self-respect, endangering their eternal salvation. And why? Chiefly, to purchase such perverse food and beverages and luxuries of life which lay the foundation of physical misery and premature death. Does this indicate any degree of wisdom? We have become almost strangers to the experience of genuine happiness.

These three facts demonstrate beyond argument the necessity for a radical reform.

It is the endeavor of the promoter to cure these evils, with the help of God. They are of man's own making and can be remedied by man. Having the grandest possible object in view, and if all would assist a trifle, it would take but a short time to completely transform the health of the people and bring about a reign of prosperity and happiness.

To accomplish this end, he proposes to instruct the people in what is called "Nature Cure," and show them a rational mode of living.

The prevailing method of treating the sick by means of medicines has been arraigned in the most scathing terms by many of the highest medical authorities; they themselves designated these methods as irrational and harmful. These same methods will certainly be abolished sooner or later. The Naturists claim that the body builds itself up from the material taken into the system; and they hold that sickness arises either because this material is perverse, or by retaining unduly the effete products of the system, or by lowering one's vital power by excesses. The "Nature Cure" informs us about proper food, insisting upon the prompt elimination of effete matter, and aims at the raising of lowered vitality by physical exercises, light and air baths, water cure processes, etc. This method has already spread like a wildfire over Germany; it will eventually do the same in this country. But its salutary progress should be hastened. Its methods are absolutely rational, and perfectly competent to deal with any condition of abnormal health.

To carry out the plan it is proposed to first of all establish a United States League for the Promotion of Health and Happiness. It shall become a centre to which all may appeal for aid and advice on all questions of health. People known for their integrity throughout the land and having warm sympathy for their fellowmen, are requested to place themselves at the head of this enterprise to enforce its policy:

First.—For no personal gain to any one.

(a).—For the good of all.

(b).—For the physical, moral and mental elevation of the American people.

Are you suffering from bad teeth? If so sail at the Albany Dental Association, 291 Third Ave., where prices are moderate and workmanship first rate.

Do you need a bed-room convenience? Write to A. Heap, Muskegon, Mich., for his catalogue and free book, Healthy Homes; and How to Have Them.

A New Butter Process whereby you can save just one-half of the present expense, can be obtained from H. E. Howard, M. D., Box 24, Kenton, Q.

Hot Water for Women.

No one likes to be in "hot water," as ordinarily spoken, but in both the external and internal use of it the theme of hot water can scarcely be exploited to any less advantage than the more common theme of fresh air, both so free of access and nothing of greater use when applied properly. An old physician remarked, "If only hot water could be sold for \$1 per bottle its use would be universal and its benefits more far reaching than any drug known to the profession; as it is to be had, however, at actually no cost whatever and is always at hand and available in every household, its importance is rather held in contempt by the patient, should the prosaic physician dare to prescribe it as a general panacea."

One of the most important internal uses that hot water can be put to is one that every woman should appreciate and always be interested in. Few women indeed are experienced in the knowledge of what benefits may be derived from hot vaginal douches when troubled with insomnia, hysteria, inflammation and many other weaknesses incident specially to womankind. Heretofore, with all the wide variety of syringes the market has become stocked with, not one has ever been able to fully meet all the requirements until the "Sipho" was invented some three years ago and provided the means by reason of cylinders and pumps to compound and store the respective power forces for injection and suction, ready for combined use by simply turning a valve lever after the nozzle has been placed in position. The Sipho has been devised as an instrument complete in itself for use in bed with no leakage whatever, with the patient in comfortable reclining posture, the only position possible for the proper reaching and cleansing of all of the vaginal tract. There is really no other way in which the entire surface is sure to be reached and cleansed of all viscid and tenacious mucus to be removed. No rubber bulb affair, depending on single hand pressures, ever has or could possibly accomplish this end satisfactorily, nor is it possible for any device to cleanse the entire tract when the woman is in a sitting posture, as the abdominal pressure on the vaginal walls is such as to crowd it in folds that no force, however great, can properly produce perfect cleanness. In the Sipho each of the two main cylinders has its own respective duty, and of distinct action from the other, except as the douche flows and returns through the nozzle when inserted, and though both of the forces are compounded, the equipoise balance is scientifically maintained so as to avoid any undue pressure, slightly in favor of the suction, to the entire comfort of the woman. Furthermore, the suction aperture is but $\frac{1}{8}$ inch diameter and in a protected recess so no ligament can possibly be drawn or strained. A single handed works both pumps at the same time in the familiar manner of bicycle pumps and the nozzle is condilate the vaginal cavity easily and for perfect outer closure to prevent the escape of a single drop of hot water that would otherwise tend to irritate the outer genitals.

Every intelligent married woman should be informed about the Sipho, as full particulars are given in the free booklet of the Sipho Mfg. Co., 507K, American Tract Building, New York City, and as trial terms are freely offered. All Siphos are sent express prepaid, and guaranteed. They are thoroughly effective.

[Extract from the Journal of Chemistry, Feb. i, IQOL.]

DON'T poison your system any longer by swallowing drugs. Nature has better means, to purify and beautify you.
DON'T allow anyone to destroy your system by the knife. Nature operates safely.
DON'T waste your lifepower and energy with dangerous experiments. Nature helps at once and saves your strength.
DON'T fool away your time with all sorts of fads, when your life is in danger. Nature acts quick and prompt.
DON'T throw your money away for poison or high priced specialists. Nature heals without price, makes nobody poor.
DON'T be despondent, if men have ruined you, Nature can restore you still. Try it.
DON'T be your own enemy, destroying your good health by filthy habits of living. Prevention is easier than restoration.
DO FOLLOW NATURE and her strict laws and you will enjoy her greatest gift:
HEALTH!
DR. E. GLEITEMANN, Chicago, Ill.

Tropon and Its Effects.

By Dr. Goliner, Erfurt.

Physiology teaches that the muscles form the principal storage of the albumen of the body; it is from that that it feeds when proper nourishment is lacking, so that the muscles become thin and emaciated. We observe the same thing during the process of certain kinds of illness; for instance, in typhoid and diphtheria, where specific toxins cause degeneration of the muscles. But most strikingly we see that the nerves exert a dominant influence over the nutrition of the muscles, as well as of the skin and of all cells. For, after cutting the motor nerve of a muscle, the latter withers to a large degree, while an increased nervous impulse creates an enlarged muscle.

Numerous observations on the metabolism executed by F. Muller Marburg (see *Zeitschrift fur klinische Medizin*, Vol. xvi.) have demonstrated that when convalescing after high fevers, the body seeks to retain the albumen of the food, and to employ it for the reconstruction of the damaged aged organs. We are, therefore, forced to admit that we may greatly assist the reconstruction of the body during convalescence by the introduction of rational and plentiful nourishment. After a high fever, the body always is in a very emaciated state; the amount of albumen is considerably reduced; of which the toxic dissolution of protoplasm and the loss through insufficient assimilation of nourishments are the cause. For this reason there has also been a loss of fat. These facts are of the highest importance in the dietetic treatment of typhoid, for the reason that the high and long continued fevers of this malady reduce the amount of albumen often to the danger point, so as to sometimes cause inanition. The chances of the therapy of nutrition in typhoid cases are so much better, as in the latter stages of the fever its destroying influence on the protoplasm of the cell disappears and therefore does not hinder the sustaining properties of the food. Of course, we have to carefully guard against a secondary infection.

Now the most important point in the nourishing of convalescents is the gradual enlargement of the diet. Nourishment which is easily digested and contains a large amount of albumen is here particularly indicated. Bearing this in mind, I administered to a typhoid patient iron tropon, a nutrient containing iron in the most assimilable form. Tropon is, as is well known, a natural albumen derived from meat and vegetables, and according to the analysis of Dr. Aufrecht, contains on a dry basis about 98% per cent, of pure albumen, and in this respect stands at the head of all albuminous preparations. Tropon is particularly adapted for the nourishing of the sick, as it contains albumen both of meat and vegetables mixed. The convalescent, a man of 65 years of age, after being entirely free from fever, received daily three times iron tropon immediately after the meals, taking a heaped teaspoonful in milk or wine (Tokay). The man liked the taste of the iron tropon very much; the body gained in weight and vigor, he recuperated very quickly. Of particular importance is the fact that the preparation caused neither constipation nor diarrhoea, that, in fact, the digestion was entirely normal. The iron, which is embodied with peptone, being introduced in such an easily assimilated form, explains the good resorption of the iron tropon. I also had excellent results with it in cases of diphtheria, la grippe and with women after child-birth, who had been weakened by loss of blood. Never have I observed any bad or disagreeable consequences, such as are so often met with in the use of preparations of iron.

Very particularly I wish to insist upon the fact that iron tropon is indicated in all cases of chlorosis and anemia, for the bodily weakness in these cases is the immediate result of the reduced percentage of haemoglobin in the blood. Numerous observers, for instance, V. Zremssen, Immermann, Reinert and others, have proven that an exclusively dietetic treatment of chlorosis may increase the haemoglobin a few per cent., but cannot effect a cure unless iron, or similar substances, are added. A nourishment which, like iron tropon, increases the haemoglobin of the blood and also possesses a high percentage of albumen, does from the start invigorate and leads to a complete cure. Regular hours for meals are, of course, a necessity, also for patients

suffering from this malady. : This becomes of the greatest importance, when the appetite is lagging or when the patients have cravings for particular dishes, which they try to satisfy, to the exclusion of their regular meals. In these cases they ought to take nourishment for or five times a day in conjunction with iron tropon. This also holds good for anemia, after loss of blood, which may be relieved through the use of iron tropon. Iron tropon, for these reasons, forms a valuable addition to the means already at our command for the fighting of serious disturbance of the nutrition.

Anidrosis.

Strange You Can't See!

That the measles, canker rash, diphtheria, scarlet fever, chicken pox, small pox, malaria fever or any of the epidemical poisons which attack the human system, do no harm if the virus be disinfected and expelled from the vital organs by Anidrosis fuming and bathing. Suppose the body is charged with elements which induce painful contraction of nerves and muscles don't you know that faith, slight of hand or drugging the stomach fails to remove the cause? We may use strong liniments for heat which relaxes for a time, but the cause still remains. We can magnetize and call it mind, Christian Science, Spiritualistic, faith cure or any of the mythical methods by which the will of the operator influences confidence that cure has been performed, but the virus still remains to disease the system. We may cut or slough out the cancer, abscess or tumor, but the virus which caused their development still remain in blood and tissues for further and possibly worse developments. It must be plain to all, therefore, that by this dissolving and disinfecting fumigation during free perspiration the restored circulation promotes absorption and distribution of these medical elements to every drop of blood in the body. Just for one moment consider the relief secured to a patient, with deathly sickness from deposited measles as it is drawn to the surface by this blood renovation. The same rule holds good in all epidemical poison. Scrofulous taint, by inheritance is planted in the system, but the restoration of purity by this fuming and bathing as directed and provided will positively hold the germ under subjection, thus avoiding the distressing symptoms sure to develop in the stagnant blood. It is but little benefit to take the temperature, pulsation or examine the tongue until we know what becomes of the dose prescribed for coercing the elements of disease which induce the distress.

Small pox would never prove fatal if the virus be kept from the vitals by this draft and disinfected as it is absorbed into the circulation! Diphtheria cannot prove fatal or contagious where this fumigation of body and premises are attended to, as prescribed. Why should we wonder at nervous prostration while the system is thus loaded with such a mass of poisonous elements for irritation? • No wonder we fail in refreshing sleep while the system is thus charged. The network of nerves with skin broken out with poison excretions is enough to destroy sleep.

A sudden cold contracts the whole muscular and nervous system, especially the perspiratory sewerage, thus inducing external chill with internal congested fever. None can fail to realize the danger which invariably follows, unless promptly reversed, as can be done in twenty minutes by this treatment. Every form of fever can be avoided by one bath is taken before other symptoms develop. The system must be supplied with water for flushing every sewer. The wastes must go by bowel, bladder, skin, etc. When these sewers are clogged with curdy vitiate matter, there must be dissolution into lymph for free exit or disease in some form is inevitable. How to create demand is worth our while to know. By this dissolving, disinfecting treatment a vast draught upon perspiration creates thirst, thus inducing full supply of water to be taken to the stomach for immediate distribution, for flushing the system as designed by mother nature instead of soaking the body in bathtub for absorption of the dirty water. Create thirst by keeping the skin free by Anidrosis and the system will cleanse itself.

DR. S. F. CONANT,
Skowhegan, Me.

THE KNEIPP WATER CURE MONTHLY.

Letter from Rev. A. Stroebele.

Campbellsville, Ky., March 25, 1901.

Dear Mr. Lust:

Let me sincerely congratulate you on the many improvements I noticed in your "Kneipp Water Cure Monthly" during the past six months. You are doing a noble work by your endeavors to convert sick humanity to "return to Nature." I have tried to do my share out here in Kentucky to make converts to the new creed of health, but find poor soil for the word of the new gospel, the seed falling on rocks or on the wayside; in other words, the "hardened sinners," porkeaters, tea, coffee and whisky drinkers, tobacco chewers will not give up the fleshpots of Egypt, will not forsake their evil ways. I have even preached several times a sermon on the utility of a non-flesh diet, speaking on this subject when explaining the law of abstinence, made by the Church.

As to my own experience, I only can state that since I have given up eating meat altogether and live on vegetables and fruit, I feel so much better than formerly. It seems to me there can hardly be any doubt that man is by nature frugivorous, using this word in its broadest sense, viz, including grains and vegetables, and while necessity may have compelled him to resort to flesh rather than to starve, yet this does not change his nature. If people could only be induced to interest themselves in reading books and papers like your esteemed monthly periodical, they would learn then what the natural food of man is; it would lead them to become loving children of Nature; it would simplify and beautify their manner of living; it would emancipate women from the drudgery of the kitchen; it would lead to an increased use of fruit; it would diminish the use of flesh, and, where possible, to do away-with it altogether and finally it would gradually improve the health, and add to the enjoyment and value of life. But to judge from the statistics recently published by the United States an unfavorable report is given of our national tendencies. Taking the twenty-year period from 1880 to 1900, many remarkable changes have taken place in the eating and drinking of the American people, not to the better but to the worse. We were eating 5.35 bushels of wheat and wheat flour per head per year in 1880. Last year we ate only 4.74 bushels per head of wheat and wheat flour. Thus in twenty years our annual consumption of cereals has been reduced instead of being increased. Within the same period our yearly consumption of sugar has increased from 42.9 pounds to 65.2 pounds per capita, an increase as significant as the decrease in our use of cereal foods. Evidently we are tending as a nation to make sugar rather than bread our staff of life. Whether at this time we are not also increasing our yearly meat bills is a point on which the Government's statistics are silent, but no doubt as the use of cereals has decreased, that of flesh meat has increased.

In the matter of our liquid refreshments the most striking change since 1880 has been in the per capita annual consumption of malt liquors, which has very nearly doubled. And as to coffee, we called for 1.03 pounds more coffee per head in 1900 than we did in 1880.

Our total recorded consumption of beverages is about 8 gallons per capita greater now than twenty years ago, which compels the inference that plain water is the most unpopular liquid of all. So we are far from returning to Nature and evidently there is a great missionary field open for the believers of the new gospel of health.

As I said already, out here in Kentucky the people have no understanding for natural healing, nor natural living. There is no sanitarium of any kind in the State, hence the ignorance and indifference of the people. If an eastern Naturopathic physician would come out here and try his luck he would just now have a good chance to secure a fine property with a number of buildings, which had been used as an academy till about a year ago.

Plenty of water, several hundreds of acres of cultivated land; woodland on a mountain side, railroad station close by, all this is certainly in favor of this kind of an enterprise. So, my dear Mr. Lust, you better send us a man to locate here. Well, I have to come to a close; wishing you all success in your worthy cause, I am,

Yours very sincerely,
(REV.) ALBERT STROEBELE.

Seven Reasons

Why I Prefer a Vegetarian Diet.

1. Because the highest sentiments of human men and women revolt at the cruelty, the degrading sights, the distressing cries, the perpetual bloodshed, and all the attendant horrors which inevitably surround the rearing, transit, and slaughter of suffering sentient beings; and because the custom of flesh eating leads to the setting apart of a whole class of the population for the disgusting, brutalizing, and unwholesome occupation of butchery.

2. Because it is the unvarying testimony of Vegetarians that they enjoy comparative immunity from disease. Some, after adopting the Vegetarian practice, have lost long-standing complaints, and been able to pass a life in comfort by the relief which this diet affords to certain symptoms. Persons practising this diet recover from wounds, accidents, and surgical operations with greater ease and rapidity than flesh-eaters. John Howard, the philanthropist, who was a Vegetarian, visited with impunity dungeons and other abodes of wretchedness, where fever and malaria were raging.

3. Because the primitive injunction of God to man at the Creation was—"Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed: to you it shall be for meat" (Gen. i. 29); and because neither the Bible nor other authority shows the anatomy of the human body to be different now from what it was when the Creator "saw everything that he had made, and behold it was very good."

4. Because the matured opinions of eminent scientists are, that the whole internal and external structure of man clearly indicates his adaption to frugivorous diet, and because, while fleshmeat is a very imperfect food—being devoid of starch and sugar, and containing an excess of flesh-formers—on the other hand, from grains, pulse, fruits, and nuts, food can be selected perfectly suited to all climates and conditions of life; some yielding a higher percentage of proteids (flesh-formers) than butchers' meat, others supplying in abundance the heat and force producers—starch, sugar and oil. Vegetable fibrin and animal fibrin, vegetable albumen and animal albumen, hardly differ even in form, and chemical analysis is incapable of detecting any difference.

5. Because flesh (as it contains from half to three-quarters of its weight of water) is ten to twenty times, at least, more expensive, than wheat, oatmeal, and other grains, haricots, lentils, peas etc., which contain only 14 per cent, of water, and it is unphilosophical and unbusiness-like to pay the larger sum for the inferior food; and because land which is cultivated for grains, fruits, and vegetables provides employment for several times as many men as that which is used for grazing.

6. Because as it is proved that the life can be prolonged and his health and happiness enhanced by a diet of which the flesh of animals forms no part, therefore neither justice, nor benevolence, nor compassion can sanction the revolting cruelties that are daily perpetrated in order to pamper perverted and unnatural appetites.

7. Because Vegetarianism is a protest against those evils which most beset wealthy nations—luxury, intemperance, and vice; it entirely repudiates the low estimate of the value of life in innocent animals; it inculcates sympathy, benevolence, and justice to all, and encourages temperance, thrift, purity and philanthropy, and whatever promotes the well-being and elevation of the human race.

The "Ideal" Nut Food, guaranteed absolutely pure, delicious, economical and healthful: may be obtained from J. T. Doolittle, 13 South Second Street, Philadelphia.

What is Tropon? It is a strength-giving muscle-forming food of the highest order and of special benefit to weak and convalescent persons. A teaspoonful three times a day will supply more necessary nourishment than a dozen eggs. For sale at Kneipp Store. Tropon Works, 81 Fulton Street, New York.

THE KNEIPP WATER CURE MONTHLY.

Anti-Bacterial.

To appreciate properly the well earned fame of American dentists one must live abroad, for a time at least. Their admitted superiority to their fellow craftsmen of other nations is as marked as is the more lately conceded pre-eminence of our daring and original masters of operative surgery.

A branch of the dental profession is the supplementing of the ravages of old age or disease or accident by means of false teeth. These are set in plates, carefully fitted to the mouth, of various substances more or less adapted to the purpose. About half a century ago rubber—the process known as vulcanizing was then a recent discovery—was first introduced into the dentist's laboratory, and from its plastic properties and from the ease with which it could be worked it was soon established as a prime favorite.

Not long, however, after the adoption of rubber for dental plates, the profession began to notice the prevalence of indigestion, chronic sore throat, neuralgia and general disorders to the alimentary tract, accompanied by inflamed conditions of the glands of the mouth. This deplorable state of affairs, it was discovered, could be entirely eradicated by the prompt removal of the vulcanite rubber plate and the substitution therefor of gold plate.

Reasoning empirically from effect to cause, the dentists recognized the vulcanite plates as the deleterious influence, and so they named it the "rubber disease." Dental associations took the matter up and discussed and rediscussed it. Said Professor Homer Judd, of St. Louis, at a congress of the American Dental Association in 1870: "There is no one engaged in extensive practice who will not find cases of this 'rubber disease.' It is of daily occurrence. Any one can tell it. There are many cases in which half the arch is filled with a spongy mass. It does not take place suddenly, but after a few months, if you will examine the mouth, you will find it soft and spongy."

The fact that the gold plate brought no such train of ill effects set the Yankee brains of one of the leading dental surgeons of Washington, D. C. (Dr. John A. Daly), to working, and, as always happens when such cerebral excitement is induced in one of our race, with the happiest results. He reasoned that there could be nothing inherent in the composition of the rubber plates to cause the diseased conditions of the mouths of those using them. And yet they did evidently cause disease. The truth therefore must be in the conditions surrounding them.

Now, between the date when rubber began to be used for dental purposes and the time when Dr. Daly began his scientific investigation of the troubles induced by it there had been launched into existence a science more important in its far reaching bearings upon human life and human interests than can even yet be approximated—the germ-theory, or bacteriology. Once the light of this lamp of knowledge was shed upon the mystery the solution was accomplished, and what had puzzled so many wise heads for a generation was made so clear that he who ran might read.

Rubber, as it is cast in form to meet the shape of the mouth, is, under the microscope, seen to be open and spongy, an absolutely ideal resort for millions upon millions of deleterious bacteria. With its accompaniments of continuous equable warmth and unlimited moisture, it equals the scientist's best arrangement for microbe culture. Here they live and multiply and die; unlimited families are raised, and in their turn are gathered, not to their fathers, but to the minute cells of the porous rubber, which is soon a charnel house of corruption.

This state of affairs, aside from its loathsomeness, means that at the very source through which all the alimentary supplies of the body are drawn there is a constant generation of poisons which taint every particle of food, every drop of drink, and maintain a constant irritation of the delicate membranes of the mouth, throat and stomach.

Gold, silver and porcelain afford no hiding places for disease germs. But of these substances silver and porcelain are unsuitable for other reasons, while gold is too costly for the vast majority of patients.

Here Dr. Daly's scientific training and inborn ingenuity worked hand in hand, with, as a result, the practical overcoming of all difficulties. He discovered and patented a

process of coating the dental plate with pure gold, affording all the advantages of a gold plate at one-sixth or one-seventh of the cost.

Dr. Daly's professional standing is too well known to call for any comment here. He has demonstrated his process before many dental associations and colleges. So favorably have his lectures been received and so heartily have they been indorsed by the leading instructors in dentistry that they have been incorporated in the text books from which students are instructed, and thus form a part of the curriculum in all the recognized schools.

But, in dealing with a matter of so general and so vital interest, the *process* of the diffusion of knowledge through the schools alone is all too slow. Hence the recent formation of the Plastic Material Metal Covering Co., Park Row Bldg., New York City.

VACCINATION.

"Faith, fanatic faith, once wedded fast,
To some dear falsehood, hugs it to the last."

The Anti-Vaccination Society of America.

OFFICERS:

L. H. Piehn, President, Nora Springs, Iowa.
L. J. Weyprecht, V. P., 226 2d Ave., N. Y. City.
A. J. Clausen, M. D., V. P., St. Ansgar, Iowa.
M. R. Levenson, M. D., V. P., Ft. Hamilton, N. Y.
C. Oscar Beasley, Counsel, Fidelity Bldg., Phila., Pa.
Frank D. Blue, Secretary, Terre Haute, Ind.
E. C. Townsend, Asst. Secy., 19 Broadway, N. Y. City.
E. B. Foote, Jr., M. D., Treas., Box 788, N. Y. City.

Constitution, Art. II.

The object of this society shall be to oppose and prevent the enforcement of compulsory vaccination.

What is Vaccination,
and what can I do to Help Abolish it?

Vaccination is the inoculation of a healthy person with pus poison, from a festering sore on a diseased animal, which may and often does cause most serious diseases and confers no certain immunity against small pox. At this time the only way to attack this blunder, which is really worse than a crime, is by printing and circulating information in order to let the general public know just what a disease and death-producing agency vaccination is.

The Anti-Vaccination Society of America has been organized for this purpose. In order to accomplish its object it must have funds to pay for printing and postage; every additional member increases its influence, apart from its fee for membership. At present it has several hundred members, but it wants to have several thousand, and soon, too; every cent given aids the cause directly as all its officers serve without pay. The membership fee is but twenty-five cents, a nominal sum, and there are no dues, it being expected that all members will help as they are able. You should join our society at once and further aid this basic cause of humanity by inducing your friends to do likewise.

Also circulate our literature.

One great drawback to our cause is the fact that the public generally is not aware of the extent of the opposition to vaccination blood poisoning. Anti-vaccination is looked upon as simply a fad that will soon pass away; by others it is supposed to be confined to a few cranks and as of but little consequence anyway. The Anti-Vaccination Cause, already a power in the land, is greatly handicapped by the lack of good literature for circulation. By circulating good, neat, attractive literature, the solid basis of our movement is realized, and many who note these signs of its growth and stability will be led into our ranks to do battle with us, who now lack the courage to face popular prejudices. Never send out a letter without enclosing a tract at least.

Vaccination•

Issued monthly, for the Anti-Vaccination Society of America. Subscription 25 cents per year. Advertising rates on application. Frank D. Blue, Editor.
1328 N. 12th street, Terre Haute, Ind., U. S. A.

LITTERARY REVIEW.

- BABY.** By Frances Sheldon Bolton, Editor of "Mothers' Journal," New Haven, Conn. Price 50 cents. It is a practical hints and information how to rear the baby, and is not only attractively written, but almost indispensable to all mothers.
- CHRISTIAN SCIENCE.** By William A. Purrington. Being an exposition of Mrs. Eddy's Wonderful Discovery. Price \$1.00. Published by E. B. Treat & Co., Publishers, 241-243 W. 23d Street, New York. This book exposes several alleged cures as claimed to have been effected by Mrs. Eddy's followers, and its appendix about the Claims of Christian Science is well worth perusing. An impartial reader will find many interesting points of argument in its pages. We, of course, do not participate entirely in the views of the author, but the book has many recommendable strong points of truths about it.
- THE A. B. C. MANUAL OF MATERIA MEDICA and THERAPEUTICS.** By G. Hardy Clark, M. D. Published by Boericke & Tafel, Philadelphia, Pa. This book is a valuable addition as well as an ornament to the library of every physician, practitioner, medical student and every one interested in Materia Medica. Its contents are classified alphabetically, and even the layman can at a glance find out all the peculiarities and applications of the different drugs.
- I AM SERMONS.** By Thomas J. Shelton, with author's photo and autograph. Published by "Christian," Denver, Colo. Price 50 cents. There are twelve of the best sermons of the author published originally in the "Christian." They are full of power, beauty of expression and thought; full of strong personality of the author and appeal with full force to the reader. Some very nice verses are dispersed amongst the various sermons.
- THE DESTINY OF AMERICA and The Future of the "Anglo-Saxon,"** as revealed to Jonathan Erskine Hollingsworth in a trance, and transcribed by him, a most remarkable paper; now printed unabridged with autograph and portrait. Published by the El Derado Publ. Co., Indianapolis, Ind. Price 30 cents postpaid. The remarkable psychic power exhibited in this strange record of vision has aroused the deep interest of many Advanced Thinkers in all parts of the country. It is evident that the psychological study presented is unparalleled in modern literature.
- ENLARGED TONSILS CURED BY MEDICINES.** By J. Compton Burnett, M. D., of London, Eng. Published by Boericke & Tafel, Philadelphia, Pa. Doctor Burnett, an eminent English medical practitioner of twenty years' standing, is of the opinion that enlarged tonsils in children need not be cut off but can be treated by medicines. Although we are also of the opinion that enlarged tonsils need not be cut off, but should be treated by the Natural Methods of Healing, we cannot deny to Dr. Burnett the great credit for the plausible and able way in which he brings his views before the public.
- EVOLUTIONS OF THE INDIVIDUAL** By Frank Newland Doud, M. D. A brief exposition of the Natural Laws of growth and how to attain mental and bodily Freedom. Published by the Reynolds Publishing Co., 53 State Street, Chicago, Ill. Price \$1.00. The theory of vibrations as expounded by Dr. Doud is certainly worth getting acquainted with, and the contents of this book will give the serious thinker much satisfaction and ample food for reflection.
- MIND POWER FROM WITHIN.** By W. J. Colville. Published by the Alliance Publishing Company, Life Bldg., 19-21 W. 31st St., New York. Price \$1.00. Mental suggestion is the revolving problem of the various treatises put together by the author. Suggestive therapeutics, mental science, clairvoyance, spiritualism, etc., are lucidly and attractively discussed, and the reader will spend several agreeable hours with this interesting work.
- INTESTINAL ILLS.** By Alcinous B. Jamison, M. D. Published by the Knickerbocker Press, New York. Price \$2.00. Dr. Jamison in his able and drastic style reviews the various intestinal ills which befall the human race and comes to the conclusion that chronic constipation, indigestion, diarrhoea, piles, etc., also auto-infection, auto-intoxication, amemia, emaciation, etc., are due to proctitis and colitis. The book has at the end a very complete list of foods easy for digestion and also a diet for indigestion, for constipation and for diarrhoea. Although the book is highly scientific, it enables the layman reader to gauge his own diseases—if any.
- A TROUBLED HEART and HOW IT WAS COMFORTED.** By Charles Warren Stoddard. Published by "The Ave Maria" Publishing Co., Notre Dame, Indiana. Price 50 cents. This is the story of one who, from deep conviction alone, became a convert to the Catholic Religion. It tells of how his life was a void and everything barren, and how at last he found peace and comfort. The story is attractively written and appeals to the feelings, stirring deeply those enigmatical chords of our hearts which we designate with "religious faith."
- ARENA.** A monthly published by Christian Alliance Publishing Co., Life Bldg., New York. Contains as usual several very attractive treatises of general interest and will give satisfaction to all readers.
- STANDARD SCHOOL PHYSIOLOGY, HYGIENE, ANATOMY.** By Russell B. Smith, M. D., Westerly, R. I., and Everett C. Willard, A. M., Superintendent of Schools, Stamford, Conn. Published by the Morse Company, 96 Fifth Ave., New York. Price \$1.00. This volume is adapted to the needs of students of academies, high schools, and all those interested in Anatomy, Hygiene and Physiology. The diagrams are reproductions of the best to be found in other scientific works of similar nature. Every part and organ of the human constitution is fully described and explained. It is a book almost invaluable to every student.
- HOW TO WAKE THE SOLAR PLEXUS,** with an appendix on "Breathing Technique." By Elizabeth Towne, Holyoke, Mass. Published by the Author. Price 25 cents. The sale of this book has been remarkable and the demand is increasing steadily. Its best recommendation is that Dr. Franz Hartmann, M. D., the noted German Metaphysician and writer, has written to the author, that he wishes to translate it into German. He says he considers it "worth more than a whole library of metaphysical and occult books."
- TWELVE LESSONS ON THE CONSTITUTION OF MAN.** By Elizabeth Towne, Holyoke, Mass. Published by the Author. Price 50 cents. In this book the author aims to give the public in a very attractive form a sense of higher morality, conscientiousness and appreciation of the Beauties of our Creator's work. Its language is pure and rhythmical, and our refined lady-readers will appreciate it especially.
- A NEW BOOK ON PHYSICAL CULTURE, HOW TO BUILD MUSCLE, and How to Box to Win.** Fully illustrated and elegantly bound. \$1.00. Published by Rohde & Haskins, 7-9 Cortlandt Street, New York. If you want to know how to build muscle, how to breathe, stand, walk or run; how to punch the bag, and how to Box to Win, you should not fail but order above book from the publishers. This book has also a chapter how women may grow strong and beautiful and gives full explanations as to mild exercises, careful diet and simple rules of hygiene prescribed for all classes of women.

THE KNEIPP WATER CURE MONTHLY.

However, is more than outweighed when the caloric values of veal and beef are contrasted with the caloric value of
 of Coco vena. ~\j=

Coco vena, however, is a food condensed to a much higher degree, as the absolute quantities of its fats and albumens exceed fivefold the analogue matters of milk; five grams of the product added to 250 ccm milk, the form in which it is usually ingested, increases the latter's contents of pfoetids by 0.873 grams and of fats by 0.939 grams, while tta caloric value is raised from 172.155 to 194.882. If 500 ccm about two cups of the mixture are partaken of, 45 335 heat units more are introduced into the system, than when milk alone is taken.

The following anonymous communication written in "Type" has been received by the Editor and is herewith published for the edification of our esteemed and better-enlightened readers.

Our reply to this letter will be found right below.

To Mr. Benedict Lust,

Editor of "The Kneipp Water Cure Monthly"
 and "Herald of Health by Natural Healing Methods",
 HI East 59th Strc-t, New York City.

Dear Sir:—

The * riter, who is a subscriber to your Journal, and has frequently found pleasure and interest in reading it, deems it P's duty to admonish you that you have embarked upon 'langerous waters, by publishing in the numbers for January and March of this year, the article entitled "THE ORIGIN OF MC ^ * CHRONIC DISEASES, by DR. RO ^ CH". Giving to the title of your Monthly its fair and just meaning, it is evidently a distinct declaration by you that the scope and single purpose of the Journal, are to give its readers a thorough knowledge of the hydropathic and dietary methods of Father Kneipp and his disciples, and is, at the same time, a warrant of security to every subscriber, that nothing would be allowed in its columns unfit to be read by pure minded persons, whether young or old; and further, as a natural inference, that all grave medical questions, and particularly those involving sexual relations, or the analysis of things criminal or vicious, will be properly left for presentation and discussion to strictly technical works by specialists whose education, instincts, and training, would divest their writings of naught that appealed to lust or sensuality.

In the judgment of the writer, this warranty has been grossly violated by the publication of the article in question. Its author takes up an unsavory theme, and treats it not only crudely, but in many particulars, with gross vulgarity. He is not content to state the bare facts necessary to the elucidation of his subject, but seems irresistably drawn, by the grossness of his nature, into minute and most indelicate descriptions of the sexual passion; dwelling with fatuous sapience on its basest externals, and never linking by so much as a thought its physical with its psychological side; but, on the contrary, dilates with repeated and disgusting emphasis upon the pleasures of carnal intercourse. In short, Dr. Rosch seems to have written, not to interest his readers on high grounds; and, by his libidinous analysis of sexual passion, he suggests to the mind the picture of a smart decadent retailing nasty stories to a crony over a glass of absinthe.

The first impulse of the writer, after reading the article in question, was to submit it to Anthony Comstock of the Society for the Prevention of Vice, to the end that he might seize such of the numbers as could be found in your store, and obtain a warrant for your arrest for publishing vile literature; but, on second thought, he has concluded to postpone taking such drastic measures, and content himself by getting rid of the offending numbers at the end of the tongs, and, after sending you this communication, to wait to see whether it has prevented further transgression of decency.

Dated April 18th, 1901.

To the anonymous Writer of above letter.

Dear Sir or Madame:—

A person who does not dare to sign his or her name, is guilty of cowardice. In this case, however, this cowardice is the more pronounced as the article in question, written by one of Germany's most eminent physicians, and published at first in a pamphlet form, has been praised by all Humanitarians, and was reprinted by all German Naturopathic publications, as being one of GREAT GENERAL INTEREST and UTILITY.

To the pure-minded person who does not intend to seek for "filth" in a strictly "Hygienic" treatise, of which the continuation and conclusion we will bring in our next number; this article should not only bring conviction of the truths contained therein, but he or she should also take the contents to heart, because they ARE TRUE

Of course the libidinous and licentious-minded person will seek to find (and eagerly reperuse) those passages, which to his or her diseased mind have some savour of in*decency.

We now ask all our Lady- and Gentlemen-readers to be judges over us, and to be convinced in their own minds, that the article in question is intended to improve and ameliorate the present social conditions of "Married Life." There are thousands of pure-minded women, those who are mothers and those who are going to become such, who will thank us for showing them in time "The Origin of most Chronic Diseases," but especially those of the Female Sex-
 Benedict Lust,
 Editor Kneipp Water Cure Monthly.

Approximate and Comparative Value of Food.

	Average Nutri- tive Value.
Almonds, Chestnuts, Hazelnuts, Peanuts, Pecans,	
Walnuts g&ii	86 per ct
Barley, Buckwheat, Corn, Oats, Rice, Wheat, Rye,	84
Beans, Lentils, Peas	83
Dried Apple, Cherry, Date, Fig, Pear, Prune,	
Raisin /*V	62
Milk, Butter, Cream, Cheese	52 32
Beef, Mutton, Eggs, Poultry, Veal	29
Sweet and Irish Potatoes, Cabbage, Beets, Celery,	
Onions	18
Fresh Fruits. Banana, Grape, Cherry, Apple,	
Peach, Plum	16

It will be seen by the above table that nuts rank first in nutritive value. This fact is due to the large amount of oil which they contain (average 45 per cent); also that the germ or life principle of the nut is assimilated into the system as food.

Grains, including Beans, Peas, and Lentils, come second in the list and contain a large per cent, of starch. * Grains growing in the open air and sunlight partake largely of the vitalizing, energizing benefits of the sun. Vegetables, being hidden in the earth away from the sunlight are valuable for their medicinal qualities and as an aid to digestion. In regard to animal meats, better let them alone and not run the risk of disease with which they abound.

Natural food in a natural condition, has a tendency to prolong the natural life in peace and happiness and elevate the Spiritual j_life into a condition of restfulness.

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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 Water Cure Monthly.

Mrs. S. M., Washington, D. C.—Leaving the bed too early after confinement is very often the cause of catarrh of the uterus; you ought to have been more careful. The directions are: Every morning and evening one sitz-bath 90 deg. F., 10 min., with internal douche of one quart of thin oak bark tea 90 deg. F. Every night abdominal bandage combined with calf packs; directly after rising in the morning a cool sponge bath and to bed again without drying off for 10 to 15 min., until very warm all over the body. Constipation must be strictly avoided; if necessary, lukewarm enema daily. Non-stimulating diet, no meats, beef tea, spices, beer, wine, etc., tea and coffee. Three times daily the juices of two oranges and one-half lemon mixed.

Fr. T. W., Watertown, Texas.—There is no doubt that diabetes can be cured by Naturopathy, so do not be so downhearted; only energy and willpower will help you along. I am very sorry that you are a man with so limited means that you cannot enter a naturopathic sanitarium, which would certainly be the best way. Amongst the adherents of Naturopathy we have not yet such rich and philanthropic people who would give donations for a naturopathic hospital, where patients in your circumstances can have the opportunity of free treatment. Use the following applications every other day: Three-quarter pack with a hot bottle to the feet one hour; hereafter sponge bath 80 deg. F., and sitz bath 80 to 75 deg. F., 10 min., every other day. Sun bath (the head must be in shade) until perspiration starts, then cool sponge bath and cool sitz bath 5 to 8 min. After two weeks sun bath every day. During the night abdominal bandage, sleep in a tent if possible. The diet shall consist of nothing else but three quarts of skim milk daily, divided in equal parts during 10 to 12 hours, drink the milk through a glass tube at regular time; have the urine examined every other day. As soon as there is no more sugar in the urine, continue the milk diet for 8 to 10 days, then add unsalted fresh potcheese in small quantities, then a little buttermilk; then commence with fruits and a few nuts, finally lettuce prepared with a little thinned lemon juice, spinach, asparagus, watercress, cucumbers, an egg (scrambled), some potatoes, toast, radishes, the juice of lemons, oranges, melons, strawberries, etc., mixed with a little water. Do not fear that living on skim milk alone will weaken you; do not drink more than three quarts, even if you are very thirsty. The quantity of urine will become less and normal in a very short time, also the thirst will disappear soon, and by and by all the other symptoms; but it will be wise if you live afterwards mostly on a vegetarian diet for a number of years. In case of constipation, use enematas of lukewarm tea of bilberry leaves; in case of the contrary, use oak bark tea.

W., Baltimore, Md.—You ask if I consider it beneficial for a veetarian to take the hunger cure. I cannot tell you this without knowing why you intend to fast, what you are eating and drinking now, what you are troubled with, what your age is, weight and height. The fact that you are a vegetarian has nothing to do with the question of fastin* or not.

Ch. D. K., Philadelphia, Pa.—The tea or herb injections have the principal purpose to influence the entire organism. They release the suffering and irritated organs of blood, they disinfect the accumulations in the bowels which mostly are in a condition of fermentation and evacuate them easier. They act on all local processes of the mucous membranes in the intestines, such as piles, fistula, etc. A very important factor is the assimilation of the nutritious salts and acids which these herbs contain in a high degree, the stomach very often is no more able to assimilate them.

J. M. Th., Madison, Wis.—Your correction concerning Dr. Sturm's article is perfectly right, it was a misprint and should have been 90 per cent.. You are suffering from weak stomach and bowels, as after effects of grip, and a tottering walk from an apoplectic stroke. Apply every week two bed-steam baths, one to one and one-half hours,

followed by a sitz bath 85 deg. F., 10 to 15 min. Every morning thigh gush combined with upper gush; twice weekly half bath 80 deg. F. to 75 deg. F., with pouring the water on the stomach 8 to 10 min. During the night abdominal bandage, one-eighth of a teaspoonful of aloe powder and one teapsoonful of crushed juniper berries, boil in one-half pint of water 5 min., and take one teaspoonful of this tea every two hours. You also may use Kneipp's so-called Wuhlhuber No. 1 Vegetable Diet. It would not be safe to give cold baths to an old man of 78 years; if he is not used to cold water, use lukewarm baths.

Thomas L., San Francisco, Cal.—The cause of a red nose may be the excessive use of brandy, wine, etc., or it having been frozen (even years ago), or constant constipation. Avoid everything that causes congestion to the head; no liquors, strong coffee, tea, vinegar, spices. Daily trunk baths 80 to 85 deg. F., 10 to 20 min., bed steam bath once weekly; every night neck, abdominal and calf packs, also twice weekly alternate foot bath (5 min. warm, y. min. cold, three times repeated). Walk barefooted whenever you have a chance to do so. Plenty of exercise in fresh air. Daily enema if constipated.

J. Aug. Bl., Dover Plains, N. Y.—Avoid all sexual excitement, every morning cool sponge bath, dress without first drying off and take a short walk until warm all over the body three times weekly; lukewarm sitz bath 12 to 15 min. and three times alternate sitz bath, 5 min. warm 100 deg. F., Yi min. cool 60 deg. F., three times repeated. Every night abdominal bandage with an extra clay compress on the prostate gland. One three-quarter pack weekly, 1 to 2 hours, followed by a lukewarm sitz bath. Daily* one cup of shave grass tea and brier hips mixed. Lukewarm enema of pepermint tea in case of constipation. Strictly non-irritating vegetarian diet. Do not use any medicines.

W. M. W., Omaha, Neb.—Follow the preceding directions:

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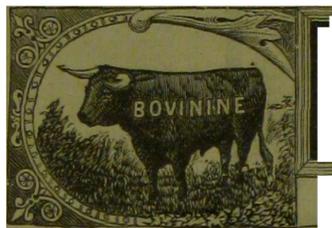
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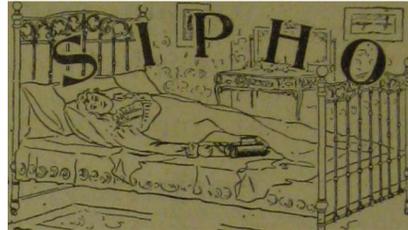
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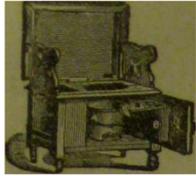
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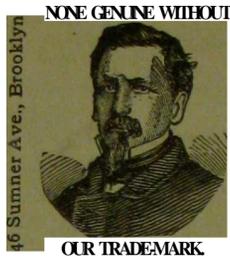
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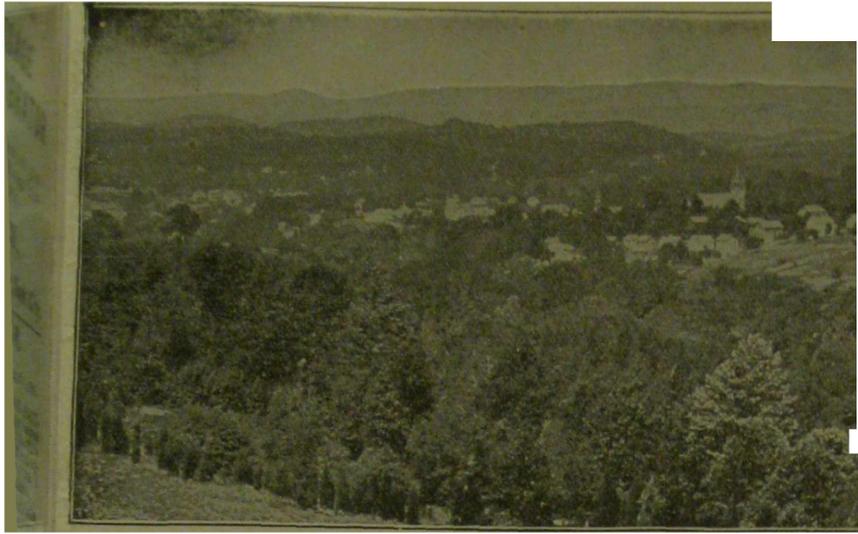
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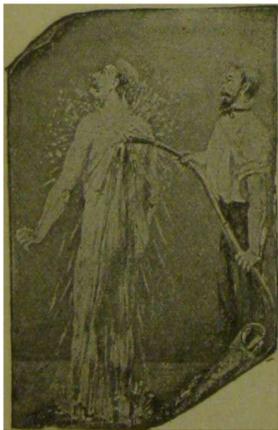
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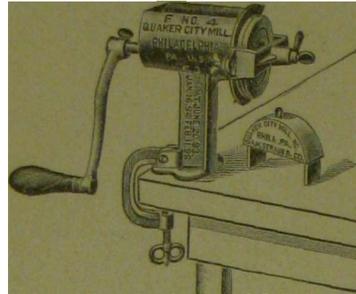
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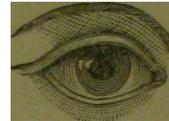
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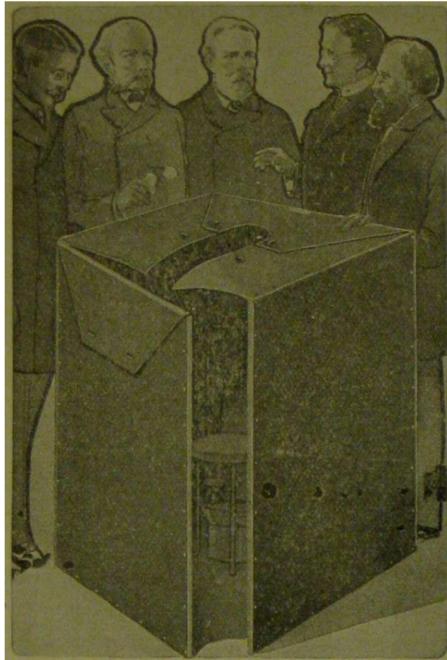
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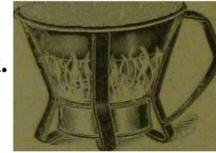
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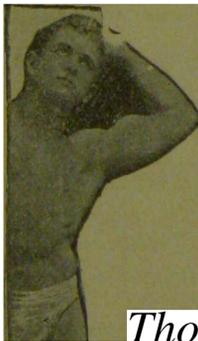
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Extract from Dr. Walser's book "Die neue Naturheilmethode" published by B. von Twardowski, Posen, 1st part, page 300:

"During my service as Dutch army-doctor in the East Indies I often had the opportunity of being in company with Chinese merchants and in my study of the science of health was much interested in a silky undergarment made by the Chinese of grass. After careful investigation I found that all those who wore this shirt made of china-grass, never suffered from colds, even when they had to endure the utmost change of climate. These very same people were also exempt from malarial fever, which circumstance I had to attribute principally to the wearing of this fabric.

* * * By wearing woollen, cotton or linen shirts in India the perspiration is hampered and the wearer is soon the victim of the malarial fever. Now I have not found a shirt, which is better calculated to promote respiration of the skin than this one, made of china-grass. It prevents many illnesses, which result from too rapid change of temperature and this fact I can confirm after many years of experience.

The china-grass has the advantages of silk, but is much cheaper; it is the most precious vegetable fibre and most highly valued by the Chinese. The immunity of the Chinese from nervous disorders, their toughness and resistance of all illnesses, although they sometimes live very dissolute lives, is the result of this suitable clothing. The basis of the Chinese clothing is the air-cell shirt made of china-grass.

The china-grass is the rival of silk, and that it is much more durable, I can prove from my own experience. Whoever in the tropics is forced to undergo the sudden change from scorching solar heat to ice cold nights knows the value of a garment which prevents rheumatism, gout and affection of the throat or chest. **I myself suffered often in India from rheumatism, which nearly disabled me from service. The china-grass shirt caused the disappearance of all symptoms of this painful illness.**

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