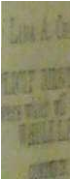




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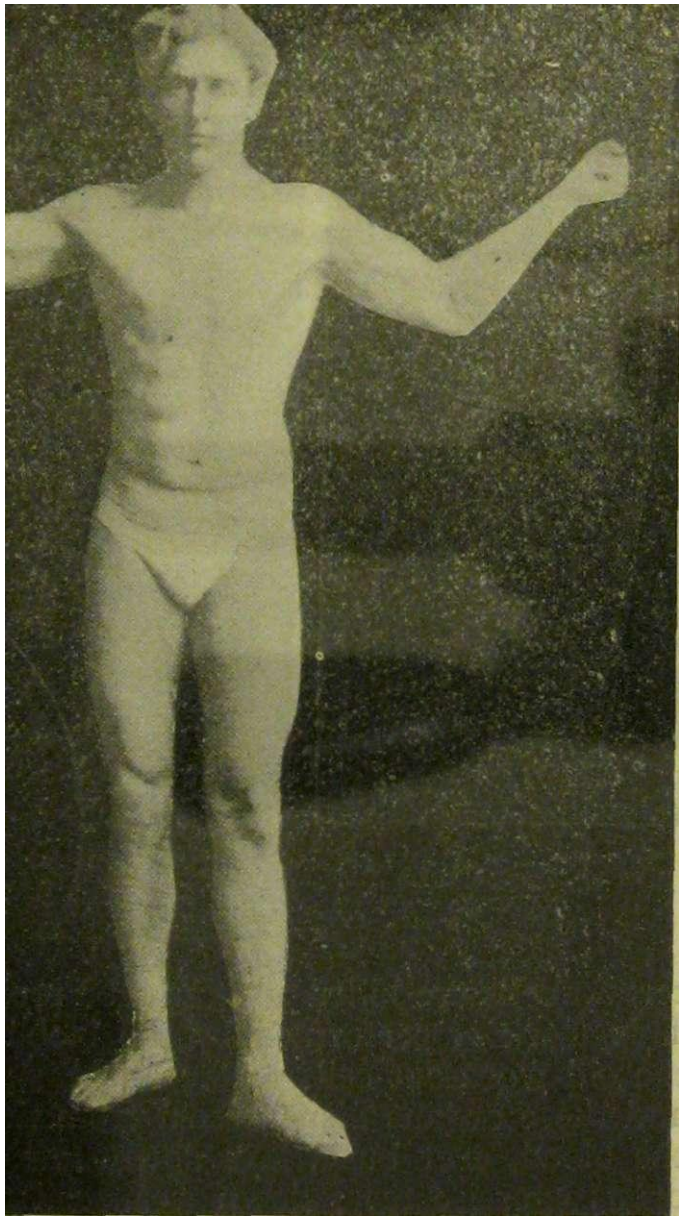
B. LUST, Editor and Manager. Office: III EAST 59TH STREET, bet. Yzrk and Lexington Aves., NEW YORK.

Vol. II. JUNE, 1901. No. 6.

Are Gymnastics
and Athletics Unhealthful,
(William James Crbmie, Phys. Dir.)

When one observes well-developed athletes, he can make up his mind to one thing and that is, that it required long, persistent labor to get the body in that condition and that it means hard work to keep it so'.
There is a story in pictures that can never be told in

shall we find ideals more perfect than those whom the Greeks and Romans deified and worshipped? When we desire a perfect female ideal, do we not refer back to Hebe, Diana and the Venuses?
Some say that many big muscled men are unhealthy, which is often only too true. *Health* must be the foundation for muscle and body building. Of course, lifting heavy ponderous weights, engaging in too violent exercises, prize fighting, and other brutal sports will give one muscular development, but these are contrarv to nature and intelligence.



rose or verse. The literature of the Greek and Roman races was most scented with the power and beauty of their gods. Gaze on the statue of a Hercules or an Apollo, and are we not filled with admiration and awe? Even in our modern literature, do we not describe the thlete as one whose strength is Herculean. In whom

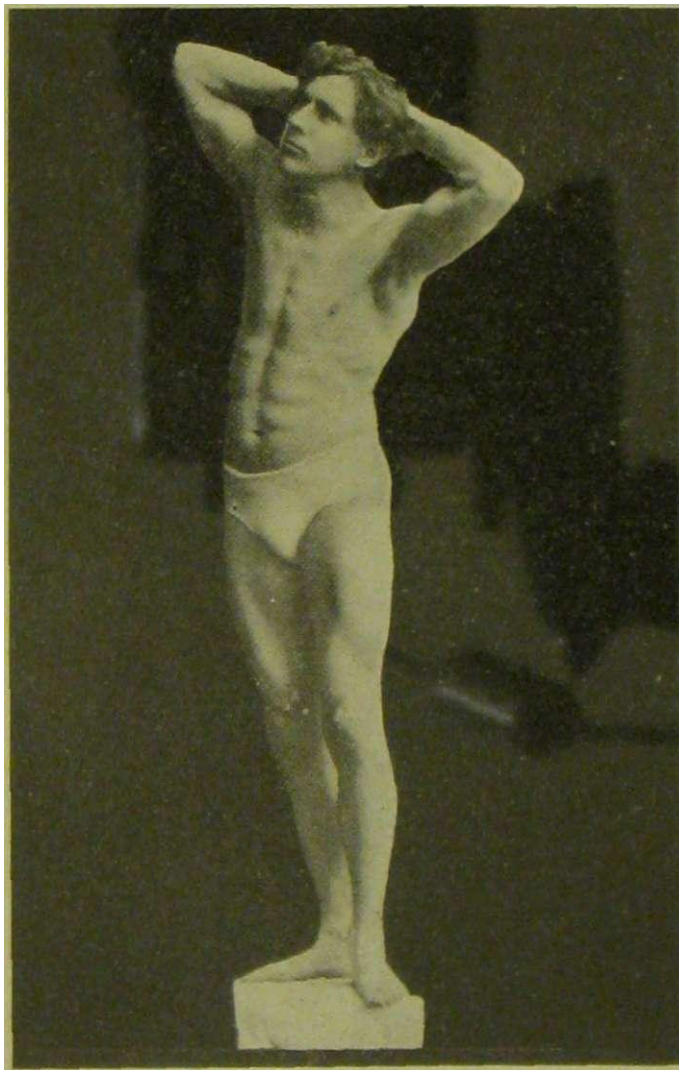
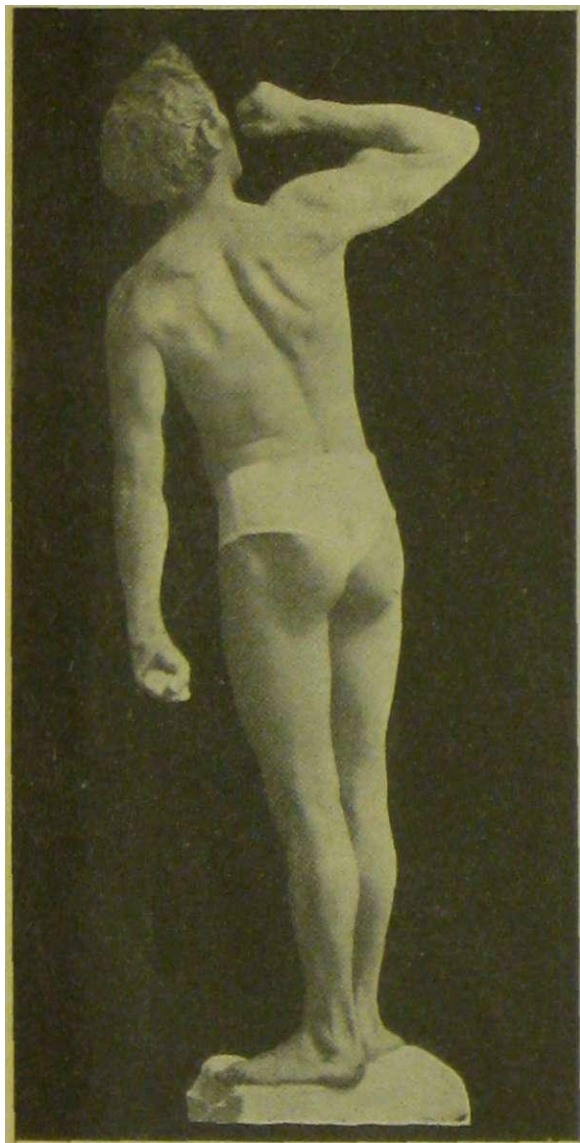
There always have been and likely always will by some well-meaning people who argue against gymnastics and athletics. They say that the athlete exercises his muscles at the expense of the mind. Again that athletes contract disease and die young.
The first of these objections is as old as Plato, who

described some of the athletes of his time as "sleeping away their lives." Galen, in speaking of the Greek and Roman athletes, describes them as "heavy and stupid." Might not the Latin proverb, *Mens Sana in Corpora Sana*, have come to the mind of the writer by seeing athletes in whom the physical and mental were both well developed. Plato and Galen likely meant that the man who gave all his time to developing a massive physique at the expense of his mind, was little better than the beast of the field, and that the time spent was worse than wasted.

Viewed in that sense, athletics and gymnastics would do more harm than good, for mental culture is better than physical, as is Spiritual better than either or both mental and physical. There is more danger of the "book worm" neglecting to take necessary exercise, than there is of the physical culturist not taking enough mental culture.

that Washington, after working all day in the forests of Virginia, would wrestle any one who presented himself, and that he at one time wrestled seven men, one after the other and obtained a fall from each. Lincoln, Jefferson, Adams, Franklin, Jackson and Webster were men of strong physiques. Shakespeare, Byron, Goethe, Gladstone and Bismarck were ardent practisers of regular *systems* of physical culture and have won the admiration of the world by the physical bodies and master minds which they possessed.

Some seem to think that one exercises for the sole purpose of obtaining big muscles. This is one of the least reasons for exercise. By exercising the voluntary muscles (those over which we have control) we thereby strengthen the involuntary muscles, such as the heart, etc., by increasing the circulation of the blood and the respiratory organs. By our every movement such as breathing, winking, or even thinking,



Caesar, Cicero, Lycurgus and Coriolanus were devotees of manly sports. Alcibiades became master of the Athenians, by reason of eloquence, grace of person and strength of body. Socrates, Themistocles and Plato excelled in gymnastics. Alexander is said to have had great endurance. Sertorius swam the Rhone in full armor. Marius, Pelopidas, Marcellus and Cato delighted in exercise and strength of the body, in fact, ancient and mediaeval history shows that brain and brawn were two characteristics of men whom the world recognized as leaders.

Modern history shows that our successful men had a good physical education. It reveals the fact that longevity is found in men who follow Nature's laws, whose bodies were strong and powerful. It is said

certain cells are killed and must be replaced by others. This work is performed by the blood, which carries the old worn-out cells to the lungs, skin and kidneys, and these organs dispell them from the system, while the blood, ever busy, lays down new material. Vigorous exercise tears down weak cells, and the blood, quickened by the exercise, quickly replaces the dead cells by stronger living ones.

Thus we see how one who exercises dairy will soon become possessed with a strong body, not only in having the voluntary muscles large and strong but in whom all the vital organs are strong and vigorous.

Exercise alone will not give one perfect health.

THE KNEIPP WATER CURE MONTHLY

Sunshine, pure air, proper food and clothing and sufficient rest and sleep are required. Condiments, drugs, liquors and tobacco should be avoided. We should cultivate cheerfulness and not think about disease and imperfection, but about things pure and health giving.

The writer need not refer to the poses of himself Suffice to say that at one time he was weak and sickly, and regained health and strength by exercise and following the laws of Nature. If one can live when the germs of disease are in the food he eats; in the water he drinks, even in the air he breathes, he can become strong and robust if he uses the powers which God has given him.

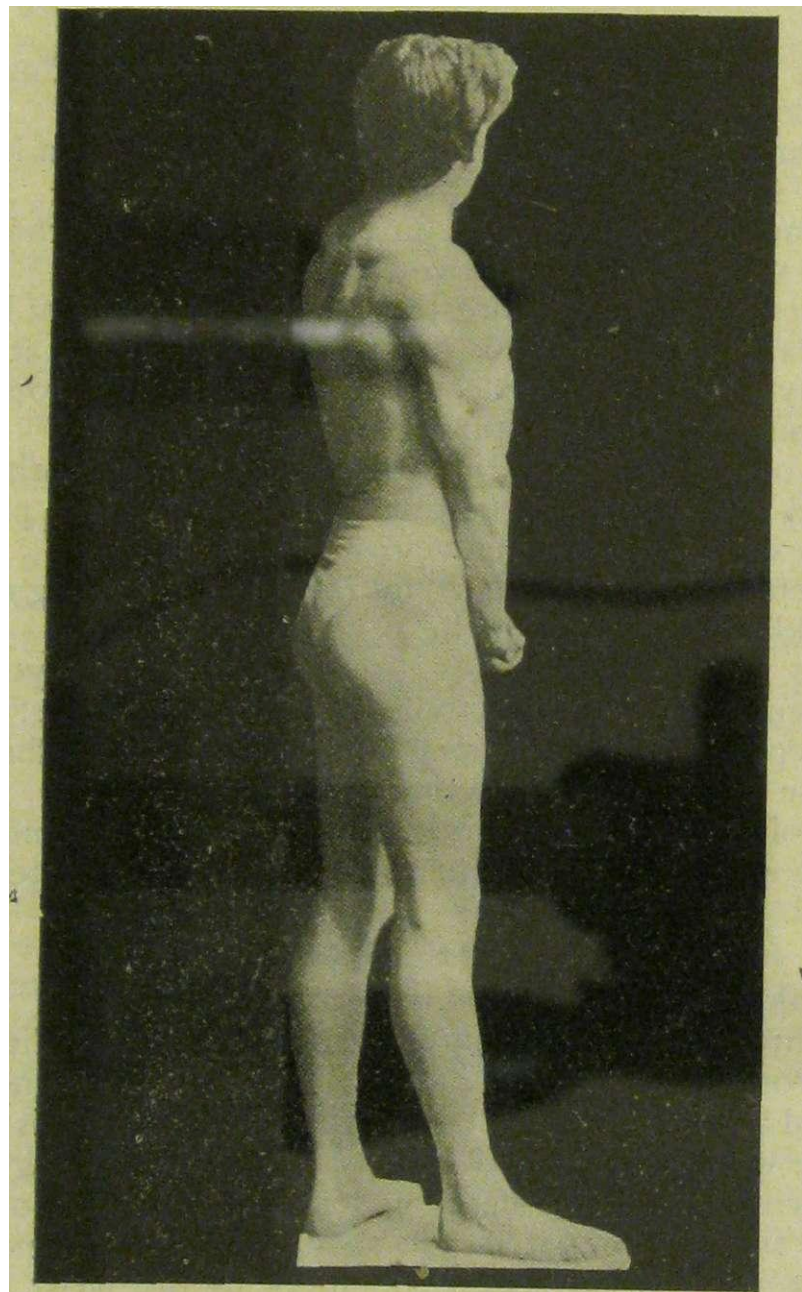
One can have no more reason for being weak than he can for being hungry when food is at hand. He who realizes the need of exercising his body, but is too lazy, or deems it inconvenient on account of time or location, must not be surprised if he deteriorates in bodily strength and vigor.

tients to die under scientific treatment, than to recover under empirical treatment, therefore *ust ffitits* If needed for your dignity and thereby accept *no* dictating by the laity. B. F. Posy, M. D., in the *Medical Times*, Philadelphia, Pa., and Boston, Mass., Oct., 1900,

Mummy.

"A dead body simply dried, or dried after having been embalmed. In the latter acceptation, mummy was extolled as useful in contusions.: It was presumed, also to have healing tonic, and resolvent properties. It is now only regarded as an archaical curiosity."—Dunglison's Med. Lexicon, 1874.

When the people became too intelligent to allow the doctors to dose them with mummies, the mummy had to leave the drug store for the museum. When the people become as intelligent in regard to vaccination, it, then, will leave the drug store for the museum, but not sooner.



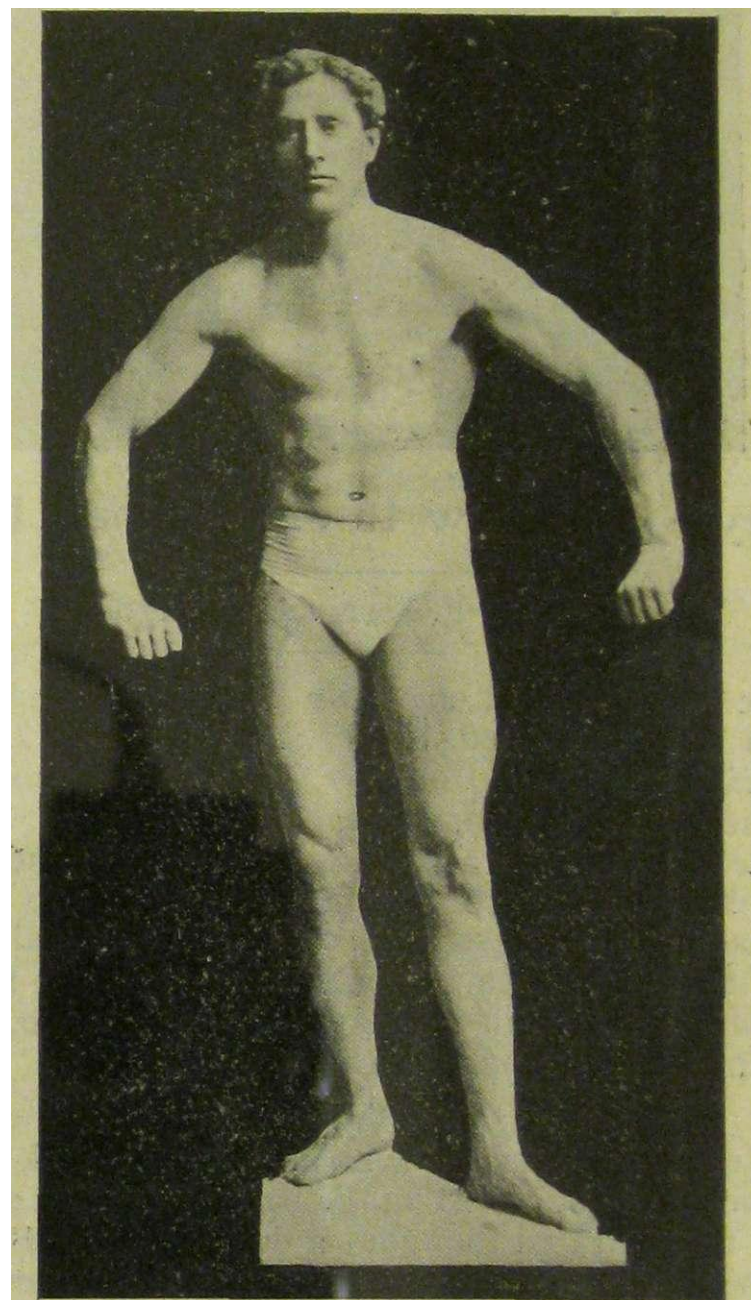
Medical Freedom.

A man ought to be as free to select his physician as his blacksmith, for he alone is to profit or suffer by his choice. The responsibility is his.—Wm. E. Gladstone.

How is it that there are a thousand ways in which I may be permitted to damn my soul, but when it comes to a trivial matter like temporary ill health, the Legislature must prescribe how I shall do it. It is absurd and ridiculous.—Mark Twain.

Medical Monopoly.

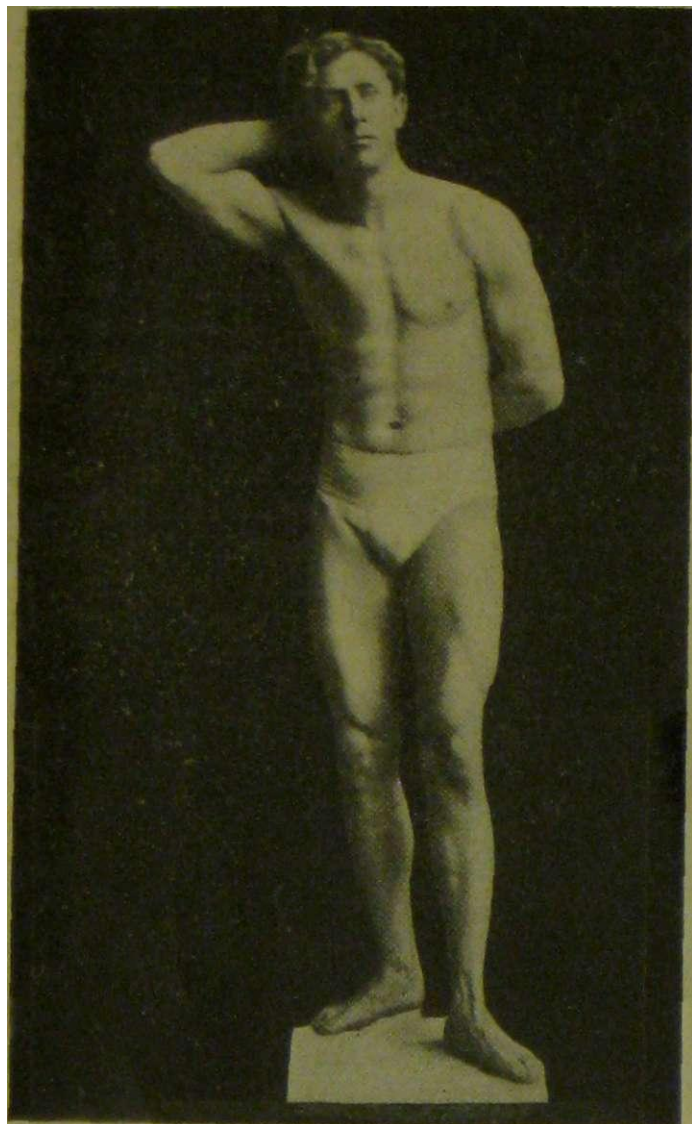
I think it would be better for the profession if we all would recognize the fact, that it is better to have pa-



Doctors have the mummy still; and as the dead cadaver matter, called vaccine, is as close as they can come to using the old and loved mummy remedy; they will fight to the bitter end for the privileges of using their sweet old prescription. A. J. CLAUSEN, M. D.

Self-reverence, self-knowledge, self-control. These three alone lead life to sovereign power.—Tennyson.

We receive no publication that has so much information that the busy physician will use every day as *Kneipp Water Cure Monthly*. It is full of the "Sixth sense" (common sense) and not only useful to the physician but invaluable to every household. Sample copies, 10 cents.—*Medical Iconoclast*.



“ Key ” or “ How to obtain long Life.”

(By John F. Morgan, Chicago.)

The "Secret of Long Life by Right Breathing," which was published by *The Progressive Thinker*, *Chronicle*, *Cincinnati Enquirer*, *Inter-Ocean*, *Sunflower*, *Philosophical Journal*, *Human Nature*, *Thought*, *The People's Press*, *Life*, and many other papers and magazines, has called forth the following articles to explain the teachings and lessons in "Breath and Health Culture," as given by Rev. Dr. Otoman Zaradusht Hanish, Rab-Magi and Math-ei-Kharman, Persia, who is now teaching over 600 pupils, free of all charge:

FIRST EXERCISE.

Sit erect in the chair, with muscles relaxed, weight of lower limbs balanced on the balls of the feet; look at (with concentrated thought) a dark object not further than seven feet nor less than three feet, to steady the nerve of the eye. Breathe in "Gallame," the life principle, which is in the oxygen of the air, to centralize the tissues and to build up the child life (to rejuvenate the physical body). As you exhale, hold the thought that you exhale all morbidity or effete matter. Breathe evenly in and out with the upper lobes of the lungs while you count seven.

Exercise in this way three times a day, for a period of three minutes each.

This will develop the eyesight.

[Neither the second nor the succeeding exercises should be taken until one has first devoted one week's practice to each exercise as given, to get the body (our "Musical Instrument") in tune.]

SECOND EXERCISE.

Stand erect with the weight of the body balanced on the ball of the feet. Look at some dark object intently. As you raise the body, clench the hands, allowing the fingers to touch the life line (—thumbs out—) and inhale. As you lower the body, open the hands and exhale. Count seven on both the inhalation and exhalation.

This also may be done three times a day.

It can be done as you are walking along street.

This exercise improves the sense of hearing. The nerves of the feet connect with the nerves of the ear.

Concentration, polarization or self-centering is one of the most desirable attainments to possess, since we are all more or less liable to drift from one thing to another, and scattering our forces.

When taking the Breathing Exercises, you should sit or stand erect, with weight thrown upon the balls of the feet, the abdomen drawn in, and the chest thrown out, and spinal column always perfectly straight.

THIRD EXERCISE.

Sit in a chair with the feet comfortably resting on the floor, position same as in the first exercise.

Here we are taught the "power of thought" in holding "The Word," while the gaze is fixed.

Place a penny or some small dark object to concentrate upon, on the floor two feet from your toes.

First, expel all the breath in the lungs. As you bend forward, bending only at hips, look intently at the penny or object, inhale slowly, holding the thought: "[*Breath* is life" Emphasize the word "Breath." The time occupied in repeating this thought mentally should equal the same space of time that it took in the previous exercises to count seven.

Retaining the breath, count three (or repeating more quickly), "Life is Breath."

As you raise up *slowly*, preserve the same rhythmic movement, holding the thought, "Breath IS Life!"

Repeat the same process for three minutes; the exercise to be taken three times a day.

Hold the head and neck straight. Neither bend nor raise with a jerky *movement* and keep the gaze steadily fixed.

FOURTH EXERCISE.

Take position as given in Second Exercise.

Throw the arms straight out from the body, directly in front of you—with hands from wrist limp and relaxed as if lifeless. Then breathe (all breathing is to be done with closed lips, teeth separated, and through the nostrils). As you breathe, tense the muscles of the arm from the wrist to the shoulder. As you exhale, relax the muscles from shoulders to the wrist, with hand and fingers limp.

At the fourth inhalation you bring the hands diagonally around to the sides and inhale three times, tensing and relaxing the muscles as you inhale and exhale.

At the seventh breath you bring the hands around in front of the body, and turn the hands up (but be careful that the fingers do not lock together, since the electricity generated in the body by this exercise has a tendency to draw things to it. You should never shake hands or touch any object within three minutes after this exercise, and if done in the dark, you should be particular that no one sees your fingers for three minutes)—after which drop them.

THE KNEIPP WATER CURE MONTHLY.

This likewise is to be performed three times a day. This exercise develops the sense of Taste.

A perverted appetite, caused by the eating of highly seasoned food, the drinking of fermented liquors, and smoking till the system was full of nicotine and the sense of taste was quite lost—for many years my stomach was my God—to be able to return to a natural and normal condition, by the simple following of the instructions given in this fourth exercise speaks louder than words, of the great good that may come to us if we will only let it.

This Fourth Exercise generates electricity and causes the phosphorous to appear on the tips of the fingers as of a bluish yellow light.

FIFTH EXERCISE.

Take correct position, as in Second Exercise, and by the power of will, swing the hands in a circular direction, from right to left, in front of your body, the right first, then the left arm twelve times. On the thirteenth swing bend down (bending at the hip only), clench the hand, with the thumb touching the second finger, and touch the floor. Hold the knees stiff and do not allow them to bend.

This exercise is to be taken after each meal.

After breakfast, face the East.

At noon, face the South.

At 6 p. m., face the West.

And upon retiring, face the North.

We cultivate the sense of touch as we practice the exercises and follow the instructions.

HEAL YOURSELF AND BECOME CURED.

This is the birthright of all. Another may heal us, but we must cure ourself. As long as we lean on any person or thing it is liable to be removed and when the support, is taken away, down we go.

In the Fourth Exercise we are taught how to generate within ourselves the electric energies so we can apply them to any part of the body. I have demonstrated the fact satisfactorily to myself.

SIXTH EXERCISE.

Take a chair and kneel down at its back, with the spinal column erect. Place it at arm's length from you. (The rounds of the chair must be round.) Look at some dark object in direct line with the eye. As you take hold of the rounds you inhale, and tighten the grip on the chair rounds, still holding as you retain the breath; as you exhale, relax the hold.

Do this seven counts, in and out, three minutes at a time, but three times a day. But under no circumstances can you overdo it without disaster as the result.

All breathing exercises should be taken between sunrise and sunset.

The Sixth Exercise develops the sense of feeling, which is a finer or higher rate of vibration than touch and is an inferior sense. All senses merge into memory.

SEVENTH EXERCISE—INTUITION.

This exercise develops the intuition. As the brain functions are unfolded they bring into activity the seventy-two thousand nerve centers, opening up the Pineal Gland, and at the same time heightening the vibrations of sound, so that one naturally becomes not only more harmonious within themselves but with all Nature and the Universe.

Take this exercise as part of your ablution. Use a flat pan or bowl deep enough to permit the hands being immersed so that the water covers the wrist, bone. First remove all rings from the fingers. Place a copper penny in the pan to generate electricity. Fill the pan with cold water from faucet, well or spring and place on table. Take correct standing position. Put both hands in the pan—thumbs not to touch. Take a deep rhythmic breath, counting seven, then exhale very slowly through the mouth as if you were going to blow out a candle, pucker the mouth the same as in whistling. Repeat this three times—once a day only.

Dry the hands by mopping them with a towel and then thoroughly drying them by rubbing one hand with the palm of the other, the left hand up, right hand palm down, rubbing in a circular direction, from East to West, or toward yourself; then rub outside or right hand, turned down, with left hand palm up, always rubbing in a circular direction or towards yourself.

This exercise unfolds and opens up the brain cells and faculties, and tunes up the senses to a higher rate of vibration.

In the winter, when you want to get warm, inhale deeply and retain the breath, then exhale, taking care to inhale longer than you exhale.

In summer, when you desire to cool off, exhale longer than you inhale.

Never inhale while raising the arms, as it injures the tissues. Breathe, retain the breath, raise the arms, exhale as the arms are lowered.

Breathing in the different attitudes of standing, sitting, or lying down, affect different parts of the body in different ways.

"Perfect Being" consists in right breathing. We must first study and understand ourselves and then we can understand our neighbors. We must first desire to think and then *Will* to do right.

EIGHTH LESSON.

is devoted to the diet question, in which Dr. Hanish explains the great advantage of a cereal, nut, fruit and vegetable bill of fare.

Particulars can be obtained from Rev. Dr. Hanish, 1613 Prairie Avenue, Chicago.

To CURE SLEEPLESSNESS.—Take a linen handkerchief or bandage, wet and tie same on the left ankle and cover with a silk handkerchief, then retire, lying on the right side, and concentrating your thought upon the breath, watching its inflow and outflow. If you awaken during the night and find you cannot sleep, breathe through the left nostril, closing the right, and lying on the left side.

TORMENTIL SOAP

THE TORMENTIL-SOAP of Woerishofen is according to the assertion of physicians, chemists and laymen the best soap of the day. It does not only purify the skin but has also medicinal virtues and is most effective for any kind of rashes, chapped skin, freckles, scale and dandruff used with cold or tepid water. It makes the skin, soft and tender and is very economical. Each cake bears the Trade-Mark "Okie". Beware of imitations. For sale at all first-class Kneipp-Stores. Price 20c. a cake, post-paid, direct from Depot: KNEIPP-STGBE, 111 East 59th Str., New York.

THE KNEIPP WATER CURE MONTHLY.

The Natural Method of Healing;

V.

Further, one may drink milk, unadulterated chocolate, maltbeer (*Mahbier*), and light natural wines. It may be here observed that nourishment should be supplied to the body in the form of solids, not of fluids. The infant alone is reared exclusively on milk and other fluid nourishment. In riper years, one should drink only, in order to supply the waste of fluid in the body through the blood, perspiration, etc., and in order to stimulate digestion. Unnatural and immoderate drinking in public houses is, therefore, in the highest degree objectionable and unhealthy.

Having thus answered the question, what foods and drinks nature has designed for mankind, I will now endeavor to demonstrate the soundness of my theory *from* the point of view of science. Nature shows us first, that for every creature which she brings forth, she provides special nourishment at the time, if nourishment is not already within reach. For example, the newly born infant can at once draw nourishment from the mother's breast, and in the same way, the young of wild animals of the mammal order derive their sustenance from the milk-dispensing udder or teats of the mother.

Furthermore, nature shows us that every creature is nurtured by the parents until it can seek its own food. Not only birds, insects, etc.—which, as we know, leave their birthplace, or fly from their nest, within a short time of their coming into being—are here referred to, but all mammals, including mankind. Every mammal, born and living in a state of nature on God's earth, is suckled until it can be separated from its parents and seek its own living. Nature intended that it should be so with mankind also. Our civilization of cultured condition does not admit the fulfillment of that intention; but was it not fulfilled by the earlier races of mankind? It may, at least, be said that the uncultured races, such as the wild Indian tribes, were much nearer to nature than we are.

I do not mean to imply that we ought to become wild, in order to return to a state of nature. But in our refined condition and true civilization we can turn to full account the advantages of moderation, which we all have at the outset. I do not at all wish to set up the Indian races as a pattern for us, because they have been infected by our civilization, and have deviated in many respects from a truly natural mode of life.

Nature seems to indicate that mankind was intended to subsist on vegetables. If we glance at the anatomy of the human body, we see that the parts are wanting with which wild, flesh-consuming animals are provided, such as claws and fangs. Creation has ordered and arranged everything so wisely, that we could never suppose there was any omission here. I must, at this point, repeat that the law of nature is the surest of all indicators and the best of all supports; in every sphere and field it will show us, what is right. If we deviate from the path it points out to us, or if we fail to perceive its indications, we are ourselves to blame for the sharpest ills which may happen to us.

We may conclude, therefore, that mankind was not intended to become flesh-eaters, since God and nature

have equipped all creatures with the means of procuring food ready for their mouths. If it was ordained that mankind should subsist on vegetable food, it will find its highest happiness only when it has accustomed itself to that form of nourishment. To mankind, as the noblest and most perfect work of creation, is assigned the noblest fruit—ripe fruit.

Nature further shows us plainly, that the man who takes only the food which she has appointed for him, will enjoy a much more healthy, happy and prolonged life than if he turns to unnatural means of sustenance, such as spirits, beer, coffee, tobacco, etc. It is a sad fact that to-day more than ninety in a hundred of all mankind are living in a manner which is more or less contrary to nature. The serious evils which are and must be connected with the use of the above-mentioned stimulants, cannot be put plainly enough before that large majority of the human race.

Each individual follows the example of the overwhelming majority, and endures, without a murmur, disease and sickness which would never occur if the textbooks of the Natural Method of Healing were read and their teachings laid to heart. It is true that to follow my advice, requires an iron energy of will—a virtue which is to-day more rare than the costliest diamond.

Nature also shows us—we here refer to the time of Paradise—that not only the animals, but mankind also, may find food ready to their mouths without great labor and trouble, that indeed it was so found at one time, and we may, therefore, regard all forms of nourishment which require much trouble and elaborate preparation, as more or less unnatural. Besides such unnatural foods, there are a number of artificially-created needs and contrivances which cost mankind a great deal of unnecessary trouble.

What should we Wear?

I will only allude here to the great need of help which the present generation manifest with regard to their clothing. Not only is the clothing of to-day extraordinarily costly—in money, time and labor—but it defeats its own object. It suppresses evaporation, confines the limbs, and makes the wearer more and more a stranger to fresh air. There are still at the present, day so-called "respirator caps" which cover the head, neck and almost the whole of the face. Such productions can only be characterized as absurd and unnatural. In this respect, the conditions under which we live, are in complete contrast with those of our ancestors.

The ancient Germans wore very little clothing of any kind; consequently, their bodies were hardened and they were never cold, because the air-inhaling skin generated and gave off warmth enough of its own. Truly, the present generation—which may be compared to a live clotheshorse, packed in, as it is, tip to the very nose-tips—may shudder at the thought of their half-nude ancestors.

Coming back to the question of food, we find that God not only provides food ready for the mouth of mankind as well as animals, but also for shrubs and plants, for the root is the mouth of the plant, through which the latter draws its nourishment from the earth; In addition to food, God provides us with drink, also ready for the mouth. Everywhere we find springs

THE KNEIPP WATER

which invite us to refreshing draughts. We find also air, ready for our nostrils to inhale. It is to us the life-nerve, and, therefore, we ought to make the most liberal use of so cheap an element of vitality.! Mankind as well as animals inhale oxygen. All goes hand in hand, and nature takes care that there shall be no difficulties in the way of our satisfying our vital needs.

With respect to a natural mode of life, my task was merely to unfold to the present generation a picture, by seeing which they should be able to judge for themselves, how each individual, strictly speaking, might live, in order to be vigorous and sound to the core, and to remain so. I know well, however, that a great change in the mode of living cannot be brought about all at once. The first thing which must be done, is to convince people of its necessity; when that is brought home to the individual judgment and common sense of everyone, then, and then only, will a gradual reversion take place from our extremely imperfect, health-destroying mode of life to a natural one. My object is to give an impulse to that movement. In order to eradicate an evil, it is necessary to know it in its fullest dimensions, and to see clearly the way in which it may be remedied. It is in that sense that I hope the foregoing propositions will be received.

With regard to the question, how the habit and arrangements of one's life should be moulded, the following hints may be of use: To not remain longer than you can help breathing the vitiated air of places of business, workshops, etc. The air in places of public resort also—in public houses, dancing halls, etc.—is frequently very unhealthy. You should work or take exercise daily, for several hours at least, in the open air; you should avoid cramped sitting positions, and, like children, "go in for lots of fun" in a gay and glad spirit. *Schiller* consecrates gladness as a heavenly flame, in the song, "Joy, Spark from the Gods." Oh! that we understood how to use and enjoy that heavenly boon, as richly as nature has bestowed it on us; to none other of her creatures has she dispensed it in such full measure. Mankind, and not nature, is to blame that joy, this "spark from the gods," is not turned to sufficiently good account. I doubt if there are many, even among the richest and most highly placed, who realize fully the enjoyments which nature has marked out for every individual.

I promise a great deal, do I not? But whoever takes nature, so lavish in her gifts, so rich in her resources, as his guarantor, may well promise more happiness and joy than can to-day be imagined. Only to perfect health belongs that happy state of mind and body in which it is possible to feel true joy. But this also nature guarantees us if we will do her bidding. Let all live, then, fully and entirely as nature bids us, that so all inherited disease germs may be cast out of our systems, and that diseases and illnesses, which to-day so sorely plague the human race, may be of hardly possible occurrence. Then only shall we be assured of long life and natural death from old age.

There is one more important rule of health to be noticed. Although I fully recognize that in certain circles the person would be considered mad who advised people to go barefoot at suitable seasons of the year, and to keep the head and body less covered up, I cannot refrain from declaring that this practice is ex-

traordinarily beneficial to the health— There is, moreover, nothing in it that one need be ashamed of, as dwellers in palaces perhaps think there is. Observe the country people, particularly their farm servants, or poorer working classes and their children. These are all accustomed from childhood to go barefooted and bareheaded, and they carry on the habit in adult life, without feeling shy about it.

Ask people who from their early youth have been accustomed to go barefoot and to pay attention to the skin, whether they suffer from headache, or toothache, or sore throat, or whether they are troubled with rheumatic pains in the limbs; they will laugh at you. They are hardened to all weather and defy its influence, whereas the city man, softened through continually cowering in a warm room and wearing inordinately warm clothing, is afraid of every breath of air. Who-soever will put himself on a friendly footing with the fresh air—that is to say, who will allow it to ventilate freely round his body—will take no harm for once from a somewhat rougher breeze.

As under present conditions going barefoot is out of the question for most people, the next best thing for them would be to leave off wearing socks in summer. This will materially assist evaporation from the feet, and the uncomfortable sensation, which will, perhaps, be experienced at first, will soon disappear. Benefit to the health will not be wanting.

(Bilz', "The Natural Healing Method.*!)

Cooking Recipes.

RALSTON CROQUETTES.

One cup of cold Ralston Breakfast Food, 2 cups of cold cooked meat, 1 tablespoonful of chopped parsley, 2 teaspoonfuls of onion juice. Salt and cayenne to taste.

Mix the cold Ralston Breakfast Food, meat, parsley, onion juice, salt and pepper together, form into croquettes; dip in beaten egg and bread crumbs; fry in hot fat.

RALSTON CARAMEL CUSTARD.

One quart of milk, 1 cup of sugar, 2 eggs*, 54 cup of Ralston Breakfast Food, 2 tablespoons of hot water, 1 teaspoonful of vanilla.

Melt 1 cup of sugar in a saucepan, when light brown in color add the water and work 1 minute.

Beat the yolks of eggs, add the milk, 1 cup of sugar, and Ralston Breakfast Food, cook 10 minutes, stirring frequently, then add the caramel and vanilla, fold into it quickly the well beaten whites of the egg. Serve very cold in Sherbet glasses.

A System of Physiologic Therapeutics., A practical exposition of the methods, other than drug-giving, useful in the treatment of the sick. Edited by Solomon Solis Cohen, A. M., M. D., Professor of Medicine and Therapeutics in the Philadelphia Polyclinic; Lecturer on Clinical Medicine at Jefferson Medical College, etc. Volume II, *Electrotherapy*, by George W. Jacoby, M. D., Consulting Neurologist to the German Hospital, New York City; to the Infirmary for Women and Children, etc. In two books: Book II, *Diagnosis; Therapeutics*. Illustrated. Published by P. Blakiston's Son & Co., 1012 Walnut St., Philadelphia, Pa. Price, eleven volumes, \$22 net.

The numerous illustrations accompanying the text give this work a high value as a reference book.

With its aid a successful attempt at mastering the complicated science of Electro-Therapy" will be made easy to any one interested in the subject.

THE KNEIPP WATER CURE MONTHLY.

The Care of the Skin.

By the Editor.

One of the most necessary essentials of our everyday life is cleanliness; it is a duty that we owe towards our fellowmen. This social command is obeyed in so far only by most people, that they wash their hands and faces every morning after rising.

In summer many people take a bath in the open, but in winter the dirt is allowed to remain on. Perhaps on a Saturday some people allow themselves the luxury of an entire body ablution or full bath. Not everybody has the advantage of a bath-room. For bath-rooms are only to be found in better houses where the rent is comparatively dear. Those people who do not own a bath-room may, perhaps, once a week or so go to a public bath-house, take a warm bath, and now believe that they have satisfied all demands that could possibly be made on them as to cleanliness.

But often also many people do not bathe at all, perhaps on account of their being afraid to catch cold—or because bathing is an unnecessary expense.

Formerly this was not so. With the ancients the daily bath was a publicly acknowledged necessity. The public bath used to serve social purposes as well. They could take a bath and entertain and amuse themselves as well. Men and women visited the public baths daily just as our men visit the saloons daily, and our ladies give tea parties. This was the custom with the old Greeks and Romans until the period when, on account of a decay of their general morals the hygienic habits had to suffer as well.

We are almost tempted to ascribe part of this fault to the expansion of Christianity in its first stages. Because, in spite of the baptismal act, which in itself signifies a purification, the first Christians thought it to be a meritorious action to castigate their "flesh" and to be indifferent to the care of their persons; because they thought the latter to be a peril to their soul's welfare.

They chastised their bodies; and corporal uncleanness was one of the principal parts of ascetism. The bath was considered to be a "heathen" institution and tradition, and thus the daily baths came gradually into oblivion.

In the Middle Ages there did however exist some so-called "bathing-rooms" in which the barbers used also to attend bath-customers. Gradually, however, these bathing-rooms also disappeared and the Germans had the sorry reputation of being the uncleanest nation in Middle Europe, until more recent times, when health-culture in private as well as in public, and especially the bath, came to be better understood. In all greater towns of the continent large baths were erected, although most of them at first, in comparison with the number of inhabitants, were visited rather poorly. Statistics show that in towns of about 130,000 inhabitants only about 100,000 baths were taken during the year—which would mean one bath in a year to each inhabitant, because 30,000 might have bathed at home.

About this time men like Priessnitz, Schroth, Rausse, Hahn, Rikli and later on Kneipp and Kuhne began to propagate the new theory of a water-cure

treatment, and thus reawakened a sensible way of taking care of the skin in health and sickness. One may think about the above-named men as one well pleases, but one point is certain, that they caused many a man, who previously did not consider cleanliness and skin-care necessary any further than to wash his hands and face, now to extend the ablutions to his entire body and with one word to pay attention to the care of his skin.

The skin serves, as well as the lungs, intestines and kidneys, not only as an organ for secretion, but also aids to regulate our respiration and bodily heat. It shows us faithfully our inner corporal condition, as it stands in close relation to the functions of each of our organs. The healthy condition of the surface of our skin influences the welfare of our entire organism, just as well as the latter again influences the healthy condition of our outer skin.

Does not the pale-bloodless skin of most of the people living in the large cities clearly demonstrate that their general corporal welfare is not in the very best condition? Does it not clearly demonstrate in such a pitiful manner that they lack light, air and sun, have too little exercise in the open and that they therefore become town-sick? Their emaciated features and paleness of their faces, varying in color from gray to yellowish, tell plainly of their bad mode of nourishment, and of other pernicious influences reacting upon their bodies.

Do we not perceive the influence of bad ventilation in the public schools, in the colorless cheeks of our children, who must pass the best years of their golden youth in these schools, which we might call "human stalls," and who being overburdened with school-hours and house-work consequently are lacking that which is necessary to both body and soul, if they shall develop healthy and harmoniously, i. e., light, air, sunshine, appropriate nourishment, corporal exercise and rest?

Let us now begin our contemplation with the skin, its construction and functions. The skin of our body, which consists of three layers lying over each other, encloses these separate portions like a sack, which holds all the articles contained in it. It would be an error however to consider the skin only as a general covering, or protective fold, or perhaps as an enclosure against the surrounding air. On the contrary, the skin is, as our readers already well know, a continuous means of communication with the outer air.

The extreme or upper skin commonly called epidermis, which is very tender and possesses neither nerves nor blood-vessels, consists of many fine layers of cells, which lift themselves from the underlying so-called leather-skin, and gradually die off, drying into a horny mass. For this reason the upper skin can only be looked upon as a protective-cover in a very restricted sense, as it protects the real skin, or leather-skin, and also acts as means of communication with the outer light, air and warmth, etc., etc. The lower part or mucus layer of the upper skin, which rests upon the corpuscles of touch or warts of touch of the leather-skin, gives the bias to the coloration of the skin. The coloring matter of the skin is contained in the kernel cells therein, as for instance you can verify in colored people.

The lowest layer of skin or underskin, also called

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; jatty-skin, which consists of a loose soft tecture, in fend under which there develops a greater or lesser deposit of the fatty matter, lies only very loose towards fthe inner side of the body and serves the purpose of •forming a kind of a pillow and to adorn the form of j the body with a certain roundness and fulness.

The most important skin-layer is the middle one, i'and, strange to say, it is called in man the "leather- / skin," because from this skin-layer in animals leather <, is manufactured. This leather-skin forms the founda- tion of the general covering of the body.

Its upper portion, which contains the layer of cells uand nerves of touch, is covered by the membranous flayer of the epidermis and its lower part is joined to lphe beneath-lying parts of the body by the cellular [feystem of the underskin.

The leather-skin consists of an elastic, closely- fjinterwoven fibrous tissue, containing numerous nerves stand blood-vessels. There are, furthermore, in this •feather-skin a great quantity of glands for secreting . sweat and fatty substances, also sweat-channels, wart- like formations and hairs with their roots.

The nervous system of the leather-skin is com- posed mostly of the so-called nerves of touch. These nerves are so close together and are so numerous that one might mistake them for a compact ^tissue. This ; vast skin-nerve tissue lies open and immediately under : the upper-skin and includes a large portion of the nervous substance of the entire human organism.

The entire nervous system of the skin is through i the two nerve-centres, the brains and the marrow, in ^continuous contact with all the remaining nervous sys- tem of our body, so that it is evident that impressions or irritations upon the skin-nerves must also create an irritation upon the remaining nervous sphere. From the above facts may be clearly seen how very :. important the skin is for the entire vital functions pnd what detrimental effects not only may arise from :.]&•defective treatment of the skin, but also what great importance is to be attributed to an appropriate treat- ment of the skin by water, air, light, warmth, dress, bedding, etc., for healing purposes.

The numerous blood-vessels which are contained Jfi the skin are lying somewhat deeper than the skin- fierves, and are so close together that any, even the Smallest wound—for instance, one caused by the point I a needle, perforate several of them, as may be seen r the immediate appearance of blood-drops. The ood-vessels of the skin consists partly of veins, i. e., ose that are filled with dark-red blood, partly arteries, f e., filled with light-red blood, and partly of capillary essels, i. e., transparent, thin and fine connecting pas- sages between the veins and arteries. The coatings of these capillary-vessels are so extremely tender and fine that they permit the ingress and egress of gaseous substances.

I Thus they are the means of an uninterrupted bange of matter in our bodies and provide for the ntrition of our entire organic system.

By an appropriate beneficent reaction upon the in-organs we are enabled to stimulate the functions • the capillary vessels in favor of a change of matter, and to quicken their action;—and by an insufficient

or entire ormission of the necessary care of the skin we reduce their functions, and thereby disturb and interrupt the change of *matter*. Although the capil- lary vessels are present in all parts of the body, only those contained in the skin and the lungs serve for breathing purposes.

Every human being of normal size has about two square yards of bodily superficies and therefore also about two square yards of skin.

In the middle layers of this skin there are about 15,000,000 of small papillae or fleshy warts who partly absorb the little warts of touch, which are the endings of the nerves of sensation, and partly absorb a series of blood-vessels for the warming of the skin. Hereto are added about 2,000,000 spiral sweat-glands, each formed like a ball, which are lying underneath the skin, and whose passages perforate them.

(On the back, cheek, upperarm and thigh there are on each two square centimetres 300 to 600 glands; on the forehead, throat, breast, fore-arm, hand and foot 900 to 1,000 glands; on the soles of each foot 2,500 and in the palm of each hand 2,600 sweat- glands.)—(Reclam).

The moisture which is produced by the sweat- glands evaporates continuously on the surface of our skin and gives us thus the necessary cooling. If a greater amount of heat in our body is caused by a quicker circulation, there appear at the outlets, sweat- channels or pores of the sweat-glands, which are deep in the leather-skin, tiny small drops (sweat) which gradually flow together.

The surface of the skin of our body, as is a well- known fact, is, when sweating, damp-moist, and the unimpeded evaporation of the sweat of the skin is the cause of the cooling-off of our skin surface.

In special glands of the leather-skin there is fur- ther formed a so-called skin-grease, whose segrega- tion is derived from special channels, which run into the skin-surface.

These grease-glands are to be found principally on the hairy surfaces of our body, and the grease- segregatory channels take their direction often towards the capillary bags,* so that the grease-glands have the same common orifices in the skin surface.

The orifices of the grease-secreting ducts (grease- channels) can be distinguished very clearly when the skin shrinks on acount of cold or fright. The ends of these channels filled with skin-grease appear as small knots; this peculiar appearance of the skin is sometimes also called "goose-skin."

If the excretory canals of the sweat- and grease- glands (i. e., the pores) are blocked up with dirt, per- spiration is prevented. And when this state is contin- ued for some time, then the pores will at last lose their principal qualifications, i. e., their elasticity, as the latter is used too little.

As a sequel of the continued prevention of the

*The capillary bag or pouch or pocket represents a small cylindrical pouch, which encloses tightly the root of the hair. This pouch penetrates deeply into the leather-skin, sometimes even as far as the fatty under-skin tissue. From the bottom of this capillary pouch there is then developed the growth of the hair.

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general functions of the pores, they do not close themselves any more in cold weather and do not expand any more in hot weather, and do not any more let out the gaseous exhalations of the skin. And anyone understands that the retention of the exhalations of the skin causes a great many detrimental effects to the human body.

The daily ablution of our entire body-surface, therefore, is not only intended as a cleansing, but also fulfils the purpose to keep the conductive-channels of the sweat- and grease-canals always open.

A person of cleanly habits is always more or less hardened; one of uncleanly habits is more or less effeminate. ii^,;

In a cleanly person the skin-exhalation takes place promptly, his other secretive organs also act regularly, his metabolic assimilation is active and lively, his blood-circulation uninterrupted, his juices and his blood are pure, his muscles are firm and stretched, his skin is ruddy and shiny; he is courageous, vivacious and energetic.

An uncleanly person on the contrary is languid, pale and bloated. In the proportions of his vital bodily-substances: albumen, fat and water, the two latter, fat and water, predominate, and are deposited in the cellular tissues of the under-skin. The movements of the unclean person are languid and without energy, the suppressed skin-exhalation causes inactivity of the digestive organs and general chilliness and shivering. To remedy his frosty condition he puts on one shirt over the other, covers himself in winter altogether up to the tip of his nose, is afraid of the very least draught, but without finding any satisfaction in any of these measures.

Because the impeded metabolic assimilation, the obstructed skin-diffusion, the blocked-up, inactive skin-pores rob him of every possibility to feel any kind of satisfactory bodily and spiritual welfare.

By using cold or cool water for washings, and ablutions or baths, and under the necessary precautionary measures letting the water react upon our skin, we deaden the so-called susceptibility to colds, with other words we are enabled, by continually accustoming our skin to cold through reaction of cold water, to weaken the effects of sudden changes of temperature upon our skin. At the same time we thereby induce an increased activity of the pores, skin-nerves and capillary-vessels of our skin, promote the exhalation and blood-diffusion and thereby make our entire constitution impervious against the disadvantages of outward influences or with other words we get hardened.

As experience teaches, this kind of hardening with water, once begun, must be continued to remain effective. If discontinued, then the skin will soon return to its former effeminate condition.

Care of the skin and bathing during our days of health are the best preventive against a number of diseases.

Every person of decency, who has an interest for his own skin, and what is inside of it, should, in order to remain healthy, and to be agreeable to himself and others as well, not omit a daily ablution every morning of his entire body-surface—that is to say, with cold fresh water.

Cold water is always preferable to warm water, as it not only cleans just as well, but also irritates the skin-nerves by its temperature, and thus stimulates not only these, but the entire nervous system.

A general well-feeling is the recompense of each vigorous cold ablution, which not only enlivens but also warms the entire constitution.

The cold ablutions of the entire body which adult people should never omit summer or winter, should only be undertaken in a room whose temperature is about the same as the open air in summer time. In winter, therefore, the room should be well heated and should have a temperature of about **60** to **65** deg. F. to avoid catching cold. It is best to take the entire ablutions every morning, immediately after leaving bed. A moderate sweat even in this case need not refrain you from the daily ablutions, as not having been caused either by work or exercise, there is neither accelerated lung or heart-action. Only the room need to be sufficiently warm—i. e., **60** to **65** deg. F.—and everything necessary for the ablution should be at hand.

A vessel with water—a large pail or basin, a strong washing towel,* about half a yard broad and about three-quarters to one yard long, one or two larger (not too fine) towels for drying oneself, a woolen blanket or a small piece of carpet, whereupon to stand during the ablution, and a pair of felt-lined slippers are all the requisites necessary.

Whoever is not yet used to cold ablutions may start with a temperature of 75 deg. F. and gradually lower this temperature as he gets more hardened and used to it, but don't use any water in winter that is less than **50** to 55 deg. F.

As the constitutions of all human beings differ very much from each other, it is impossible to state even approximately what the exact temperature should be. It may be remembered, however, that water is decidedly too cold for the body if, when inserting the hands into same, a painful sensation is felt. Everybody, therefore, has to a certain degree a kind of thermometer in his own hands.

The ablution of the body must not take too long—two to three minutes only.

It should be applied as follows: Get out of bed, step into the felt-slippers, pull off the night-shirt and step upon the woolen cover or piece of carpet close to the vessel with water.

Now dip the washing-towel into the water, wring it out lightly, and proceed to wash first your face, then the neck and throat, then the shoulders, arms, breast and stomach. Then wash the back, by throwing one end of the towel over the shoulders, and now seizing both ends with both your hands pull the towel up and down over the entire back. Then change shoulders, and then rub the spinal region again with both hands, pulling the towel hither and thither. Of course the towel must be redipped repeatedly into the water; the proper time for this is as soon as the towel begins to

*A rough towel is preferable for an ablution to a sponge. With the towel you can rub all your body and a greater surface at a time. You can reach your back better, and will not wet the floor as much as with a sponge.

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become warm. Now dry quickly,* head, neck and upper body, put on a day-shirt, and start washing the buttock and genitals, lifting up the shirt with one hand. Now wash thighs, legs and feet. Each leg should be washed separately, and be dried at once. The feet, especially the spaces between the toes, should be well dried, to prevent sores. Now finish dressing completely, walk quickly up and down the room several times, or take some exercise in the open.

This procedure has been so fully described to prevent any mistakes, so that no one should claim that he has caught cold by following the above instructions.

Whoever will follow above directions precisely may rest assured that he will never thereby catch cold. I but will harden and fortify his skin and his constitution instead and prevent many diseases arising from an insufficient care of the skin.

The best way to prevent "colds" is to "catch cold" every morning.

This entire bodily ablution can be undertaken everywhere, even while traveling. Whether the hair of the head should be included in the daily washing depends upon the length of the hair. Anyhow the head must be dried thoroughly after each such ablution.

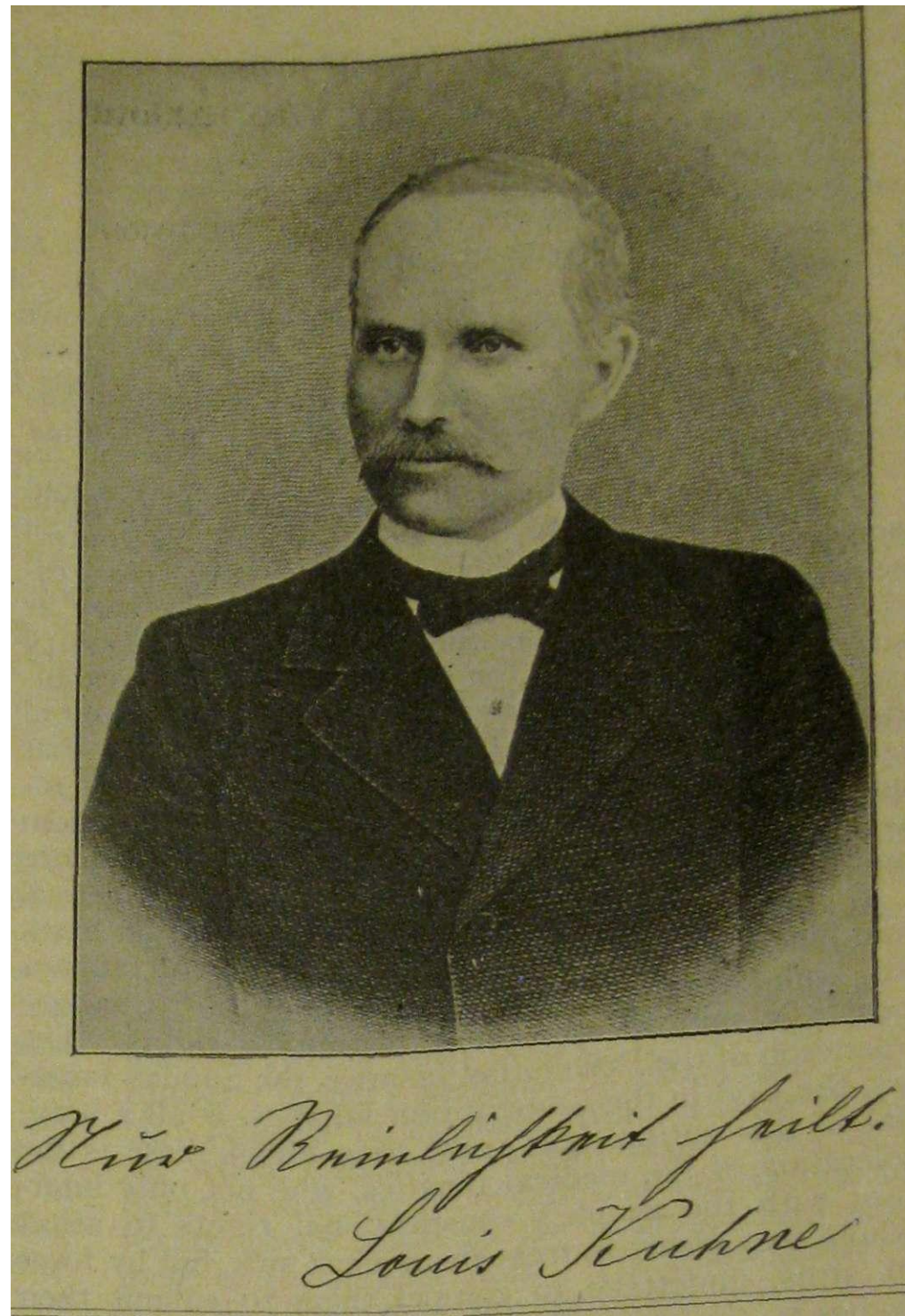
In summer, especially when there is no opportunity of bathing in the open, an entire body-ablution may be repeated before going to bed without detriment to one's health. The procedure is the same as in the morning. Even if one is very tired, or when one has been perspiring very much on account of the great heat, these ablutions are not to be neglected, as they refresh and recuperate the body.

Through the daily ablutions the skin not only becomes finer and more active, its looks ruddier and fresher, but even the skin-exhalation becomes less odorous and more agreeable.

Women Need a Simple Life.

In writing of the boasted progress of the last century "An American Mother" asks in *The Ladies' Home Journal* for June: "What has the nineteenth century done to the woman herself? Are her school training, her colleges and her work in art and literature making her a more womanly woman, more fit to be a wife and mother? If not, they are losses to her, not gains. The chief change which the last century made in the American woman was that it tempted her to give up for the new occupations of art, reform and money making, her own real work as a home-maker, wife and mother. The nineteenth century has dragged our women from their natural base. It has given them noble surroundings for their lives; literature, art, social power. But they are not content. They are nervous and restless beyond any former race of women. The food given them is too light. They look out on the world with starved eyes. The wiser among them are finding out that what they want is not show and public work and applause, but a simple life, repose, and the homely affections of home."

*The process of Not-Drying-Oneself is one of the healing factors of the Kneipp-Method—we have already described it in full in our February number,



Louis Kuhne.

The "Naturalist" movement has sustained a severe loss in the death of the well known and celebrated Naturalist-Apostle "Louis Kuhne" in Leipzig. He had great merits, and died in his 67th year. Through his mercantile routine and continuous advertising he attracted the attention of a very great many persons, who otherwise would scarcely have noticed the "Natural Methods of Healing."

His work, "The New Method of Healing," has been translated into many languages and many thousands of copies of his book have been sold everywhere. His book on "Facial Diagnoses" has become a standard work of reference, and his theories have become adopted more and more by modern practitioners.

Social fleeting.

The National Health League held its first public meeting in the Music Chamber-Hall, Carnegie Hall, 57th st. and 7th Ave., New York, on Sunday evening, June 16th. The proceeds of the entertainment, which was well attended, are to be added to the Benevolent Fund of the League, speakers, artists, and press which so graciously co-operated are to be complimented for their kindness in giving their valuable help to the good cause of the National Health League.

Dr. F. Reinhold, 823 Lexington Ave., New York City* the President of the League, will only be too pleased to forward a prospectus of the National Health League to any of our readers who mention our publication.

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**Address to the People
of St. Paul, Minn., on Vaccination.**

By Dr. J. A. Clausen, of St. Ansgar, Iowa.
Second Vice-President of the Anti-Vaccination
Society of America.

1901.

Mr. President, Members of the Anti-Vaccination Society of St. Paul and fellow citizens of this United States of America:—

First of all, we will consider the individual's rights.

The right of man to his own body and the control and protection of his children's bodies, is the most essential of all rights. And it is actually necessary at this time and date that the people of this country should call a halt upon the impositions of the tyrannical officialism which overrides their most essential right. It is a disgrace to all American citizens that more than one hundred and twenty-five years are required for them to fit themselves to accept the freedom secured for them by the Declaration of Independence and the Constitution of the United States of America.

It is enough to make a true American citizen black and blue with rage to see that a few bands of fanatics are high-handedly riding over a nation of **70,000,000** people in spite of all their constitutional rights. The toleration of the Prohibition fanatics, the Sunday fanatics, the God in the Constitution fanatics, is all a scandal to this nation, but worse than all of these is the toleration of the medical fanatics, who not only interfere with the people's constitutional rights to select whom they please to treat them when sick, but by force of arms, undertake to compel them to submit their bodies to the most deadly filth which these scheming criminals can study up as a means of creating sickness and good business for themselves. The demands of the medical fanatics of to-day are nothing less than the demand for absolute force to rule that the rest of the community may be their slaves! Before **1886**, the medical profession used to be represented in the Iowa legislature by two or three physicians, but, after only fifteen years of medical monopoly, their representation has become so great that it is not deemed expedient to print the occupation of legislative members in the Calendar, as it might greatly disturb the people to learn that in fifteen years of medical monopoly, the medical fraternity has gained a representation of **900** per cent. Sleep, dear people, sleep, in thirty years more all the members of the legislatures will be medical fanatics.

Judge Hord, when Attorney General of Indiana, rendered a notable decision bearing on this matter when he said: "The Health Board possesses no power of private espionage or unnecessary interference with the private rights of person or property. * * The board cannot make regulations that are unreasonable, arbitrary and oppressive."

If there is anything a man owns, it is his own blood* and just as a man has the unquestioned right to choose his political party, religion, physician, and to say whether or not a surgical operation shall be performed on his body, just so he has the right to reject vaccination.

If. The Communities' Rights.

Col. Robert G. Ingersoll, in a lecture at Jersey City, gave utterance to these sentiments: "This is my doctrine: Give every other human being every right you claim for yourself, keep your mind open to the influence of nature. Receive new thoughts with hospitality. Let us advance. With every drop of my blood I hate and execrate every form of tyranny, every form of slavery. I hate dictation. I love liberty. I have given you my honest thought. Surely unresting action is better than unthinking faith. Surely reason is a better guide than fear. This world should be controlled by the living, not by the dead." How thoroughly well that fits the vaccination question!—*Newbury Daily News*.

The community's right over and against the individual's is on a par with that of the individual over and against the community. In days gone by, when Minnesota was more civilized than it is to-day, this principle was recognized to the extent that cold-blooded judicial murder was not permitted.

The vaccinators know perfectly well that, if they should undertake to go from house to house and dose the people by force, they would speedily get themselves into trouble, and through frauds and political toadying they get the foolish or knavish law-makers to assume the criminal part of the transaction, while they farm out the crime and spoils to the instigators of the crime.

Compulsory vaccination, direct or indirect, is a crime from both a theoretical and practical standpoint. While we could give you almost endless proof of this, we will simply call your attention to one instance right here close at home. In **1873**, the Board of Health of Winona, Minn., made a vaccination order and furnished vaccine virus to the surgeons. P. Von Lackum, M.D., was appointed vaccinator for the Third District. After the epidemic, he returned the virus furnished him and proved he had used pure cream instead. He showed his district did not have a single case of small-pox, and the general health was good, while in the other districts there were many cases of small-pox, and much sickness and many deaths, thus furnishing unquestionable proof that vaccination not only fails to prevent small-pox but that it is ruinous to the human race.

Dr. Von Lackum corroborates the statement made by Dr. C. Spinzir, St. Louis, Mo., in his "Variola, its causes, nature and prophylaxis." P. jf, St. Louis. **1878**.

He says: "Vaccination is tantamount to inoculation and constitutes septic poisoning, a criminal offence to human health and life. It is statistically proved to afford no protection or mitigating power over small-pox; and, scientifically, in the nature of the case, it cannot possess any."

Also corroboration of the statement made in Dungleson's Medical Dictionary (See Vaccina, page **892**, of edition of **1856**; page **953** of edition of **1860**; and page **1086** of **1874**; that "small-pox occurs, at times, as an epidemic after vaccination."

We could cite evidence to fill a book. But it is generally known by the medical profession that vaccination nowadays is performed with small-pox virus, and in reality is the old practice of inoculation with small-

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pox virus, which is made a statutory crime by all civilized nations. The State Board of Health can start a small-pox epidemic at will, and they will every year from now on if the people will permit it.

3. The Civil Officers Rights.

The civil officer's right is to know that when he is sent to execute an order that such order is lawful. It is a scandal upon our judiciary to permit a superior official to go unpunished, when it is proved that such officer, through his own over-officiousness, caused the murder of an inferior officer.

The Health Officer of Albert Lea, Minn., is as guilty of the murder of Mr. Randall as if he had killed him with his own hands, and, in my opinion, all police officers in Minnesota should protect themselves from a similar fate by vigorous prosecution of the doctor who caused the murder of Mr. Randall. They should also be very careful in all executions coming from the Board of Health Department, inasmuch as such boards have been proved to be irresponsible phantoms.

4. The Physicians Rights.

Thousands of physicians understand the fraud of vaccination and it is their right to guard their friends against this foolish practice. To permit a law or ordinance which directly or indirectly practically overrules the constitutional rights between a physician and his patients, is a *gross* insult to the medical profession as a whole, and we dare say that 95 per cent, of the medical profession will candidly admit this statement to be correct, no matter what their opinion of vaccination may be. No one but the meanest and lowest in the medical profession would feel honored by being made a medical gallipot for a band of medical diplomat ward heelers calling themselves a Board of Health. - Another thing, which should, or ought, to stir the pride of the profession is the practice of allowing medical men to become members of Health Boards; it smacks too much of fraud and a scheme to put in good work for selfish profit. There are plenty of men outside the medical profession who might better be trusted with the office than any professional man; both the medical profession and the public in general would be better served. Any sane man knows that the prosperity of the physician is in time of epidemics and much disease, and this alone is reason enough not to permit a physician to act as a member of a Board of Health nor to punish people for treating one another as we do now. There are many honest and upright men in the medical profession, but I believe that they also have a larger share of frauds than any other profession. Under the present protection laws, a scoundrel of a physician can play the confidence man with impunity for his own enrichment, and if his victims get tired of him and undertake to do what they can for themselves, he can retaliate by prosecuting them for practicing medicine. There is not one honest doctor who approves of such a state of things, and not one person outside of the profession ever approved of it except through a misunderstanding caused by a misrepresentation of the facts, or else, a cash consideration, which is freely used in the law-making chambers by the class of physicians who expect to gain prosperity and prestige by such more than foolish acts. The respectable members of the profes-

sion are fast becoming ashamed of the scandal, aim little stir on their part and a little by the general public would, in a short time, burst this disgraceful bubble of the medical confidence men and stupid legislators.

5. The Criminal Vaccinator.

From where did he come? His home is in India and he is not a physician but a priest, dealing out the sacrament of the small-pox goddess whose name is *Mat ah*.

The Hindoos used to inoculate themselves with small-pox in order to appease the goddess, fancying that if they did so perhaps her majesty would kindly permit them to escape lightly. The Turkish court embraced this religion in 1721, and the English ambassador's wife, Lady Worthy Montague, of course to be in the swim at court, found it an easy thing to embrace this, to her, new religion, and by her silent effort it was introduced into England, and, as a result, small-pox epidemics became more common. This in time, produced heretics who lost all faith in inoculation and looked for something better. They were soon supplied by the smart fellows among the hostiles who started the yarn that people who had once been affected by cow pox could never get the small-pox and many people in the country embraced this new protestant religion of the Matah faith. It is positively known that a farmer named Benjamin Jesty had administered this new protestant sacrament to two of his sons twenty years before (1796) when the Mart Luther (Jenner) permanently established this protestant religion in England, from whence it spread to the whole Caucasian race of man. As I have mentioned before, the protestant cow-pox sacrament has reality given place to the original small-pox sacrament of the mother faith. There are several reasons for this theological retrogression, which are as follows:

First of all, the cow-pox is not as reliable to start small-pox epidemic as is the original sacrament small-pox. Second, cow-pox inoculations have been found more dangerous as an infection, than the small-pox inoculation, and in the next place, it is none of the people's business to know whether the Matah priest uses the sacrament of this or that High Priest, as there are all standards.

And here you have them!

1. Jennerian equine (horse virus); 2. Sevine virus with which Jenner inoculated his eldest son. 3. Horse virus, cow virus or horse grease (pus) passed through the cow. 4. The (said to be) spontaneous cow virus the Gloucester brand. 5. Seely & Babcock's virus small-pox passed through the cow. 6. The Brangen virus. 7. The Passy virus, 8. Dr. Walcott's virus, supplied to the royal family in England, 1 which they were greatly injured. 9. The Saurabh virus, invented by Major W. G. King, and used in India and Burmah. 10. Dunkey virus, discovered by Surgeon O'Hare, used in India. 11. Buffalo virus recommended in India. To these must be added the viruses which have passed through numberless, more or less, diseased persons, which have been shown to high authorities to be capable of spreading leprosy, syphilis and other loathsome and incurable diseases.

Now, dear ladies, if you desire to be in the swim with the Asiatic Turks, and with the State Board <

THE KNEIPP WATER CURE MONTHLY.

Health Turks, you must do like Lady Montague, embrace the Matah religion, do penance, and have one of the mentioned sacraments administered to torture your body in honor of the goddess. Some of you may doubt the religious nature of vaccination, but let me tell you! The State Board of Health do not, and to prove this to you, I will give you a quotation from the pen of the Iowa State Board of Health Secretary, Dr. J. T. Kennedy, in the Iowa State Board of Health Bulletin, Vol. VIII., p. 52, where he says: "Nearly all well-regulated families, Jew and Gentile, felt it their duty as parents to see that their offspring in early life had the protective influence of baptism, or circumcision, and vaccination. It would be well for Iowa parents to go and do likewise."

If you have the least little sense, you can plainly see that vaccination in the Matah religion is a sacrament equivalent to circumcision in the Jews and baptism in the Christian religion.

Now, then, when the State makes any religion in the State religion and compels its inhabitants to accept that religion under penalty, it is performing an unconstitutional act.

6. The proper Way to prevent and treat Small-Pox.

We will now take a look at the means scientific men make use of to prevent and cure small-pox. Dr. Geo Button says: "Small-pox is a symotic disease. It originated in decomposition and is powerless against cleanliness, within and without. Zymosis implies fermentation and fermentation is one of the earlier stages of decomposition. Dr. Carl Spinzig, in a paper read before the St. Louis Medical Society, Jan. 15, 1881, states that the eruptive character of small-pox is the outward manifestation of a process of decomposition of the blood produced by an excess of urea." Urea is the product of waste in the tissues of the body and is usually eliminated by the kidneys..! Normal human blood contains about two per cent, of urea, while variolous (small-pox) blood has about eight per cent. Small-pox, scarlatina, and measles generally occur in the early winter, when the cutaneous elimination is checked, and an increased burden of eliminating waste is thrown upon the kidneys. Accordingly, we find more urea eliminated by the kidneys in winter than in summer, when perspiration is more free. In tropical regions, it is observed, that small-pox is more generally confined to the higher elevations, where the temperature is lower than on the plains."

Knowing these facts, the preventative and curative means are simple. To prevent small-pox, we eliminate the urea by sweating and mild diuretics, and when these preventatives have been neglected longer than twenty-four hours after the beginning of the fever, all we can do is to aid nature to eliminate the urea in her own curative way, and this has been done many times with the most favorable results, even in the worst form of the disease. Irr one case among many others, the patient had ben declared lost by the attending physicians and she had been unable to speak for several days, but the free use of black Cohosh tea brought back her speech in a few hours, and she recovered rapidly, notwithstanding her old age. Many ordinary cases are on record where this line of treat-

ment was found to be of great success, even two families who had been inoculated by small-pox according to law, were treated with this Cohosh tea, while the court held the physicians under arrest to await the outcome of these cases; fortunate for the physicians, they succeeded in preventing the inoculation from taking effect, and consequently were released without further punishment.

But let it be remembered that our Materia Medica is brim full of remedies which will prevent small-pox. But even if this was not the case, we can fight small-pox successfully with water alone. Kneipp has proved this to the world beyond a doubt; and the time has come, when the people of this world must arise in their might and throw off one more detestable yoke of arrogant oppressive tyranny inherited from the dark ages of man.

They are slaves who fear to speak
For the fallen and the weak.
They are slaves who will not choose
Hatred, suffering and abuse,
Rather than in silence shrink
From the truth they needs must think;
They are slaves who dare not be
In the right with two or three.

/.. Russell Lowell.

Is this the land our fathers loved,
The freedom which they toiled to win?
Is this the soil whereon they moved,
Are these the graves they slumbered in?
Are we the sons by which are born
The mantles which the dead have worn?

And shall we crouch above these graves
With craven soul and fettered lip?
Yoked in with marked and branded slaves,
And tremble at the driver's whip,
Bend to the earth our pliant knees,
And speak but as our masters please?

/.. G. IVkitHer.

Remember, once for all, that the negro who criminally assaults a child is no more criminal and selfish than is the white man who vaccinates the child, and the latter should speedily receive the same attention which is usually given the former; while the band plays the Rogue's March.

The Breath of Life.

A herald of the kingdom coming, in new divine—humanity. Rev. S. C. Greathead, Editor. PuWished monthly by the "Breath of Life" Publishing Co., Clifford, Mich., U. S. A. Subscription, \$1.00 per annum, in advance. Special offer: Subscriptions accepted up to June 30, 1901, at 50 cents per annum. After that date, regular price., "The Breath of Life," will be an exponent of full salvation for spirit, soul and body. As the first (June) issue will necessarily be limited, all are requested to send in subscriptions at once, or 10 cents for sample copy

"The Breath of Life" series of booklets, by Rev. S. C. Greathead, Clifford, Mich., U. S. A.

"The Breath of Life, and How to Breathe It for Spirit, Soul and Body," with full descriptions.....25c

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Shortly to be published, "The Breath of Life and How to Breathe It for the Prevention and Cure of Consumption," Send in subscription at once, as the edition will be limited. 25c.

THE KNEIPP WATER CURE MONTHLY

Diet Treatment for Stomach Complaints

By the Editor.

t

Cause: It is no wonder that so very many persons suffer from this complaint, if one considers all that is given to the poor stomach to get through with, or digest. As long as man is still able to go about, nobody dares talk to him about over-burdening his stomach; no, that is all nonsense. It is useless to object to some dish or other or some beverage—nobody listens. Three years ago I warned a lady she should beware from eating and drinking everything so very hot, but she only laughed at me. To-day the mucous membranes of her stomach are so hardened, that there is no possible hope for her; the lady would willingly give all her fortune for a recovery, but she is doomed—and all through her own fault.

Some time ago I had a conversation with a gentleman about a non-stimulating diet, and he remarked that he had already lived some time up to it. He then ordered from the waiter a plate of hot, spicy "Hungarian Gulash," and when he got it, he added a lot of pepper and mustard to same.

These two cases may suffice to prove how little people in general think about their poor stomach, and the gentleman belonged besides to the "educated class of people."

The beginning of a stomach-complaint is generally a repeated "disordered stomach," commonly after some "festivity" or "Sunday feast." In order to excite the appetite again all kinds of sharp appetizers are eaten, and that is the first step to ruin.

In such cases one should allow the stomach a little rest, a little hunger won't hurt you, or only eat light, digestive soups and a little fruit.

After this "disordered stomach" has appeared repeatedly, then dyspepsia sets in and afterwards catarrh of the stomach, spasm in the stomach, abscess in the stomach, hardening of the stomach and at last cancer of the stomach.

Stomach-complaints may also arise from too cold or too hot food, pepper, mustard, etc., through colds or through drinking very cold water while still being very heated at the time. Also through anger, especially when *anything is eaten* or drunk, although still angry,—you should rather wait till your anger is over. I recently met a gentleman who, through anger on account of continuous irritation by his superior, got such a severe stomach-complaint that there is hardly any help for him at present.

Whoever is compelled to bear loathing continuously is also liable to get some kind of stomach-complaint*! Sometimes, however, some nervous disorder is mistaken for a stomach-complaint. But as soon as the general health is re-established, then the stomach and digestive troubles also disappear completely.

Symptoms: Digestive troubles swelled stomach with or without pains, constipation of the bowels, cold feet, headache, general bad humor, in short, a condition in which one feels neither alive nor dead. If there is an abscess, bleedings will also be apparent.

Treatment: Although the diet for each specific

case should be appropriate to the patient • condition* the following distinctions may be made:

In light Catarrh: Strict non-stimulating diet, rather let the patient hunger a little, and drink orte very little; but if very thirsty, give him a natural lemonade.

Further, one to two steam-baths, body-cornpresses, foot steam-baths, and plenty of exercise in the open air.

Abscess in the Stomach: Fasting is very advisable, so as to give the wound a chance to heal. Give the patient light digestible soups, rice, tapioca, Kneipp's strength-giving soup, pure gluten food, Kern soup, Ralston health foods, etc.—everything, only moderately warm. If the abscess bleeds, quite and rest is essential, also cooling compresses on the stomach—and take cooling water in sips only.

Chronic Catarrh of the Stomach: Commonly called hardening of the stomach, is more difficult to heal than either, but even here recovery is possible, if the patient has courage and perseverance. The following diet is the best: Zwieback—but without yeast—Kneipp's Kraft Zweiback, Lahmann's Haferbiscuits, Gluten food and crackers, Ralston food, sour milk or curdled milk with whole-wheat bread crusts, Kern soup, eggs with salad, seasoned with a little lemon juice. For a change a well-roasted chicken or a very little game—but generally more easily digested vegetable-dishes—i. e., tapioca, rice, etc. Hard Zweiback or toast is preferable to soft bread, because through the slow chewing process half the digestive work is already done.

Only eat a little at a time, rather eat oftener and everything only lukewarm. As a beverage take cooling, natural lemonade in small sips at a time.

Follow Thy Star.

Follow thy star!

What, though the mists of doubt and grief may rise
To dim thy weary eyes!

What, though the waves of strife and sin may beat
Around thy stumbling feet!

Follow thy star!

Still in the night, though thy weak bark may roll,
Its light will comfort and direct thy soul.

Follow thy star!

That star which shines within thy breaking heart
When all thy joys depart;

That star that lives within thy bosom's core
When loved friends are no more.

Follow thy star!

That star that cheers thee on thy homeward road,
That star that leads thee to the throne of God!

—Francis Henry Scott,

Having become convinced by study, and experience, that an immense percentage of indigence and crime, results from drunkenness, physical disease, want of work, or the overcrowding of cities; and that these four evils are caused by the prevalent custom of eating animal flesh, by ignorance* by violation of the laws of health, and by the devotion of so much of the land of our country to boviculitre instead of agriculture, it behoves us to put forth every effort to attract the attention of the more thoughtful members of the community to these facts.

HERALD OF THE GOLDEN AG&



Quisisana Nature Cure Sanitarium, Asheville, N. C.

Quisisana Nature Cure Sanitarium. Asheville, N. C.

This Institution is most beautifully situated on an elevation, surrounded by 300 acres of woodland, affording most enjoyable walks for the patients.

From the piazzas and every window one has a picturesque and exquisite view of the fine, hilly city and its circle of lofty mountains.

The rooms are large, roomy and well ventilated. The bath rooms are complete for all hydro-therapeutic treatment, and are connected with massage rooms.

Near the bath house are the air and sun baths, with separate departments for ladies and gentlemen. These baths are the great pride of the Sanitarium, as they are the first genuine air baths in the United States, and are very important healing factors.

At the "Quisisana" one has the freedom and seclusion of the country without the dust and smoke of the centre of the city. It is situated on the street-car line between the depot and the post office, and it is only a fifteen-minutes' walk either way.

Nature Cure is a treatment by which the natural healing power of the body assists in effecting a cure.

This natural healing power is a mighty factor put into every human body by Nature. It may be called the Individual Physician. It watches over the body faithfully, repairing quickly damages which it could not prevent. Of this we have many proofs—A bone is broken; directly this healing power sends a kind of cement (callus) to the place fractured to unite the ends, and then it sets diligently to work and the process is completed. When bleeding takes place from a wound, what does

this healing power do? It stops the flow by coagulating the blood (formation of fibrin). If you have eaten anything which cannot be digested, or which, entering the blood, would harm the body (as in case of poisoning), this natural healing power tries to expel it by vomiting and diarrhoea.

Pain is the warning signal of Nature, which wishes to show that somewhere in the body disturbances have taken place, or that an organ is overworked. These are only simple illustrations, but this natural healing power is just as active in the most complicated diseases, and in the highest functions of the body. Our duty is therefore to help this power, and to direct it into the right channels. For instance, in bone fracture we need only bring the two broken ends together (which, however, is necessary for a complete cure), the rest is done by Nature.

If this natural healing power is not strong enough, as is often the case in weak constitutions, and in many chronic diseases, we must stimulate it. How can we best accomplish this? The surest and safest method is to use those means which we derive from the structure and functions of the body, and those healing factors which are necessary to a healthy organism—air, light, sun, water, warmth, cold, motion, rest and food. To these ends we use air-baths, light-baths, sun-baths, and water in its manyfold forms (cold, warm, steam, etc.), also packs, Swedish movements, massage and proper diet.

Air is the element of human beings, without it they cannot live; their health is made by pure air, and injured by impure air. A person must breathe day and night the oxygen of pure air to keep the blood healthy and so receive the necessary strength for work. How many provide for themselves this pure

THE KNEIPP WATER CURE MONTHLY.

air by sleeping with open windows? They prefer breathing the poisonous gases of their system over and over again, which poisons their blood and their organism, rather than breathe the fresh night air which is so much better. The atmosphere of night is purer than that of day, especially in *cities* that are full of smoke and dust.

The "Quisisana" is a quiet, beautiful family Sanitarium, an ideal place for patients that really wish restoration of health. Many persons are worn out, nervous, tired, worried, and would never become well and strong if they remained at home with the same household duties and businesscares upon them. Nor could they grow strong in a large, crowded, noisy sanitarium. For such the "Quisisana" is an exceptional resort, for yet it is a small family Sanitarium, quiet, and with all the comfort of home life.

The spirit of the Institution is such a bright and happy one that all feel like members of a well-cared for family, who, under the guidance of experienced physicians, learn to live according to a hygienic system that prevents the development of disease. This is the greatest benefit, besides their cure, the guests and patients receive at the "Quisisana.". Their expressions of gratitude and appreciation on leave-taking are an assurance of the great advantages afforded by this modern Temple of Health.

Wedding *Bells.*

On *Tuesday*, the irth of June, there was celebrated at St. Patrick's Cathedral, Fifth Ave., New York, the wedding ceremony between Mr. B. Lust of New York, and Miss A. Stroeble of Bellevue, Butler, N. J.

Mr. Benedict Lust will be known to our numerous readers as the editor of this magazine, and as a director of the New York Naturopathic Institute and College, 135 E. 58th St.

The bride has for several years past had charge of the Bellevue Sanatorium in Butler, N. J., and by her literary abilities as well as accumulated experience in her travels around the world will be a good and valuable helpmeet to her fortunate "Better Half."

After the church ceremony, a wedding breakfast was given at the Arion Club, where it was noticed by some of the guests belonging to the editorial staff of this paper, that the copious table, loaded with refreshments and *dainties* of every description, was not in strict keeping with the "doctrines of *Kneipp*." However, they consoled themselves with the thought: Errare humanum est—and enjoyed the given opportunity.

After a reception, which was held by the bride and bridegroom at 135 E.58th St., and which was honored by very numerous friends and visitors, the bridle couple started for their wedding trip to Buffalo.

We wish the now happy "Benedict" and his wife all success they so richly deserve, as well as future happiness and prosperity.

THE EDITORIAL STAFF.

Nora Springs, Iowa, May 13, 1901.

Benedict Lust, Ed., New York City:

Dear Sir and Bro.—I received a copy of your noble magazine in which I notice that you have a most heroical ad. showing forth the Anti-Vaccination Society of America and Vaccination. Please accept my sincere thanks for your kind act and deed; for years have I watched your grand institution and have often seen your journal, which is a blessing to humanity. May your noble efforts be crowned with grand success.

Ever your humble servant,
L. H. PIEHN, President of the First National Bank.

The New BHz Book.

TheNatural Method of Healing, plete Guide to Health by F. E. . B£ I, J*OTXRMER AN Proprietor of the BHz Sanatorium at Radebeul, Dre< den, Germany. In two elegant bound volumes, Trarii lated from the latest (One-Hundredtl a portrait of the author and more than 720 ilustrs tions, numerous colored plates and several colore folding models of the Human Body and its Organ Published by F. E. Bilz, Leipzig, London, Pari Price \$8.00 the two volumes.

To be obtained in New York from the Kneij Magazine Publishing Camp., 111 E. 59th Str.

It is a fact that the Natural Method of Healii is regarded with very little attention and considerate by the people of the United States. Why is this?

MERELY BECAUSE ITS LAWS ARE TO SIMPLE1

For with its simple prescriptions of diet wat« applications, sun-, air- and light-baths, etc., t Natural Healer or better the Naturopath, in oppositi to the Allopath (Drug Doctor) cures (not only men ameliorates temporarily) all diseases, of whate\ s t a n d i n g) p r o v i d e d t h e y a r e c u r a b l e . — T h e a b o m e n t i o n e d f u n d a m e n t a l h e a l i n g f a c t o r s r e m a i n c c ' s t a n t , b u t t h e f o r m s o f t h e i r a p p l i c a t i o n v a r y i n f i n i t e a n d h a v e t o b e a d a p t e d t o t h e c o n s t i t u t i o n a n d i n v i c t u a l s t r e n g t h o f e a c h s i n g l e p a t i e n t . — A l l , t h a t 1 N a t u r o p a t h r e q u i r e s o f h i s p a t i e n t i s o n l y : A b s o l i C o n f i d e n c e i n h i s m e t h o d , (w h i c h i s t h e o n l y c o r r o n e) , a n u n s w e r v i n g o b e d i e n c e t o a l l h i s i n s t r u c t i o n a n d a f i r m w i l l . I f t h e p a t i e n t p o s s e s s e s t h e s e q u a l i t i t h e N a t u r a l H e a l e r c a n g e n e r a l l y g u a r a n t e e a p e r f c u r e .

The purpose of this great work is to gradu< impress the immense value of the Natural Met! of Healing on the Public, who turn their backs ur it, not because they know it—but because they not know it.—To make this work even more use there are appended a series of treatises which must o practical value to all—as they contain full directi- as to Mixed Diet (preparation of food). Curative Gj nasties, Lung and Breathing Gymnastics, Ventilati Massage, Artificial Respiration, Diseases of Worr Swimming, Magnetic Treatment, etc., with upwar< 700 illustrations.

For all who know how to appreciate it, this b< will be a faithful counsellor in days of sickness : of health.

Its two-thousand pages of reading matter h been divided into two elegantly bound volumes, price is \$8.00, which is certainly not a large sum w considering that its purchase will ensure the pttchs all future expenses as Doctors bills, drugs and m cines etc.

As this work contains full information relating almost every disease that humanity is prone to, would certainly advise our readers not to omit the portunity of obtaining this great work at once.

AGENTS WANTED

for the Kneipp Water Cure Monti in every locality. Write for terms to fcgei

Water Applications.

By the late Mgr. S. Kneipp.

The water-applications which I make use of are divided in:

- A. Wet sheets.
- B. Baths.
- C. Vapors.
- D. Gushes.
- E. Ablutions.
- F. Water packages.
- G. Drinking of water.

a) Wet Sheets.

i. Covering with wet sheets.

A large, coarse piece of linen (such as used for straw-mattresses does very well) is folded 3, 4, 6, 8, or 10 times lengthwise, wide and long enough to cover the whole body, beginning at the neck. The sheet ought not to end on both sides as if cut off, but hang down a little on the right and left of the body. The so prepared sheet is dipped in cold water (in winter, warm water may be used) well wrung out and then put on the patient lying in bed in the way described above. A woollen blanket or a piece of linen doubled 2 or 3 times, is laid upon it, in order to close the wet covering tightly, to thoroughly prevent the entering of the air; the whole is covered with a feather quilt. As a rule I wrap a rather large piece of woollen material round the neck, to prevent the air entering from above. Care must be taken that the covering up is well done, otherwise the patient would easily take cold.

The wet sheet is applied from forty-five minutes to an hour; if longer duration is prescribed, in order to operate by cold, the sheet having been warm, must be wetted again in cold water.

As soon as the prescribed time has expired, the wet sheets are taken away; the patient dresses himself and takes some exercise, or remains in bed for a short time.

This application operates especially on the expelling of gases detained in stomach and bowels.

This practice, like the following ones, demands that the body be warm.

2. Lying on wet sheets.

To the covering with wet sheets corresponds the lying on wet sheets, which, in case both applications are used alternately, must be applied first. The following remarks are to be made regarding it.

As this application is also to be made in bed, a piece of linen, and over it a woollen blanket, are laid upon the mattress, to prevent it from getting wet. Then the same piece of coarse linen, as used for the preceding application (doubled 3 or 4 times), dipped in water and wrung out, is placed lengthwise upon the blanket, so that it reaches from the end of the neck to the end of the back-bone, i. e., the whole length of the back. The patient lies down on his back, wraps himself up in the extended blanket from both sides, in order to prevent the air from coming in, and then covers himself with a blanket and feather-quilt. This lying on wet sheets is also to be applied for three quarters of an hour; if longer, the wetting of sheets with

cold water must be repeated, because its effect, like that of the covering with wet sheets, is produced only by cold. The same rules as given above are to be followed.

This application is especially effective for strengthening the back-bone and the spinal-marrow, for pain in the back and for lumbago. I know many cases in which lumbago was entirely removed by two applications of wet sheets made on the same day.

Also against congestions, in the heat of fever, this lying on wet sheets is of very good effect. In which individual cases it is to be used, and how often it is to be repeated, is said in the part of this book where the diseases are spoken of.

3. Covering with and lying on wet sheets used in one application.

The two applications can be taken one after the other or both together.

The sheet for lying on is prepared as given in No. 2; that for covering likewise prepared, is laid near the bed-side. The patient lies down undressed on the one wet sheet and covers himself with the other. The final covering with blanket and feather-bed is easily done. If there is another person attending, it is well to tuck in both blanket and feather-bed on both sides, to prevent the entering of the cold air. It is important that the blanket, lying under the wet sheets broad-wise, be large enough to wrap up both the wet sheets like a bandage.

The duration of this application ought not to be less than three quarters of an hour, and not more than an hour.

Against great heat, gases, congestion, hypochondriasis, and other sufferings it is of very great service.

4. Compress on the abdomen.

The patient lies in bed. A piece of linen, folded 4 to 6 times, dipped in water, and thoroughly wrung out, is laid upon the abdomen (from the stomach downwards) and covered with the shirt and finally carefully with blanket and feather-bed.

The application may be made for three quarters of an hour to 2 hours; in the latter case, it must be renewed after an hour, i. e. wetted anew.

This application is of good service against indigestion, cramps, also where the blood is to be led away from the chest and heart.

For wetting the linen vinegar is very often used instead of water, also decoctions of hay-blossoms, shave-grass, oat-straw, etc.

In order to save the vinegar, a twofold piece of linen doubled 2 or 4 times, which is dipped only in water. The covering is done as stated before.

I have been asked many times what principles I follow with regard to coverings with ice, bleeding, etc. These I will briefly state.

Whoever wishes to reconcile himself with an enemy, and for this purpose offers him his hand with knitted brows, will find greater difficulty in succeeding than if he met him with a bright face and a joyful heart. It is something similar to this with ice and water. I have always considered the application of ice, especially on the nobler parts of the body, (head, eyes, ears, etc.) to be among the most rugged and

THE KNEIPP WATER CURE MONTHLY.

I violent remedies ever used. They do not help or encourage nature to recommence its work; they force it with violence to do so, and that must revenge itself. Ice-cloths and ice-bags, or whatever the names of those things may be, are entirely excluded from my department. Only imagine these enormous counteractions: inside the body a burning heat, outside a mountain of ice, and between them a suffering member, the organ of tender flesh and blood, worked on by both. I have always waited with great anxiety for the result of such work, and in most cases my anxiety was justified.

I know a gentleman who was ordered to have ice laid upon one of his feet day and night, for a whole year long, without any interruption. It would surely take nothing less than a miracle to prevent this mountain of ice from taking away not only all heat, but also the indispensable natural warmth! Nothing was to be seen of the healing of the foot.

But, some one will reply, in many cases it has really done good. Yes, for it may be that the disease could not withstand the means of compulsion. However, what were the consequences? Innumerable persons have come to me who had partly lost their eye-sight, become more or less deaf, others with rheumatics of every kind, especially in the head, or with great sensibility of the head, etc. What was the cause of all this? "Yes, there, and then," I was answered, "the tiresome ice-bag did, it; I have been burdened with this complaint for so and so many years." Certainly, and most of them will be burdened with to their last breath.

I repeat again that I oppose absolutely any application of ice, and I assert, on the contrary, that water, applied in the right way, is able to soften and to extinguish any heat, even the most violent, in whatever part or organ of the body it may raging. If a fire can no longer be put out by water, ice will do just as little for it; that is easily understood by every one.

I said just now that a regular application of water will bring help. But I do not mean that for instance with an inflammation in the head, it would be advisable to use as many packages as there were ice-bags formerly used; 100 ice-bags and packages will not stop the blood rushing to the inflamed spot and thereby increasing the heat. I must try to lead the blood away, to distribute it to the different other parts, i. e. I must make applications on the whole body, besides those on the suffering part. I shall e. g. attack the enemy in the head, first of all at the patient's feet, and then gradually proceed up the whole body.

Nevertheless, the ice is of good service to my water-cure by indirect use. In summer it cools the water, when it is getting duke-warm.

What is my opinion with regard to bleeding, leeches and all the different kinds of blood-extractions? Well, I will state it plainly. Fifty, forty, thirty years ago there was seldom a woman who was not bled 2, 3 or 4 times a year; the half-holidays and, of course, the most favorable days were faithfully chosen for this purpose in the beginning of the year and marked in the calendar with red or blue strokes. The country-physicians, the surgeons and barbers, themselves, called their own work in this way, a real butchery. Institutions and convents, too, had their ap-

pointed time for bleeding and the strictly regulate diet above all. Congratulations were made to on another after hairing endured the bloody toils, while may have been no small ones sometimes. A priest at that time assured me that he had undergone this bleeding for 32 years, the process being repeated 4 times every year, and each time he lost 8 oz. of blood, making in all $8 \times 4 \times 32 = 1024$ oz.

Besides this bleeding, leeches were used, 3» scarifying and other processes practised. Young as old, high and low, men and women, were all well provided for.

How times are changing! For a long time the doings were looked upon as the only and absolute necessary means of being and remaining healthy! At what is thought of them now-a-days? We smile and ridicule this false opinion of the old, this false natural-science, to imagine that any man should have too much blood! About two years ago a foreign physician, who was also an active literary man, and who was following a new school, told me that he had never in his life seen leeches.

Many physicians attribute the poverty of blood in the present days, to the former misuse of bleeding. They may be right; however, this is not the only cause of it.

But to the subject! My conviction is this: In the human body everything corresponds so wonderfully the particle to the part, and every part to the whole that one cannot help calling the organism of the body an incomparable work of art, the idea of which could only originate in the creative mind of God, and the execution of which was only possible to the creative power of God. The same order, the same measure, the same harmony exists between the raise and consumption of the ingredients necessary to the support of the body, provided man himself, reasonable as independent as he is, co-operates with the will of God by rightly using what is given to him, provided he does not overturn the order by misusing it, and bringing dissonances into the harmony. As this is the state of the case, I cannot imagine how the formation of blood alone, this most important of all processes in the human body, should go on without order without number and measure, unarranged and immoderately.

Every child, so I imagine, receives as an inheritance from its mother, together with the life, a quantity of material for the formation of blood, call it what you will, which is, as it were, the essence with which no blood can be prepared. If this essence is exhausted, the formation of blood, and with it life itself, ceases. Fading away, decaying, I do not call it. By every loss of blood, whether it be caused by an accident, or by bleeding, leeches, or scarifying, a particle or part of this stock of blood, of this essence of life, is lost, and in the same measure the body's life is shortened. Every extraction of blood means nothing less than a shortening of life; for life lives in the blood.

The objection to this will be: Nothing is so speedily accomplished than the formation of blood, losing blood and gaining blood is almost one and the same thing.

Yes, the formation of blood takes place with incredibly wonderful speed; I quite agree with that.

THE KNEIPP WATER CURE MONTHLY.

argument. But excuse me, if I give another one based on experience; it will interest my readers who are engaged in farming, and they will be obliged to confirm St If a farmer wishes to fatten cattle quickly, he draws a good quantity of blood from them, and after having done so, he feeds them well. In a short time plenty of fresh new blood is formed, and the cattle progresses and fattens. After three or four weeks, the bleeding is repeated, then good and nourishing food, as well as many strengthening potions, are given. ^ The progress is excellent and even with old cattle, as much and as nice blood will be found when the animal is killed, as with young cattle. But let us look more closely at this blood. The blood produced artificially, is only watery, weak blood without vitality. The cattle has no longer any strength or power of endurance, and if not soon killed, will get dropsy.

Should it be otherwise with man? Having lived more than **75** years and gained some experience and knowledge of human life, I know that precisely the immoderate bleeding of our ancestors has influenced the capacities, talents and duration of life of their offsprings. The gentleman mentioned in the beginning of our treatise, who had lost so many Ounces of blood, died in the best years of manhood, of dropsy, f And if a man (I state facts only) had been bled 150, another 200 times, and had thereby become unspeakably weak and ill, must not the following generation be sickly and frail, inclined to cramps, and other sufferings?

I Willingly acknowledge that there can be cases, but only exceptional ones, where an immediate danger is removed by bleeding,;!other quickly operating remedies not being at hand.

But otherwise I ask every reasonable, impartial person: Which is preferable, to have the thread of life extorted from you piece by piece, or to have the blood distributed by proper water-applications, in such a way, that even the most full-blooded has not a too great quantity of blood? How and by which application, this distributing is to be done, I have discussed several times in the proper place.

It is generally said that in cases of impending strokes, bleeding is the only means of escape. But I remember, just now, a case in which a stroke had taken place; the first physician quickly bled the patient; the second one, however, declared that precisely in consequence of this bleeding the patient would die, which indeed was verified. It is not fullness or profusion of blood which generally leads to a stroke, as people erroneously think, but poverty of blood, "e died of a stroke" generally means that the *blood*. "He died of a stroke" generally means that the oil ceased its flowing and nourishing; therefore the glimmering wick was extinguished. Of what useful service the water is immediately after strokes, can be seen in the third part of this book. I will only state here that my predecessor in the office of curate, had a stroke three times, and after the third time, the physician declared that he could not live any longer; but the water has not only saved his life for the moment, but is has preserved him to his congregation for several years. (The Kneipp Cure.)

"Prove all things; hold fast to that which is good."

About the Correct Food to be Given to Very Young Children.

By Dr. Rosch.

Which food is most appropriate for our children in their tenderest age? This important question agitates all parents in our present times more than ever, and principally those, where the mother is not able herself to suckle her child with her own milk.

It is therefore highly to be appreciated that many contempary medical friends having the same views, try their best in heir discourses either in writing or by personal intuition during their daily practice, or outside of it even, and lay great stress on the right diet of the child in its first years in general, and especially upon a natural diet.

It is very important, however, to know, whether such an intuition is correct in all its parts.

One of these doctrines is principally a false one. I mean that one about "watered milk";—i.e. that kind of milk, whereto a certain quantity of either cow's milk or goats-milk a certain quantity of water is added to thin the quality of the milk in a homeopathic way..

But it is a well-known fact that in all cases, where little children suffered from indigestion and also in cases where the poor miserable little creatures who had been fed (upon advice of the "Doctor") upon "watered milk" and had thereby suffered from a swollen stomach (or rather a stomach full of water) that, while their bodies were exceedingly emaciated, only pure milk, i.e. milk without the least addition of water, has been instrumental in saving the life and recovering the health of many a child.

It is and never should be too late for us to acknowledge any fault in our modes of treatment, and to correct them. Everything must be so clear that not even a semblance of any error or mistake be possible.

We request all those of our friends who are also convinced of the danger and noxiousness of the adulteration of milk and also all friends of children in general, to kindly assist us to propogate this warning Qfor the following short treatises are only to be considered as such) by circulating them amongst their relatives and friends.

The Child's First Hour of Life.

After the infant has been born the midwife generally undertakes the first cleaning with hot water.

It needs no nourishment (and does not ask for any), for the first twenty-four hours, except perhaps a tea-spoonful of fresh water to quench the thirst.— Instead of the only beneficent water, however, the midwife will want to give it "Best Tea" or sugar-water, just the same as the grandmother, aunts, or all other lady friends Will like to do.

But all love of this kind should not be permitted, if you do not wish to impair the natural strength of the new born child right from the beginning.

Fresh air is also a very important factor to the child, and for this reason the window should be kept open not only in summer but also in winter, but of course the room must be kept in a warm temperature all the tirie.

THE KNEIPP WATER CURE MONTHLY.

The Navel-bandage- should only lightly be fastened round the body until the end of the navel-string is gone off.

It is however far more recommendable to place a piece of linen-cloth saturated in olive-oil upon the remainder of the string and to fasten this with strips of adhesive plaster to the stomach.

| The Mineral Constituent-parts of Milk, and its Food Valve for the Metabolic Assimilation in the Suckling Baby.

Much more fatal and pernicious than the vaccination of our small babies is the erroneous opinion which is propagated by the medical faculty, that the milk which is administered to babies instead of mother's milk should be thinned 3 or 4 parts with water.

If you are not to be convinced by the high "Normal" Death-rate of babies, caused by the acute and chronic water-famine of many, many thousands of babies; look at the countless cases where babies have become chronic invalids and which have helped increase the income of doctors by always having some kind of ailment.

Now if this doctrine or advice as you may call it, would also be applied to the young of our domestic animals, they would all either die of hunger, or get a predisposition to paralysis, scrophula, tuberculosis and other lingering diseases

Now let us consider this warningly from a different point of vantage, namely the abstraction of the mineral constituents which are contained in milk, and which are the most important ingredients necessary to the structure of the human body, and without which the young human creature must wear away and perish miserably.

We will now undertake an analysing comparison between mothers-milk and cows-milk in regards to the mineral constituents of each, and if we then compare the numbers of each, we obtain in a certain measure the greatness of the harm done by the officially sanctioned doctrine of thinning the milk of the cow before feeding the baby with it.

A mother, under normal circumstances, has milk containing 1.78% mineral matter, and nobody will presume to maintain, that any baby will run any danger to imbriate itself with it, or to drink itself sick. Therefore a milk containing 1.78% of mineral "matter is not noxious to the health of the child.—On the other side we have analyzed the milk of several normal cows, and found it to contain from between 0.50 to 0.60% mineral matter^ If therefore we want to let the child get the same amount of mineral matter as it receives from its mother's milk at 1.78%, then we should give the child at least 3 times as much cow's milk, that is in 24 hours about 3 to 4 quarts.

Now, according to the medical doctrines, we should thin this cow's milk with water so as to get from 1 quart of cow's milk 4 quarts of thinned milk which would then contain only 0.15% of mineral matter.

What is the consequence? The thinning of the blood of the baby and its famishment of all mineral matter. If we want to give the child the same amount of nourishing mineral matter as is contained in

mothers' milk, we would have to give it 10 to 15 times as much of milk a day, then only would it be normally and minerally satiated.

Supposed even that a child could in any case stand this great quantity of milk-water, and the therefrom ensuing inflammation of the urethra, what would become of the gastric juices of the child with such a watery diet? The child will be a complete Diabetic in brain and nerves, in muscles and heart, in bones, blood and lymph; the great quantities of water that would be continuously brought into and through the system would soften all its tissues.

During my 26 years of experience I can assure you that in the whole district, because all the midwives and nurses were taught so by me, all the children that were born were brought up on unthinned (natural) cow's milk, and the grown-up young men from this part of the country were elected with preference into the regiments of the Imperial Guard.

Also that the death-rate of children was a very small one, and this surely should teach those anxious Specialists for certain children's diseases—better than to continue using thinned milk.

Ridiculous is also the contention, that a child's stomach is too weak to assimilate the unthinned cow's milk. Why don't they try, like I did, the correct theory.

If a fly, young or old, sits on the edge of a basin full of fresh pure cow's milk, she drinks her full of this milk, and flies away happy; one has never heard that the tender fly's stomach could not stand it.

The General Doctrine as taught in schools and colleges and is promulgated by wise professors, and midwives and doctors, must be combated.

Why does the state insist to propagate, their pernicious doctrine, i.e. of watering and thinning milk, before using it as food for the babies, into ever higher, thus causing a moral compulsion for the rich and poor.

I, myself alone am not able to combat all single-handed this thoroughly false lying doctrine, which like the law of vaccination seems to be made compulsory by the Government.

Therefore I ask the aid of the press to assist me in the interest of the "General Welfare."

Assist me "Ye editors". of all Health-papers, journals, -magazines,, etc., and propagate the new Theory: - J i ~ V - - - i i V

"Give your babies unthinned cow's milk 111

Let the Light Shine.

It is a poor life that postpones everything heavenly until the final heaven is reached. It is a great accomplishment to fill this life with a heavenly atmosphere, to make many places heavenly as we pass along, to put a great deal of heaven's light into the lives of the people round about us.

HAMBLETON.

•f^rCM/•the> frietitofts, ali r the~»uinc«staSnties^ all • theills, the sufferings, the fears, the forebodings, the^ perplexities. pf life come tq. us, .because we are out of harmony, \vitli the divine order of things. Rowing against the tide is harof;and uncertain. To come into the conscious vital realization of our oneness with the Infinite Life and Power is to come into the current of this divine sequence.

RALPH WALDO TRINE.

THE KNEIPP WATER CURE MONTHLY.

The Advantages of Eating Raw Food.

After thirteen years of medical practice in hospitals and sanitariums, during which time I have watched thousands of experiments upon myself and many others with all kinds of foods, I find that natural raw food as a diet has many advantages, no matter from what standpoint it is viewed.

There are many advantages, but I will deal only with the following five. They are Physical, Mental and Spiritual Health, Economy and Liberty.

Advantages Gained for the Physical Health by Eating Raw Food.

Two and one-half years ago I was apparently an incurable invalid, suffering with nervous prostration to such an extent that not a single function was performed correctly. I could not sleep without drugs, no movement of the bowels without enemas, could not digest any article of food without discomfort and the aid of a stomach pump, often having to rise in the night and use the latter to wash away acid and mucus, vitality gone to such an extent that I could neither appropriate new food or cleanse my system of the old, fever and delirium wound up the case, and I found myself a wreck, mentally and physically. This was in spite of—yea, even caused by—the fact that I had been trying to live on well-cooked food. I say well-cooked food, because at the Sanitarium, of which I was President, we used the so-called hygienic cooking exclusively. You ask, how do I know that the cooked food was the cause of my trouble? Why? Because when discontinued the cooking, and used the food in its natural condition, I recovered vitality at once to perform each function, and all disorders left my body, and to-day I have an almost ideally healthy organism, my instincts being my guide and pleasure, and I have never enjoyed food so much in my life before.—Strong baby a year after.

Advantages for the Mental Healing.

As pain and sluggishness characterized my every bodily function, so irritability and* melancholia characterized my mental attitude. Even while temporarily delighted with some object I grew sad, thinking of its transiency. An erect attitude was impossible, physically or mentally; neither could I receive or give impressions correctly. I could see no reason in nature. Infidelity had taken possession of me to such an extent that I had often cursed myself because of an instinctive desire to pray. Yes, I wanted nothing so much as annihilation uter annihilation, and yet I could not honorably die. To-day I am hoping to live an hundred healthy, happy, useful years. The change of thought came with the change of food.

Advantages for the Spiritual Health.

Great, indeed, have been the changes in my body and mind. So great have they been that whereas I used to be Materialist enough to think they were the principal part of me, I am now fully convinced that they are only the instrument for my spirit to manifest to others and to receive manifestations from others. I believe my spirit has existed for ages, but this is not

provable to another; but it is provable that our spirit cannot make its instrument or body out of any material but living protoplasm taken as food. When our spirit departs these individual particles of protoplasm go back into their primal condition. I am trying to give my spirit the best materials to build its body out of, that it may manifest its Creator's image, feeling sure that in doing so I will please both myself and others, and accomplish God's will^E.-I give thanks continuously to God that he has created perfect conditions, grieving that man, who, in endeavoring to improve them, is causing inharmony.

Economical Advantages.

At the time when I was paying \$24.00 a month for food, and could not afford it or digest it, I left the boarding-house and lived on 33% cents (thirty-tree and one-third) worth of wheat per month, and continued the diet until I had changed my financial condition. When I came to this city, over one year ago, to practice, I was practically unknown here and had not enough money to rent a nice apartment for even one month, so had to take a miserable dark one. To-day I have a nice bank account and live in a nice bright apartment. All of this would have been impossible had I eaten cooked food. No expense for coal, no trouble with cooks, no indigestion, and only one-third food required. Does it pay?

Advantages for Liberty.

There are many forms of slavery, none worse than slavery to one's appetite, unless it be slavery to the opinion of others. When I finished my experiment of living on 9 oz. of natural wheat per day, and found myself in excellent condition, I was liberated from many scientific superstitions. I will mention a few of them. "Man requires from two and one^half to three and one-half pounds of food every twenty-foui hours."

"Man requires meat." "Man requires from 45 oz. to 60 oz. of water per day." "If man eats raw food he will develop all kinds of germs and worms." "Variety is necessary." "Man muscet have extra salt." "Man cannot digest natural salt because worthless fluids in the chemical laboratories fail to do so." "That people at best could not be healthy long." "That it is best to take a pill after each meal." And last, bu not least of these Scientific Health Superstitions, that "cooking improves the food." And one more I had almost forgotten, and it is this: "Alcohol is a food."

Reader, are you superstitious enough to believe all this ?

Natural Food is one of the seven conditions of Life.

DR. JULIAN P. THOMAS,
No. 10 West 93rd St., New York City.

Plasmon.

When the great advantages of Plasmon become fully known it is quite evident that it will become a great favorite in the kitchen and household, as a regular adjunct to soups and sauces, jellies and other delicacies, on account of its convenience and economy. GERTRUDE OLDFIELD.

THE KNEIPP WATER CURE MONTHLY.

Sight and Hearing Restored.

Mechanical Process for Restoring Sight and Hearing Invented, Perfected and Manufactured by Dr. J. W. Dinsdale, the Celebrated Oculist and Aurist of Chicago, Who Has Thus Proved to Be One of Mankind's Greatest Benefactors.

By carrying into successful fruition his cherished idea of many years, whereby he planned to restore sight and hearing to suffering humanity, Dr. J. W. Dinsdale, oculist and aurist, of 432 East Forty-seventh Street, Chicago, has stepped at once into the front ranks of the medical profession and has accomplished an achievement that should entitle *him* to the gratitude of suffering thousands and the blessings of mankind throughout the world as one of the great benefactors of the race. The triumph, now that it is an acknowledged and accomplished fact, is the result of Dr. Dinsdale's life study, the one central idea on which his mind has been fixed, the one purpose for which he has studied, labored and waited, his confidence never wavering that in the end he would be successful, would surmount all difficulties and give mankind a means whereby the worst of all human ills might be averted.

Recognizing the fact that failure in eyesight and in hearing were both increasing at an alarming rate, Dr. Dinsdale made diseases of the eye and ear a special study, graduating as an oculist and aurist and confining himself to these specialties throughout the years of his practice has achieved a success of which any one might well be proud. His work has been along the lines of mechanical massage treatment, in regard to the eye recognizing the fact that absolute rest for a few moments at stated times during the day and causing a fresh supply of blood to flow through the minute vessels would be of great benefit. The sight restorer used by Dr. Dinsdale in his treatment of the eye is of very simple mechanism, cannot get out of order and can in no way injure this delicate member. It consists of two ebony cups, connected by rubber tubes with a mouth-piece. By placing the cups over the eyelids drawn gently away from the eyes. By retaining them thus for a short time the flow of fresh *blood* is stimulated and the eyes are rested by the release of the tension on the nerves and muscles controlling them.

Dr. Dinsdale makes the broad claim that his restorer will cure all curable diseases of the eye. Beyond this he does not go, but strenuously insists on being able to cure all curable diseases. And he is borne out in this statement by a multitude of witnesses who, having experienced the cure, are thankful therefor and anxious for the world to know

of Dr. Dinsdale's great discovery. An that **na»** Oeen in regard to the efficacy of the Sight Restorer, of derful and perfect success in all curable cases may very properly be said in regard **to** his Hearing **Restorer**. **It** operates on the same principle **AS** the Sight Restorer ana **IF** equally as great a boon to afflicted mankind.

Dr. Dinsdale sends a booklet on receipt of **stamp** to those who are not able to call on hint in person* preiertng the latter course when it is at all possible.

Our Sanatorium.

We beg to notify those of our readers who are interested in Summer-resorts, where they could spend their vacation, that our Sanatorium "Bellevue" in Butler, N. J. is open to receive patients and visitors.

A full staff of attendants guarantees the comfort of in* tending health-seekers, and the cuisine and management will give satisfaction to all visitors.

Light, sun and air baths, electric and massage treatment according to the newest Natural Healing methods, and steam-baths, all hot and cold water applications according to Kneipp, Priessnitz and our own *improved* methods are applied daily.

The Sanatorium with its surrounding cottages can contain a goodly number of patients, and visitors who intend to pass their summer vacation there, will only be too agreeably surprised by the idyllic position of the Sanatorium and its romantic surroundings.

The terms are moderate and reductions are made to families or entire parties coming together.

Timely notice should be given the management of an intended visit, in order to secure rooms.

The aim of the Managers of the "Bellevue" Sanatorium is to *satisfy* every visitor, and to make a lasting impresssion on al those who have availed themselves of its hygienic and salutary conveniences.

Those who desire treatment in the city of New York, can receive same and all necessary information at our Naturopathic Institute, 135 E. **58th** St., New York.

In the life of every man there has been a day when the heavens opened of there own accord, and it is almost always from that very instant that dates his true spiritual personality. It is doubtless at that instant that are formed the invisible, eternal feature that we reveal, though we know it not, to angels and souls. MAETERLINCK.

Sanitarium a n d Nature Cure Institute

Rockland Avenue, Mamaroneck, N. Y.

The following are the applications given to patients: **Schroth Cure or Regeneration Cure; Kneipp Wat* Cure, Just's Method, Dietetics, Electric Treatment, Healing Gymnastics**, as well as **Light, Air and Su Baths**. The above are the most appropriate ways of treating the following acute and chronic diseases:

a) **Diseases of the Nervous System:** Neurasthenia, Hysterics, Hypochondria, Nervous Headache, St. Viti Dance, Sleeplessness, Nervous Debility, Diseases of the Brain and Spine, Paralysis, etc**;

b) **Diseases of the Breathing Organs:** Chronic Bronchitis and Catarrh of the Lungs, Chronic Pleurisy ai its residues, Asthma, Emphysema and kindred conditions.

c) **Diseases of the Digestive Organs:** Bad Digestion, Constipation, Piles, Chronic Diarrhoe, Tumors of tl Stomach, Dilatation of the Stooacb, Nervous Dyspepsia.

d) **Diseases of Metabolic Assimilation.** Chlorosis, Obesity, Rachitis, Diabetes, Gout, **Rheumatism**, Sk Diseases, Quicksilver Poisoning, Drug Poisoning, etc. etc.

e) **Diseases of the Heart and Kidneys:** Malconstruction of the **Valves** of the Heart, **Nervous** Heart Trouble Bright's Disease, Dropsy.

f) **As also Special Climaeteric Diseases and other Diseases of the Female Sex :** **Painful menstmatio** Lencorrhoea, Tumors, Acute and Chronic Inflammations, Diseases of the Ovaries, as also **Tumors and Displacement** of tl Uterus, Dilatation of the Ligaments of the Womb, and Acute as well as Chronic **Exudations, Purperal Fever**. Strengtheni Cure during Pregnancy.

- Treatment during summer and winter. Prospectus free. For further information **kindly address the** proprietor,

G. PETRY, NATUROPATHIC PHYSICIAN, Mamaroneck, N. ^
Mamaroneck may be reached in 45 Minutes by the N. Y. Central R. R.

Naturopathic Adviser.

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

C. P. D., Los Angeles, Cal. You are suffering from sciatica. Every day a chair steam bath. Put a kettle with boiling water under a cane chair, sit on it and cover yourself from the hips to the feet with a blanket so, that no steam can escape. As soon as you are in mild perspiration, take a half bath or sitz bath, 75 degrees F., 10 min., combined with a sponge bath, of the whole body. Before going to bed a foot steam bath or alternate foot bath, 5 min., 100 degrees F., one-half min. cold water, three times repeated. Every morning cold sponge bath of the whole body, three times weekly, combined with thigh gush. Make good use of going to the sea shore; lay in the sun on the hot sand until very warm all over the body, then take a short ocean bath. Avoid meat and alcohol. Live on a vegetarian diet, especially plenty of fruits of all kinds, almonds, etc. Every day the juice of three to five oranges mixed with the juice of two or three lemons. If constipated, use injections.

W. H. B. & Co., Stockport, Ill. Q. 1. Should or should not soap be used in taking the morning sponge bath? A. Soap should never be used except for special cleaning purposes; it deprives the skin of its oily nature.

Q. 2. Do you advise the drinking of hot water for cleansing stomach and bowels? A. All the applications and treatments in Naturopathy have to be given according to the individual condition of the patient. What is beneficial for one may not be for another. This is the reason why some are in favor of it, some against it. Certainly you may try it.

Q. 3. *Aft you* able to give a fixed rule for (a) just what over-eating is and (b) what is proper and improper food? A. (a) Your own nature alone can give you a rule how far you have to go in eating. If you live on a raw food diet, you will find the limit easy; if you live on cooked food, especially on a meat diet, it will be more or less difficult, because the spices and irritating influences of such a diet will induce man to eat more than he needs. They also cause an artificial thirst. See article "Who is Right?" July, 1900. (C) Naturopathy recommends as proper food a non-irritating, non-stimulating fruit and vegetable diet. Read the famous book, "Fruit and Bread," by Schlickeisen.

Q. 4. After going to bed in cold or cool weather my feet are nearly always cold. How should this be prevented? A. Chronic cold feet are a symptom of false circulation of the blood, which is the cause of many chronic ailments. Every evening before going to bed an alternate foot bath, three times weekly upper gush and three times knee or thigh gush, walking barefooted; during the night wet abdominal bandage. Lukewarm enema if constipated. If everybody would ask in the way as you did, we could answer in the way as you suggest.

Mab. H., Boston, Mass. Consequences of appendicitis. In order to avoid another attack, your husband should use a hygienic diet, as often described here. Instead of three boiled eggs every morning, let him have grape nut, with lukewarm milk or Irish oats, with milk, strawberries, baked apples, stewed prunes, oranges or any fruits he should like, with rolls one day old. For the second meal rice, macaroni or a few potatoes, with any vegetable, especially spinach, sprouts, carrots, peas, string beans, asparagus, etc. Vegetables must be steamed and flavored with a little whole wheat flour, tomatoes, parsley, celery, onions, etc. Some vegetables you may cook in water, like asparagus, oyster plants, but use the water for soup, which gives a fine taste like chicken broth. Soups must always be thick. Use very little salt, no other spices. Now and then he may eat some chicken, turkey, lamb, mutton or fish, with vegetables. With every dinner *plenty* of lettuce or water cress, prepared with lemon juice and olive oil. One cup of malt coffee before meals. No drinking during meals or directly afterward. Every morning cool half-bath two to three minutes, combined with sponge bath, every night a wet abdominal bandage; in case of pain on the region of the appendix, a thick extra compress of clay salve. (Potter's clay mixed with water prepared to a thick salve.) If circumstances permit it, sun baths, especjall on the abdomen. In constipation, enematas of camomile tea.

Mrs. J. C. D., Lebanon, Ill. For the child troubled with enlarged tonsils apply a wet neck bandage every night and every other night an abdominal bandage; twice weekly a bed steam bath, after rising in the morning a cold sponge bath, especially of the neck and chest; allow the child to walk barefooted, also a sun bath now and then. The best treatment for ordinary colds in small children is a *H* packing or bed steam bath, three-quarters to 1 hour with lukewarm half bath to follow about 10 minutes, or a warm hay blossom bath, 98 degrees F* 5 to 8 minutes, with ^ pack or dry pack to follow three-quarters to one hour, then cool sponge bath of the whole body. Enematas of peppermint tea. Very simple diet, no meat or beef tea, coffee, etc. Lukewarm milk soup with rolls or bread, farina, milk, rice, oatmeal, hominy, etc., stewed fruits, baked apples, Dr. Lahmann's cocoa.

In case of too profuse menses apply a four-folded compress dipped in vinegar and water on the abdomen and renew as soon as it gets warm, two hours, then two hours' rest and repeat. On the fourth or fifth day, an oak bark sitz bath, 00 degrees F., 20 minutes. The oak bark has to soak in water twelve hours, then cook it forty or fifty minutes. (Six ounces to one bath.) Cool enema every day about one pint. Between the menses every other day one cool sitz bath, 70 to 65 degrees F., three to five minutes. During the night abdominal bandage. Moderate riding of bicycle.

H. A. H., Fall River.—Hayfever.—This is a catarrh of the bronchial tubes, the nose and eyes, and attacks mostly people who eat and drink too richly and too much. A very simple vegetarian diet is the first "conditio sine qua non." Avoid alcohol in any form, strong coffee, tea, spices. Begin right away with bed steam bath every other day, 1 hour duration with cool half or sitz bath 10 minutes to follow. Instead of a bed steam bath you can take a sun bath which is more powerful. Every morning cold sponge bath with alternating thigh gush and upper gush. Gargle several times daily with lemon water. Every morning and afternoon breathing exercises in fresh air for about 5 minutes; inhale slowly through the nostrils, retain the breath in the lungs or a few seconds and exhale slowly through the nostrils. In constipation, daily enema with lukewarm peppermint tea. Sleep with open windows. During an attack, also alternate foot bath.

The pimples on the back and neck are an effort of nature to purify your body of foreign matter, which is the cause of your hay fever. They will disappear after some steam packs.

J. F. H., Chicopee Falls, Mass.—You are run down and you cannot digest any food. Live on a very simple food diet, do not eat much at a time, but oftener. Breakfast: 1 cup of Dr. Lahmann's Cocoa, or lukewarm milk, with toasted bread, a few strawberries or an orange or baked apples or raw tomatoes and lettuce. Dinner: Rice with raw tomatoes or baked apples or lettuce or stewed prunes, peaches, etc. Fruits of all kinds with whole wheat bread. Supper: Lukewarm milk or black malt coffee with whole wheat bread. The juice of one lemon mixed' with one raw egg, fruits and berries. Avoid sugar, meat, spices, vinegar, coffee, tea alcohol; use very little salt. Before going to bed, 1 cup of the following mixed teas: Aloe powder, crushed juniper berries, gentian and fennel; ¼ of a teaspoonful to one cup, you may add a little pure honey.

Every morning, sponge bath, two times weekly bed steambath with extra compress on the stomach. 1% hour hereafter, sitz bath 80-85°F. 15 minutes. 4 times weekly, clay compress on the stomach (potter's clay mixed with water) hours, can also be used every night combined with wet abdominal bandage, bun bath 10-20 minutes; fatter 30-40 minutes every other day if they can be taken. There is no physical treatment in the world that has more healing power than a sun bath if taken properly. Enemas if constipated.

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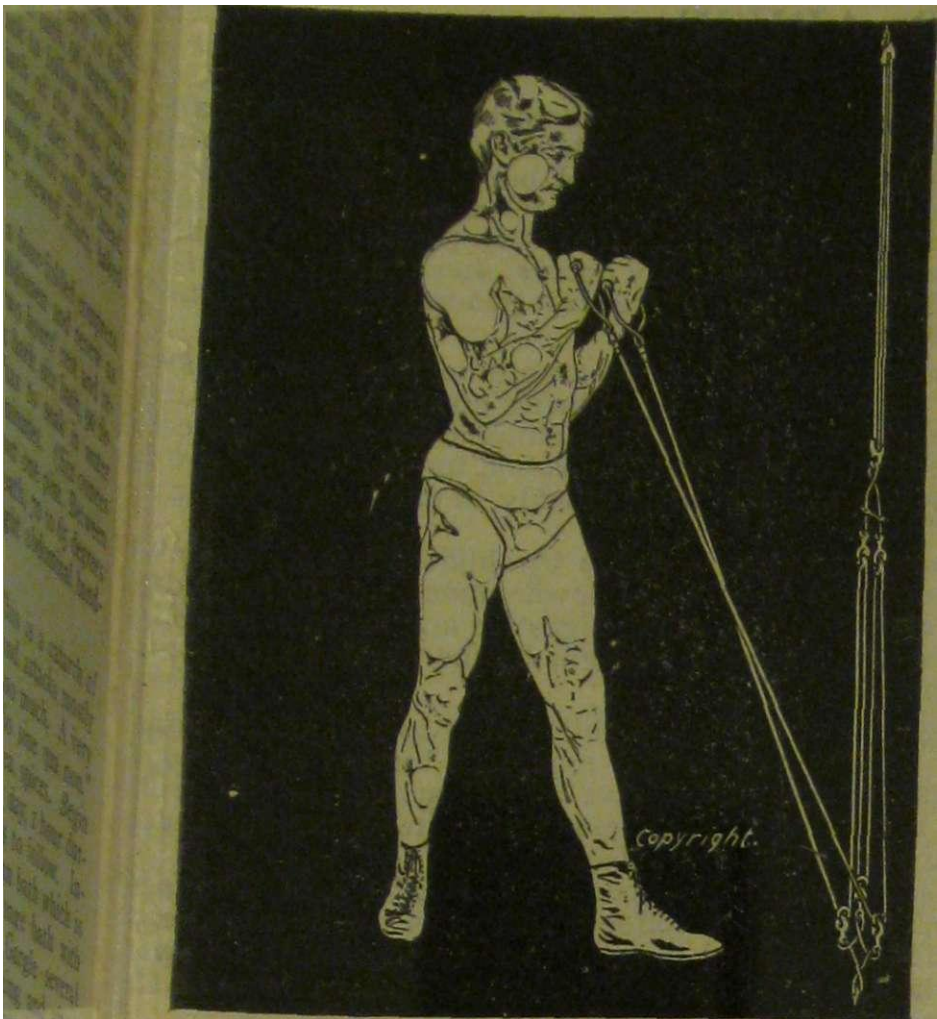
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KNEIPP MALT COFFEE.

COFFEE, ITS USE AND ABUSE.

ORDINARILY we associate the word 'Intemperance' with excessive and abusive use of alcoholic beverages, rarely, if ever, attributing the vices and evils of intemperance to other causes. There are, however, other forms of intemperance quite as pernicious and detrimental to the general welfare of mankind as that of the excessive use of alcohol. One of them is the abusive and immoderate use of tea and coffee, especially the latter, which, when taken in large quantities and in the form of black coffee (*cafe* nozr*), is quite as intoxicating, exhilarating, and health-undermining as alcohol. In fact the immoderate use of tea and coffee has, within late years, developed a new form of disease, *ca/4i'sm4*, which is playing sad havoc with the health of the people of England and France.

Just as alcoholism owes its origin to the use of great quantities of alcoholic beverages, so *caf4ism&* owes its origin to the excessive use of large quantities of coffee.^ Pathologically, the symptoms of the above forms of disease are similar—extreme nervousness, great excitability, insomnia (or if sleep does come it is painfully disturbed by terrifying dreams), absolute inability to properly digest and assimilate food, and often inability to retain food on the stomach (owing to the excitability of the nerves of the inner lining of the stomach by the caffeine contained in the coffee). This very rapidly develops into chronic dyspepsia, general debility, and finally complete and chronic lassitude. It is a fact not so very generally known, that the coffee-bean (the fruit of *Coffea arabica*) contains an active principle, an alkaloid known as caffeine, which in its pure state is a white crystalline mass, and which is so virulent a poison that a single grain of it is sufficient to kill a rabbit. It is, in fact, so powerfully narcotic that it is given as an antidote to counteract the action of morphine in opium poisoning. The symptoms of coffee poisoning can with difficulty be distinguished from those of alcoholism, so that alcohol (that universal scape-goat which has so many sins of its own to bear) is very often burdened with the additional sins and evils of tea and coffee. 'Who would for a moment believe in coffee reducing a victim to a condition of delirium tremens, that condition of complete prostration usually attributed to alcohol only? And yet that condition is produced by coffee quite as frequently as by alcohol.

"Its excessive use, or its use by those unfortunately sensitive to it, produces wakefulness, nervousness, confusion and incoherence of thought, palpitation and irregular action of the heart, and dyspeptic disorders."—*Prof. Wm. P. Bolles.*

"And as an article of diet coffee unduly stimulates the nervous system, and when used excessively produces tremors. Aubert is convinced that the action of the heart is decreased in spite of the increased beats."—*Prof. E. A. Peucker, in Practical Hygiene.*

According to Aubert (an eminent authority), a cup of coffee made from half an ounce of ground coffee contains about two and a half grains of caffeine, a quantity which under certain circumstances, might be sufficient to prove fatal to a child.

In a recent number of the *London Lancet* a high tribute is paid to Dr. Gilles de la Tourette, an eminent Paris physician, for the service he has rendered the medical profession in particular, and mankind in general, in again forcibly reminding his colleagues of the injurious effects of coffee and of the possibility of toxic symptoms following the inordinate ingestion of coffee. He calls especial attention to the injurious effects of coffee upon children, and urges physicians to bring this to the notice of mothers who have the welfare of their children at heart.

Taking into account, however, the great popularity of coffee drinking, it is important that a habit, which in moderation is in no wise hurtful, out in excess may act as a disturbing factor, should be strictly regulated."

Dr. Gilles de la Tourette tells us that "chronic coffee poisoning is almost always mistaken for the troubles engendered by the abuse of alcohol. In both cases the stomach and nervous system bear the brunt of the attack. In effect, caffeic and alcoholic gastritis are nearly identical as to their symptoms. The disgust excited by even the idea of solid food is such that these patients eat nothing else but bread, soaked in their favorite poison—coffee. The circulatory system becomes in its turn attacked, the pulse being slowed to a marked extent^ Insomnia

is common, recalling the nervous disturbance met with in alcoholism. The resemblance is rendered closer by the existence of marked tremor of the muscles of both extremities, and the fibrinous trembling of the tongue muscles, which may extend to the facial muscles. Cramps, often very painful, of the thigh and calf muscles are frequently noted. In certain patients sensibility is diminished, but the reflexes generally remain normal. Paralysis has not yet been seen."

"The above mentioned symptoms are not persistent, the suppression of the coffee sufficing to bring about their prompt disappearance. It would seem that elimination was in this case more rapid than in the case of alcohol, for the suppression is followed by improvement more quickly in one instance than in the other. C J]

"The immoderate use of coffee by children has hi"many instances determined an arrest of development, and its immoderate use is responsible for many digestive and nervous troubles, the origin of which is vainly sought by the puzzled family and attending physician."

A great genius of our day, a philosopher as well as physician. PROFESSOR VIRCHOW of Berlin, expresses himself on coffee in the following terms: "We have at last arrived at the truth that coffee is nothing more or less than a strong stimulant, and taken in large quantities, a poison."

DR. WILL ALCOTT, in his pamphlet, "Effects of Tea and Coffee," says: "That coffee is really essentially a medicine—a narcotic—no medical man of to-day will doubt, not even any one who has paid the least attention to its effects on the human system." (

DR. A. LUTZ, the well-known homeopathist, expresses his opinion on coffee-drinking in a treatise of which we cite the following passage; "How injurious coffee is in general, but especially during pregnancy and in child-bed, scarcely anybody knows. I think, it therefore my duty to explain it fully. DR. HAHNEMANN, the father of homeopathy, prohibited coffee for the reason that it is not an aliment but a medicament. Who has not noticed that coffee-drinking at first agreeably excites, or, with easily excitable people, drives the blood towards the head and produces orgasm, restlessness, etc., in the entire system? Yet these same people thoughtlessly continue to drink their coffee, not thinking that the aftereffect must some time follow, although it shows itself in a disguised and imperceptible form."

"Coffee-drinking before and during pregnancy," Dr'. Lutz continues, "is the cause of many restless nights during child-bed. Much crying of the children, sleeplessness, costiveness, and other inconveniences, are only the consequences and after-effects of the mother's thoughtlessness in drinking coffee^ Every mother, therefore, who knows this fact, or hears of it, should turn her back forever upon such an injurious and even poisonous drink, and should, out of regard for her own and her children's lives and health, never think of taking to coffee-drinking again."

In his pamphlet, "Contributions to the Science of Caffeine," Prof. Johann Stuhlmann gives his experiments on the poisonous effects of caffeine upon some of the lower animals. Cats died in eight minutes from the effects of 01 gramme, and 05 grammes was sufficient to prove fatal to a dog in a few minutes. Hypodermic injections of 02 grammes proved fatal to a pigeon in an hour, and frogs and fishes were killed in from ten to thirty minutes by the application of very weak solutions to their gills. In a *risume* of his valuable and interesting experiments Dr. Stuhlmann says:

"1. Caffeine is a poison and not an aliment. 2. Caffeine applied in proper places in proportionate small doses causes death in a short time to any kind of animal. 3. Caffeine does not produce death by decomposition of the blood, but surely and certainly by paralysis brought forth by the effect of caffeine upon the nerves."

Prof. Schulz-Schulzenstein, in his work, "Rejuvenescence of the Human Life" long since proved that through the drinking of coffee a certain stage in the process of digestion was actually omitted. He attributes the power of coffee to allay the cravings of hunger to this fact, and says: ,;:*Such an encroachment upon the rules of nature can not remain un-

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•.ranished long, and coffee fills its office of public executioner #rell. The host of headaches have mostly to look for their p)origin of coffee.

W "The many spasms from which women suffer and the abdominal diseases in both sexes are mostly the consequences of |corTee, as coffee brings forth as its after-effects cramp and paralysis. The excessive irritation of the senses and of the whole nervous system, from which a great many people suffer, pgnas its cause in coffee-drinking. The scholar and man of letters, always fettered to his writing desk, the workman who follows a sedentary trade, and the wife occupied only in household duties, all will atone for the injurious effects of coffee by the loss of their health. It shows the greatest want of reason to give children and young women coffee; all thoughtfull physicians I advise against it

Dr. Alcott writes as follows about coffee and tea: "Those who drink coffee and tea have a propensity to paralysis and *J\$nervous headache. The slave to coffee and tea must not find 5|| comfort in the thought that these beverages banish headache. »i|They may give relief for a time, but the evil will only get worse ir and the seed of illness is often sown by their use."

Dr. Combe, in his work, "Digestion and Diet,** : "Tea and coffee, if they are very strong and taken in large quantities, especially at night, ruin not only the stomach, but also very Maauch imperil the health of the brain and the nervous system."

Dr. Beaumont, known throughout the whole medical world, gjSays : "Even coffee and tea, the common drinks of everybody, 1 "weaken by their effects the digestive organs. Let a person I who drinks very weak tea and coffee take two or three cups I which are very strong, and he will soon be convinced of the 1 hurtful effect. This effect shows itself 'still more in persons f who are not in the habit of drinking these beverages."

This testimony is more valuable as it has been given in the interest of scientific research.

Dr. Hooper writes in his "Medical Dictionary"; "Tea in its | natural state is a narcotic plant. To drink tea too often produces debility, trembling, paralysis, and a variety of other 4" symptoms arising from narcotic plants."

Dr. Sweetser of New York, in his work "Digestion and its disturbances," says about tea: "Black tea, as well as green tea, acts as a stimulant on our nervous system."

To the statement "Tea is strengthening, and we human beings need one or the other stimulant; I should get very weak without my tea, especially when I have to work hard," Dr. Alcott appropriately replies: "The lover of spirits, of tobacco, and the opium-eater undoubtedly use the same pretext and assign the same reason. All maintain the necessity of a stimulant, under which they understand a stimulant for the nerves.

and all assert that their favorite stimulant gives them strength. But these stimulants give us, after all, no lasting strength. Their support is a deceptive one. They make us stronger for a time, and more active and perhaps warmer, but as soon as their power, which is commonly of very short duration, relaxes, the feeling of strength falls in the same proportion as the former excitement had been raised. Although tea and coffee give us all strength for a time, it leaves us, when that has vanished, in a weaker condition than it found us.

Very nearly the same says Prof. Hitchcock in his ' 'Dyspepsia I Forestalled," in the following passage: "the bewitching; influence of tea and coffee is to be found in their narcotic qualities —the same principle which bestows on opium its attraction. They excite the system, for some time produce an agreeable warmth, and lessen nervous irritation. They do that in a smaller degree than brandy and wine, yet the stimulating principle is essentially the same."

Dr. Birkmeyer writes in a former annual edition of the "General Medical Journal": "Since Fontenelle pronounced his well-known witticism, •Coffee is jocosely called a slow poison,' it nevertheless remains a poison, and especially so if it is drunk by persons with whom it does not at all agree. It increases the activity of the blood and nerves, weakens by its continued excitement the nervous and muscular powers, and fondles, so to say, man to death."

Dr. Bell of Philadelphia says in his work, "Catechism of Health": "Coffee has a dangerous effect on the stomach, the bowels, and the whole nervous system." -

Dr. Combe, in his work "Diet and Regimen," gives the following evidence concerning coffee : "Coffee acts as a stimulant and certainly produces for a time most agreeable sensations, like all other stimulants, its use is attended by the disadvantage of its exhaustive sensitiveness of those parts on which it acts and produces weakness."

Dr. Trotter expresses himself in rose* Diseases" thus: "The only re me the t) ence from any kind of fermented ages and sect* things which are analogous to them, as tea, p ffee. . and other narcotics."

Dr. Burdell of New York says: "I have found lieadache& among those people only who drink coffe or tea, and not one cure was successful where the patient did not give up entirely the use of these beverages."

Dr. Pares writes: "Coffee is suspected, and not without reason, to produce paralysis."

Dr. Tonde, an eminent writer on health subj ays concerning coffee : "Coffee accelerates the tunc only by shortening for a time the period of their activity the debility following thereupon."

Mr. Tinibaldi, an Italian medical journalist, says amongst many other things about coffee: "It causes debility, changes the gastric juice, disturbs digestion, and very often produces paralysis and dizziness."

The experiments which the French *savant* Leven has made, go to prove that far from accelerating digestion coffee, rather retards it vitally. He says: "If we give a dog 30 grammes of caffeine diluted in 150 grammes of water, and kill the animal five hours afterwards, we find the stomach pallid, the mucous lining bloodless, and the vessels of the outer skin contracted, the whole organ showing appearances of extraordinary want of blood. Coffee and tea taken in excess often produce dyspepsia (indigestion), on account of the continued want of blood in the mucous membrane, and finally a permanent state of congestion is established."

Concerning the injurious effects of coffee Dr. Alcott writes: "Next to children, women suffer the most through the use of this narcotic drink. That is especially true of nervous women of whom our present time and country possess so many. Amongst them we find above all an inclination to hysterics, scrofula, or consumption."

Professor Brillant Savarin, of Paris, says in his work, "Physiologic of the Sense of Taste": "Coffee is a much stronger drink than people usually suppose. A strong man can live long and drink two bottles of wine a day. The same man could not stand the same quantity of coffee for any length of time; he would become an imbecile, or would die of consumption. I have seen in Leicester Square, in London, a man who had been made a cripple by excessive use of coffee."

"Every rather and every mother in the whole world," so Savarin concludes, "must imperatively forbid their children the use of coffee, if they do not wish to have sickly, undeveloped children, who are already old when they have reached the age of maturity."

A well-known medical authority says: "Undoubtedly the early and excessive use of strong tea and coffee in children brings forth a predisposition for the taste of alcoholic beverages in after life, and many a drunkard laid the foundation for his unfortunate state in early life through the use of tea and coffee."

Rev. Kneipp says about common coffee in his famous book, "Thus Thou Shalt Live" on page 79: "The coffee plant is a poisonous plant, consequently the fruit is poisonous. To prove this we need only to point to the fact that caffeine, one of the most powerful poisons, is an extract of the common coffee fruit. A very small quantity of this caffeine is sufficient to kill a person."

"As coffee is a stimulant, it will cause strong nervous excitement when used frequently. A person indulging in frequent daily drinking is doing in a smaller degree what a liquor drinker does. It is almost incredible how the constant use of these stimulants irritates the whole nervous system and in many cases affects also the mental powers."

KNEIPP HALT COFFEE.

It is a well-known fact that the unroasted coffee-bean is devoid of all aromatic qualities and principle! and that the agreeably aromatic and pleasant taste and odor of coffee, which gives to it its great value as a beverage, is developed 111 and during the process of roasting. This aromatic principle which is of the nature of a volatile substance, has been called caffeone, and must not be confounded with the poisonous coffee principle which is known as caffeine.

It is also a well-known and established fact, known to meo cal men and chemists for a long time, that other ©arts of the coffee-plant possess the properties of the bean to quite a const** erable extent. This is especially true of the young leaves an I the pericarp. Just as mace, which is the pericarp of the meg, possesses the agreeably aromatic properties of the bean

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K N E I P P M S L T C O F F E E .

By a peculiar and valuable process, which has been patented in almost every civilized country of the world by its patentees and owners, "The Kathreiner Malzkaffee-Fabriken of Munich, Bavaria/" a sapor is prepared from the coffee-plant which contains only the agreeably aromatic volatile principle, the caffeine.

This sapor is made on the Island of Bourbon, off the coast of Madagascar, where some of the choicest* grades of coffee are grown.

Malt especially prepared by a patented process is impregnated with the coffee sapor and then roasted just as coffee should be roasted, whereby the agreeably aromatic odor and taste of coffee is developed within the malt kernel just as it would be in the coffee-bean itself. The malt is then coated with an impervious but absolutely harmless coating made from the cocoa-bean, thus insuring an absolute retention of the aromatic coffee principle by which it has been impregnated.

During the process of the roasting absolute accuracy regarding the temperature is observed, so as not to destroy the valuable dietetic properties of the malt, which are still retained, as the following analysis of Willmer will show:

Water.....	g\$%
Vegetable Fat —	1.49
Nitrogen	1.77
Albumen09
Maltose and Caramel	9.51
Dextrine	39.79
Starch	24.12
Woody Fibre	10.42
Mineral Matter	2.41
Phosphoric Acid87
Soluble Extractive Matter	51.08

The valuable and health-giving properties of malt are well and universally known, and we need not call attention to them here. However, it may be of interest to know the comparative composition of the albumen (white of egg) contained in the following:

	Barley Malt	Meat Extract	Egg	Yolk of Egg
Carbon.....	52.9%	54.5%	53.4%	52.26%
Hydrogen...	7.2	7.3	7.0	7.25
Nitrogen...	17.6	15.8	17.7	15.6
Oxygen.....	20.5	1.2	22.4	P. 1.02
Sulphur....	1.6	Ashes 1.4	S. 1.6	S. 1.17
				Ashes 4.82

Conclusively showing the great similarity in chemical composition of the albumen of malt with the albumen of the egg, and establishing, above question, the great nutritive value of malt. When we consider the amount of albumen contained in the

KNEIPP MALT COFFEE

and in addition thereto nearly 10 per cent of Maltose and Caramel, besides nearly 64 per cent, of Starch and Dextrine (both valuable food factors) the nutritive value of Kneipp Malt Coffee cannot be overestimated. In Kneipp Malt Coffee, therefore, we have two very valuable properties combined. It is a pure food product made from the choicest grades of barley malt, and combines the health giving, invigorating and nutritious properties of Malt Extract (Kneipp Malt Coffee contains about 58 per cent, of extractive matter): with the delicious taste and aroma of coffee without, however, possessing the injurious and health-destroying caffeine.

Kneipp Malt Coffee is not a medicament, but an aliment of great intrinsic value. It is a wholesome beverage for young and old, strong and weak; a complete substitute for, as well as a Splendid addition to any grade of coffee.

Kneipp Malt Coffee is a great *beon* to invalids, nursing mothers, and children who require a nutritious and strengthening food for their system. It supplies nourishment to the nerves and blood, and by its daily use the whole system is benefited, as it produces a healthy action of all organs, resuking in clear complexion, rosy cheeks, bright eyes, strong and robust appearance, and a healthy condition in general. The Kneipp Malt Coffee is especially recommended to all sufferers from indigestion, dyspepsia, nervousness, insomnia, stomach and bowel troubles, liver complaints, and general debility. When used as an addition to coffee it not only neutralizes the bad effects of the caffeine, but improves the coffee in taste, flavor and strength, and at the same time reduces the cost of it from 40 to 50%.

The Kneipp Malt Coffee will increase the appetite, aid digestion, brighten the spirits, produce natural sleep, refresh the

memory, and exercise a beneficial influence on mind and body in general.

Special attention is called to the fact that the Kneipp Malt Coffee is manufactured in the whole grain, and it is, therefore, scarcely possible to adulterate it.

Its tempting appearance will convince at a glance that it is not coated with any such substance as chicory, burnt sugar, etc., calculated to impart merely a dark, unnatural color and an artificial coffee odor to the same. The Kneipp Malt Coffee is absolutely free from all substances injurious to health. Every family be it poor or rich, should use it daily. It will promote and preserve health and happiness and banish the demon " caffeine, " which causes thousands to suffer who injudiciously drink coffee in large quantities.

At the Eleventh International Medical Congress, held at Rome in April of 1894, the Kneipp Malt Coffee enjoyed the distinction of having been made the subject of a lecture before the congress, by Guiseppe Steffanacci, which appeared in // *Policlínico*, Rome, April, 1894. Also of a dissertation by the well-known Dr. Carl Gerster, which was also read at this Congress. The Kneipp Malt Coffee received the unqualified sanction and approval of many of the ten thousand physicians who attended this Congress.

Upon the advice of Father Kneipp. His Holiness, the Pope, introduced the Malt Coffee into his household at the Vatican, and to show his appreciation of the labors of Father Kneipp, conferred upon him the title of " Monseigneur."

Rev. Kneipp says about the Malt-Coffee. " Luckily there are a good many people who abstain totally or as a rule from drinks injurious to health and who supply themselves with nourishing and harmless beverage."

How to Prepare Kneipp Malt Coffee.

To one quart of water add three heaping tablespoonfuls of ground Malt Coffee and boil for five minutes. Then allow the coffee to settle, or strain through a cloth, and serve with cream or boiled milk. Do not use unboiled milk.

When Kneipp Malt Coffee is used in connection with coffee, use two heaping tablespoonfuls of each. Boil the ground Kneipp Malt Coffee first a few minutes, and then add the ground coffee and boil a little longer, or strain the boiled KneippMaltCoffee through the ground coffee.and serve as above.

Important Notice.

There is probably no article of food before the public which has received greater eulogiums or greater favor amongst all classes, where it is known, than that which is here offered— The Kneipp Malt Coffee. The high esteem in which this great hygienic coffee is held arises from the intrinsic Virtues which experience has shown it to possess.

There are few persons, if we except the medical faculty, who are aware of the great suffering caused by the excessive use of coffee as a beverage, and every reader of the foregoing pages should profit by the experience of others and discontinue its use and drink instead Kneipp Malt Coffee.

Prices of Genuine Kneipp TCalt Coffee.

1 Pound ..v.....if',.....	It 15	HO Pound case	\$.60
10 "\$1.25	100 Pound case..	11.50
25 "3.06		

CAUTION.

The best evidence of the merits of an article is the disposition of many to produce counterfeits, and it is regarded as the strongest testimony of the value of this Great Hygienic Coffee that attempts of this description have come to our notice.

The Kneipp Malt Food Co. are sole licensees for the United States and Canada, of the Kathreiner'sKneipp-Malz-Kaffee-Fabriken of Munich, and sole licensees of the name, trade-mark (picture and signature), of Father Seb. Kneipp of Worishofen, Bavaria, for the manufacture and sale of Kneipp Malt Coffee, fully covered by United States and Canadian patents, and hereby beg to inform the public that the Kneipp Malt Coffee bears the picture and signature of Father Seoastian Kneipp on every package. Insist upon having Malt Coffee* the package of which bears the picture and signature of Father Kneipp.

Common FXalt Coffee.

1 Pound,	10 10 Pounds\$1.00
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Several Niedaln awarded *mt* Hygienic Expositions.



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Three years *ago* we introduced for sale as a novelty
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krepp and air-cell, and this kind of underwear sold
quickly.

To-day we are in a position to offer to our customers
a piece of underwear, i. e., our new Krepp Health-Shirt in
two layers, made of the best Maco-cotton with ribs of silk
or China-grass, which excels all systems known heretofore
{Jaeger, Lahmann, Thomala, Deimel etc?}, being more
practical in hygienic respect, more comfortable and
cheaper than those.

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adapted for underwear—because it is more porous—than
tricot, flannel, etc.

In the mean-time we have succeeded in providing this
Krepp-texture with ribs, which are intended to extend the
warming air-stratum betweei- the skin and the underwear,
and to reduce surfaces of contact of the body and the shirt
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which keeps warm in winter and cool in summer.

According to the experiments made thus far our
woolen Rippenkrepp-shirt keeps the body even warmer
than woolen flannel or woolen tricot.

To those who used to wear wool or silk on the skin
we also furnish the Krepp with wool- or silk-ribs;
such underwear will not lose its porosity or shrink by
usage or in the wash. The adherents of Kneipp- and



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Natural Healing systems certainly will feel very com-
fortable in our Maco-Krepp-textuxe with China-grass
(China-linen) ribs.

This China-grass-rib-underwear is preferable to the
pure linen underwear on account of it being lighter,
cheaper and more durable. Pure linen is only adapted for
body-linen, if the texture is coarse, otherwise the skirt has
too much contact with the skin and will cause colds, be-
cause there is no stratum of air to regulate the heat.
Linen shirts of a coarse texture weigh twice as much, as
those of a fine texture and, therefore, tire those wearing
them. The Chinese who are ahead of us in the art of
dressing, avoid heavy clothes and rather wear two light
ones than a heavy one, because these better correspond to
the temperature of the day, and thus the clothing never is
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For tourists and friends of sport there is no better
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the surface of the shirt from the body and if the shirt has
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In the Rippenkrepp with two layers the shirt and un-
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1) Total length; 2) Circumference of chest (give it as large
as possible); 3) Length of the >leeves from the centre of the back
to the wiist (bending your arm), For shirts the exact measure of
the neck should also be indicated besides the above measures.

The following measures should be given
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1) Circumference of body; \$) length of leg from step to
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Some people prefer to take these remedies in the form of powder. A small teaspoonful 3 times a day is the usual dose. Of the tinctures take a teaspoonful in water, or on sugar, or with some honey, three times daily.

To make the tinctures mix J lb. of herbs with 1 pint of rye-whiskey or 70% pure spirits, let draw for a week and pour off.

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German: Aloe.—French: Aloe.—Latin: Aloe vulgaris.
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Pound 60c, Bottle powder 20c.

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Latin: Angelica silvestris L.
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Anis Seed.

German: Anis.—French: Anis cultivate*.
Latin: Pimpinella Anicum.
Anise is an excellent remedy for colics. One tablespoonful boiled in one cupful of milk for 5—10 minutes. Must be drank as warm as possible. The cramps will stop very soon and in a short time the colic disappears.
Pound 50c, box 20c.

Arnica.

German: Arnika (Berg-Wohlverleih).—French: Arnica.
Latin: Arnica montana.
Tea of Arnica must be prepared very light. Arnica-roots op the herb are boiled with vinegar and water and the extract used to poultice the abdomen proves very salutary for colics. Arnica-tincture, diluted with five times as much water, is a good wash for sores and is used with excellent success for ulcers.
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Bark of Oak.

German: Eichenrinde.—French: Chene.
Latin: Quercus robur L.
Tea of it will strengthen the interior organs. It is very valuable for healing piles, fistula, prolapses of the rectum; also for swollen glands, or swollen throat.
Pound 30c, box 15c.

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German: Barentrauben-Blatter.—French: Bousserole.
Latin: Arbutus uva urvi.
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Pound 40c, box 15c.

Bilberries.

German: Heidelbeere.—French: Myrtille.
Latin: Vaccinum Myrtillus L.
Wonderfully effective in cases of diarrhoea. Chew and swallow the dried berries or prepare some bilberry spirit.
Pound 75c, box 20c.

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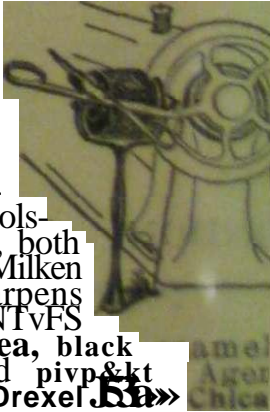
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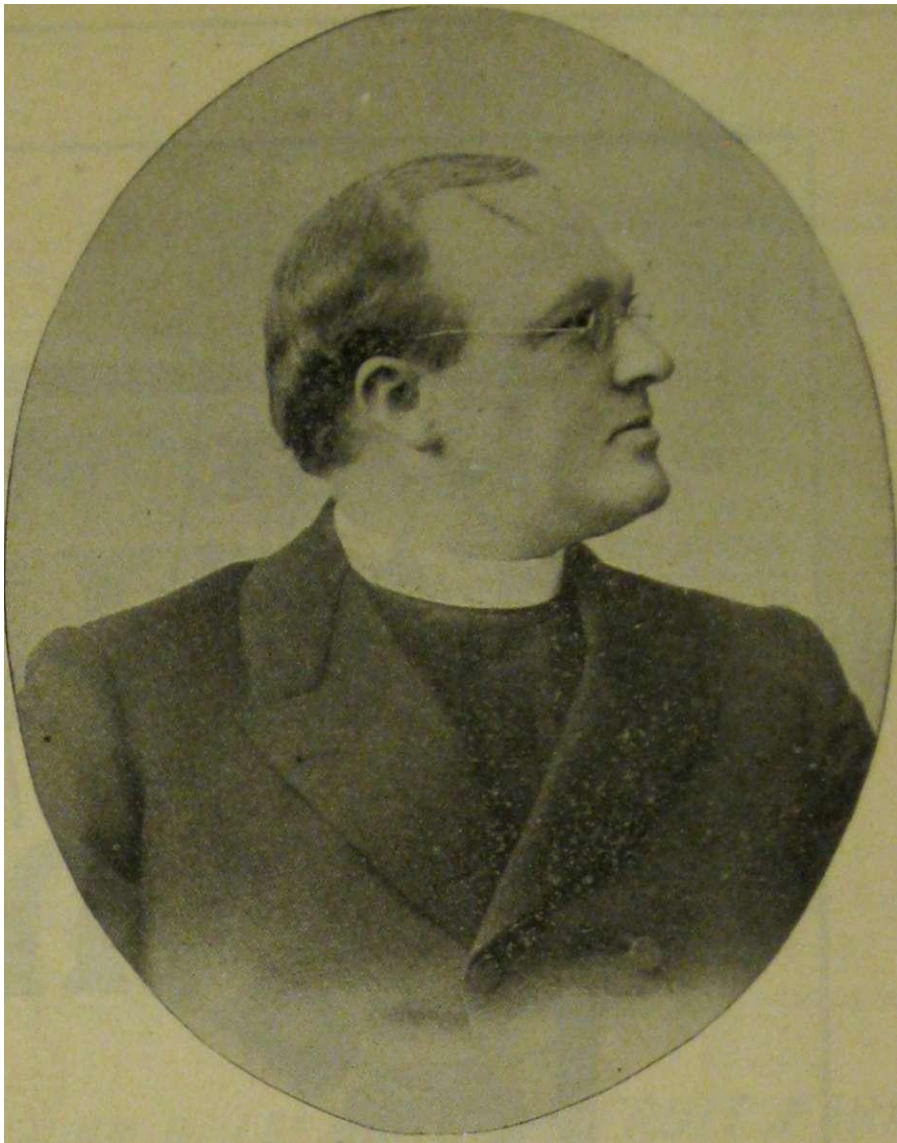
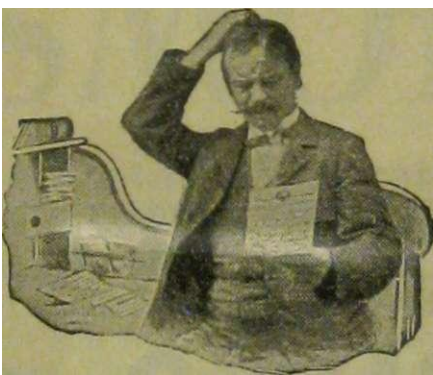
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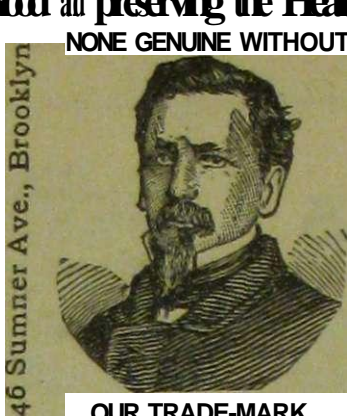
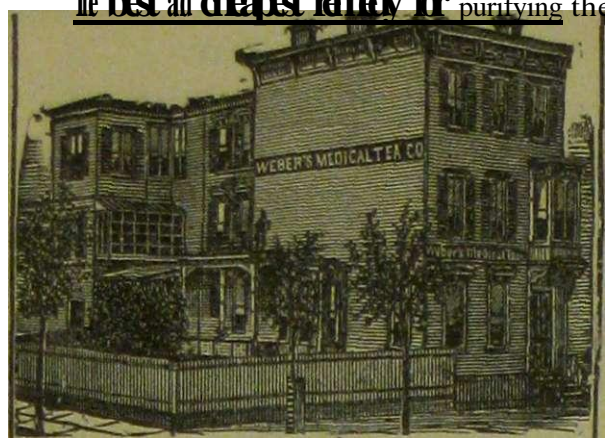
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Latin: Rhamnus I*rangula.

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•Pound 50c, box 20c.

Blackthorn Blossoms.

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Latin: Prunus spinosa.

•This most harmless purgative should be found in every sehoid. It is a purifying as well as a strengthening: remedy y
the stomach.
Pound \$1.25, box 20c.

Borage.

German: Boretsch.—Latin: Borrags officinalis.

This is a blood-purifier, nerve-tonic, rich in nutritive salts-
t good in cases of hysteria and nervous palpitation of the

Pound 75c, box 20c.

Bramble (Blackberry).

German: Brombeere.—French: Ronce noir.—
Latin: Rubus fruticosus.

Tea made of Bramble Leaves purifies the blood.
I Pound 40c, box 15c.

Brier (Hips).

German: Hagebutten.—French: Gratte-cul.

Latin: Rosa canina L.

p Sufferers from gravel and other painful diseases of kidney
if bladder should use this excellent remedy.

Pound 50c, box 20c,

Buckthorn Bark.

German: Kreu::dorn-Rinde und Beeren.
French: Nerprun purgative.
Latin: Rhamnus cathartica.

Tea made of the Buckthorn Bark, or the dried berries, or the
£ of the fresh berries ?xiled in sugar are an excellent pur-
•jfe. Adults take 1 to 2 tablespoonful, children \ a teaspoon-
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Pound 50c, box 15c.

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German: Hagebutten-Kerne.—Latin: Rosa canina.

(Seeds of Brier-Hips yield a pleasant and wholesome sub-
\ ate for ordinary tea.

Pound 40c, box 20c.

Broom or Broom Herb (Geniste).

German: Ginster.—French: Genete.

Latin: Genista germanica L.

I Brom-herb Tea is most effective in cleaning the bladder
|mw/- expelling gravel or stones. A little wine or honey added
Isle boiling will increase its strength. For convalescents it is
Mip vigor a ting remedy.

J! Pound 50c, box 15c

Buck-Bean.

German: Bitterklee.—French: Trefle d'eau.

Latin: Menyanthes trifoliata L.

R Tea of Buck-Bean operates well on digestion and prepares
; d gastric juices. Complaints of stomach and liver will find
fit \$ & relief

H Pound 50c, box 15c.

Burdock Roots.

German: Klettenwurzeln.—French: Bardane.

Latin: Arctium Lappa.

Burdock Roots promote the secretion of the urine. Besides
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H; made from them,

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Calamus Root, boiled with shaye-grass and worm-wooct. H
a good remedy in the first stages * f dropsy. It is excellent
flatulency and unwholesome gakes In thj stomach, weak stomach,
or cold in the stomach, and inactivity of the kidneys. For
nausea, fainting fits and many stomach troubles, tincture ci
calamus root is highly recommended.

Pound 50c, box 20c.

Camomile.

German: Kamille.—French: CamomiUe.

Latin: Matricaria Chamomilla L.

Camomile tea is used for colds, especially if attended by
light fevers, for colics and cramps, strong congestions, etc.

Pound 80c, box 15c-

Centaury.

German: Tausendguldenkraut.—French: Centauree.

Latin: Erythraea, centaurium L.

Tea from centaury evacuates the gases retained in the
stomach, drives away useless and unhealthy acids, improves the
gastric juices and operates well on the kidneys and liver. The
best remedy against heart-burn.

Pound 75c, box 15c.

duckweed.

German: Huhnerdanri (Sternmiere).

French: Monron des oiseaux.

Latin: Stellaria media.

Tea made of this herb is a remedy for catarrhs of the chest.
The juice of the herb boiled in the sugar is used for the same
purpose.

Pound 60c, box 15c.

Coltsfoot.

German: Huflattich.—French: Pas d'ane.

Latin: Tussilago Farfara L.

To purify chest and lungs, to remove asthma and coughs
drink tea made of Coltsfoot.

Pound 40c, box 15c.

Common Nettle Leaves.

German: Brenn-Nessel.—French: Ortie.

Latin: Urtica dioica L.

Loosens the phlegm in chest and lungs, cleanses the system
by expelling bad matters from the stomach and by means of the
kidneys. Recommended for dropsy in its first stage.

Pound 50c, box 15c.

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Latin: Ribes nigrum.

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which, as well as the black currant juice boiled in suga*, is a
very good remedy for whooping-cough and catarrhs pi the chest.

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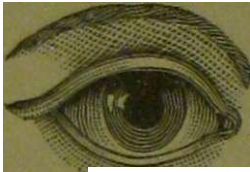
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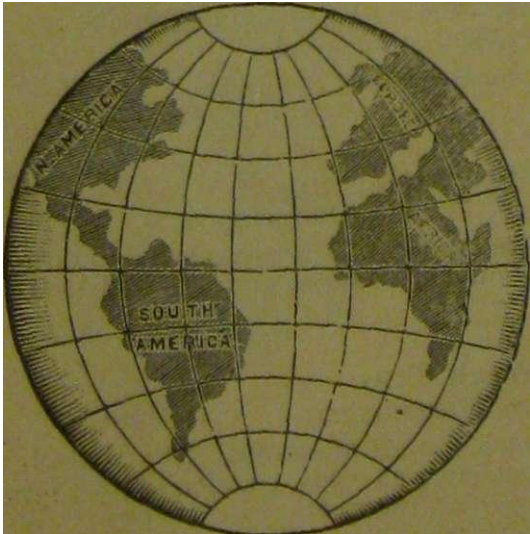
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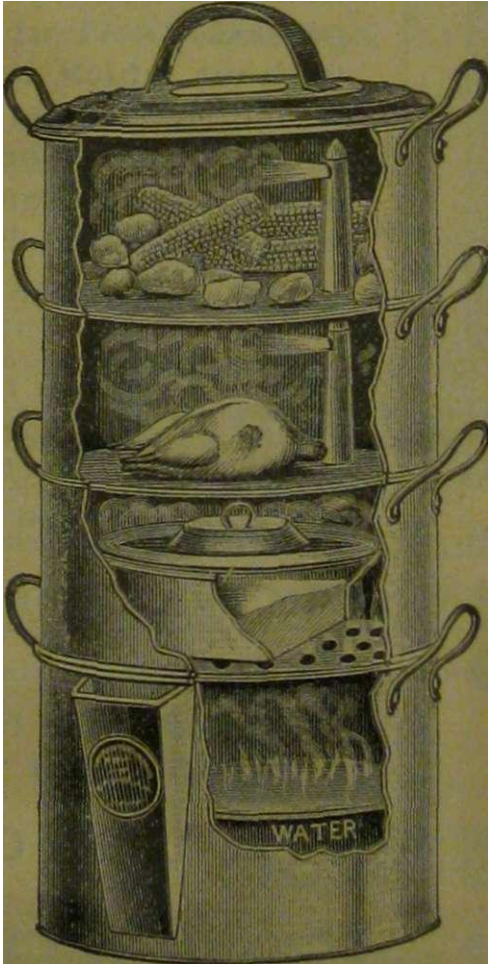
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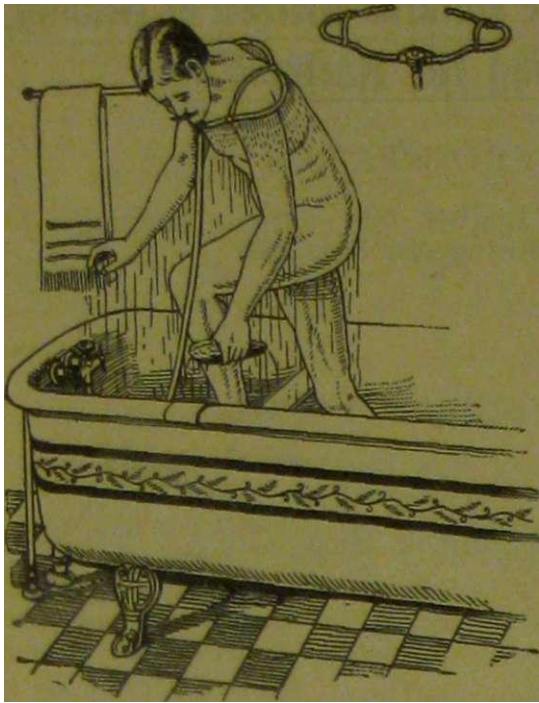
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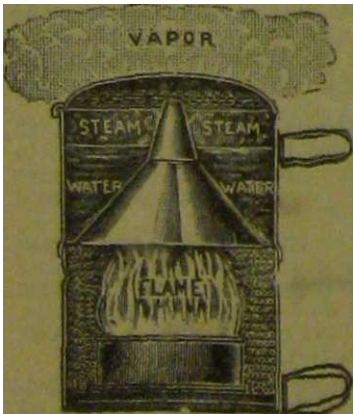
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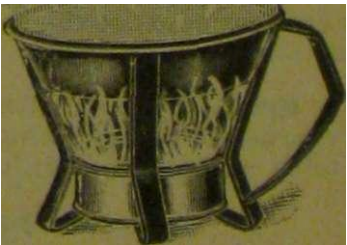
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