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... AND

HERALD OF HEALTH.

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

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When, and How, and How Much Shall We Eat and Drink?

By the Editor.

II.

Should you, however, dear reader, have accustomed yourself already to eating too much, it is still time to begin to try and remedy this mistake, by gradually but steadily decreasing the quantities of food you daily consume.

The best would be, to help yourself once only at each meal, i. e., fill your plate once but with sufficient food—and then *not to take any second helping*; also to get up right away from the table, as soon as you begin to feel the commencement of satiety. Because, as long as one sits at the well filled table, there is always an inclination to eat some more.

"By eating, one shall only appease one's hunger, but shall not thereby lose one's appetite.

"How so?" you may ask; are not hunger and appetite one and the same? No! Hunger and appetite are two very different conceptions.

Appetite is a tickle of the palate and originates from the desire after food and drink on account of their taste. A healthy person has always appetite, even if he is not hungry, but as long as he will not actually feel the latter sensation, he will naturally not satisfy the former.

Hunger, you should know, is an irritated condition of the stomach, caused by the contraction of the coatings of the walls of the stomach. In some people this contraction is only felt very feebly, and in these the sense of hunger exists only to a slight degree; in others, however, these contractions are very noticeable, and in these a strong* sense of hunger is developed; they feel what is called a "gnawing hunger."

Now, remember, dear reader, hunger alone should be appeased, but not the appetite. If you will obey this very important axiom, "to discontinue eating when it tastes best," you will notice that your appetite will continue to exist. If you do not heed these instructions you may verify, that your appetite disappears after every meal. This surely will be the best proof that you have eaten too much. Then you will suffer from loss of appetite.

In such a case, eat less at the next meal, still less

at the next, and so forth, until your appetite comes back again.

There are of course some morbid conditions (catarrhs of breathing and digestive organs) in which hunger may exist, but no appetite, and the latter only returns when a normal state of health is again attained. Such conditions form of course an exception to the general rule.

"Man needs daily, if the solid as well as fluid nutriment is reckoned altogether, about the twentieth to the twenty-fifth part of the weight of his own body." A large body needs, therefore, more nutriment than a small one, a grown up person will need more than a child.

A diligent person feels generally more hunger than a lazy one; he who exerts his bodily or mental capacities to a great extent daily, requires certainly more food than he who exerts himself very little and leads a contemplative life.

A healthy person needs more than an invalid.*

Therefore, dear reader, be guided by these truths, and adjust the food quantities you require, according to circumstances.

One should not always partake of one and the same kind of food, but should rather care for the corresponding change of diet, so as to provide the human organism with all necessary matter which it needs for its development and maintenance.

‡ You should adopt preferably vegetables and whole wheat bread for your regular diet, and add thereto cheese, eggs, butter, and vegetable fat, and eat only as little meat as possible—and your general condition will improve wonderfully. Don't use any spices if you can avoid the use of same, and for improving the taste of your food add a little sugar or salt (however of the latter very little only). In these

* Professor Dr. Reclam writes: One needs less nutriment, on an easy digestible but very nutritive diet, than otherwise—and again, the craving for food is the greater, the less nutritive and more digestible that the consumed articles were. The digestion of food consists therein that the food is dissolved through the gastric juice in the stomach and intestine, and is thus made capable of transition into the blood. The quicker any food is dissolved by the stomach and intestine, the easier digestible it is; and the more dissoluble matter (which passes over into the blood) a food contains, the more nutritive it is.

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various food stuffs you will find, if you use them with discretion and make a proper combination, that they contain the right proportion of "alimentary matter, for replacing the used-up matter which is lost by the daily needs of your constitutional organs, and which will favor the development of your body and the so-necessary formation of heat in the same. (See footnote).

Masticate your foods slowly and well, especially the whole wheat bread—and the meat if you cannot do without it.

Many digestive troubles are originated through a faulty way of eating; insufficient mastication, and too hasty swallowing of the eatables, are very often acquired habits. § An old proverb says: "The food that is well masticated, is already half digested." Insufficient mastication not only imposes a double labor upon the stomach, but also makes the dissolution of the eaten food by the gastric juice much more difficult.

By large half-masticated lumps of eatables swallowed down, the tender mucous membranes of the stomach are much irritated. Many a person who did not have all his teeth, and who could not masticate his food thoroughly with his teeth remnants, has had to learn again how to masticate his food properly by obtaining a set of artificial teeth, and was cured thereby from his previous continual complaints and digestive troubles, which were caused by his deficient teeth.

By proper mastication, saliva is copiously secreted and mixed with the eaten food in the mouth, thus starting the process for the gradual change of the partaken food into the matter to be assimilated into the constitution of the human body. For instance, the starch contained in bread is changed by the saliva into sugar and dextrine. Without thorough salivation (i. e., by mastication), the eaten food would naturally reach the stomach without the so-necessary previously described process and become a very onerous burden to the stomach. That is the reason that many kinds of gruels or thick soups or any kind of par-boiled food become often indigestible, having been swallowed right down, without previous mastication.

For this reason bread should be partaken together

* Dr. Joseph Wiel writes in his *Dietetic Cookery* book, page 255: "Care should be taken to keep up the fire in the bodily kitchen. A good heating material is fat or fatty substances. In winter these develop a larger appetite and an inclination for strengthening foods as well as for foods containing carbohydrates, i. e., those creating fat and warmth. For the winter fatty meat-kinds are much more suitable than for the summer.

During the hot season, the appetite decreases considerably, and inclines rather to such foods which have less nutritive value (vegetables, fruits, etc.).

Vegetables and fruit, although containing less nutritive value as those foods containing carbohydrates, are far more refreshing, blood-cooling and blood-purifying than meat and similar foods."

with any food boiled to a fluid mass or gruel. Still better, eat with preference such food-stuffs which Nature has given us so profusely, and which all need to be masticated and salivated thoroughly before they can be swallowed.

Never partake of any food or beverage that is either too hot or too cold. This is a very important dietic law. Unfortunately this law is only too often violated, and food is eaten or beverages are drunk which have much too high or too low a temperature.

Experience has shown that the temperature of the food we eat, should not differ very much from the temperature of our own blood.

Through a wrong temperature of the food, not only a detrimental irritation is caused upon the mucous membranes of the stomach, but also the development of albumen is thereby much hindered and sometimes prevented altogether. Scalding hot soups, hot punch, grog, coffee, tea, chocolate, etc., etc., are just as detrimental to the stomach as ice-water, iced wine, iced beer, etc., especially if swallowed in large gulps at a time; it is immaterial whether the body is at the time over-heated or not. The consequences of the above are only too often apparent in catarrhs of the stomach, which develop therefrom. Because they and even fainting fits are not at all rare occurrences after the partaking of these unnatural beverages and foods. Often, yes even very often indeed, a glass of hot grog, a hot cup of tea or coffee, or a hot plate of soup are absorbed as a kind of medicine. Medicine indeed!

There is scarcely any among the branches of science in which the "homo-sapiens" or wise man, is as little at home as in the "Science of Healing."

The sudden change between hot and cold beverages, etc., is just as detrimental to the teeth as to the mucous membranes of the mouth, the oesophagus and the stomach.

You should never, therefore, drink any cold beverage, either iced water or beer, etc., after having swallowed down hot soup at the beginning of a meal. Also avoid the "Ice-Cream," which it is now the fad of so very many people to eat on hot summer days for "cooling" purposes.

Drinking water should not be of a temperature below 50° to 54° F. Beer not less than 52° F. Good white wines not less than 50° F., ordinary white wines not below 54° F., and claret not below 60° F.

Coffee and tea should not be partaken of when over 95° F., soups may be eaten as hot as 100-rio° F.*

(Will be continued.)

There is a Divine, benevolent logic running through the universe. God is that logic or logia.

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* I have when quoting the various degrees of temperature of the various liquids besides that of drinking water, also mentioned the temperature of alcoholics and narcotics. I did this, however, not in order to favor their consumption, but simply for the sake of completeness only. They are and remain stimulants, and are altogether unnatural.

Medical Evidence
to the Efficacy of Hydro-Therapy.

By Richard Metcalfe, London.

Dr. Carpenter, Professor of Physiology in the Royal Institution of Great Britain:—The wet-sheet packing used by the hydropathist is one of the most powerful of all diaphoretics, and will be probably employed more extensive as a therapeutic agent in proportion as the importance of acting on the skin as an extensive collection of granulae (secreting organs), comes to be better understood. Again, no person who has watched its operations can deny that it is a remedy of a most powerful kind. If its agency be fairly tested, there is strong reason to believe that it will soon be the most valuable curative means we possess in nervous specific diseases which depend upon the presence of a definite materies morbi (bad matter) in the blood, especially gout and chronic rheumatism, as well as that depressed state of the general system which results from the wear and tear of the body and mental powers."

Sir John Floyer:—"The effect of cold bathing reaches the very soul of the animal, rendering it more lively and brisk in all its operations."

Sir John Forbes ("British and Foreign Medical Review"):

"x. In a large proportion of cases of gout and rheumatism, the water-cure seems to be extremely efficacious.

2. In that very large class of cases, complex diseases, usually known under the name of chronic dyspepsia, in which other modes of treatment have failed, or been only partially successful", the practice of Priessnitz is well deserving of trial.

3. In many chronic nervous affections and general debility, we should anticipate great benefit from this system. JH [P]

4. In chronic diarrhoea, dysentery, hemorrhoids, the sitz-bath appears to be frequently an effective remedy.

5. With careful and discreet management in the hands of a properly qualified medical practitioner, the water-cure is very rarely attended with danger."

Sir Chas. Scudamore, M. D.:—"It appears to me that the subject of hydropathy is one of the highest importance to the civilized world."

Dr Guy (King's College);—"In a case of tic-doloreux of many years' standing, which had spread from the inferior orbital nerve to the upper and lower jaw, over the scalp, and down the spine, accompanied with the most excruciating suffering. After tonic and narcotic bleeding, blistering, and salivation had been tried in vain, nothing afforded any relief until a stream of cold water was poured over the head and neck—this procured refreshing sleep after the lapse of about five minutes. It had the same effect on repetition, and was followed by the first good night the patient had had for weeks/'

Ilr * -

Dr. Currie, of Liverpool, commenced the treatment of fevers by cold affusions in 1789. For several years he treated scarlet and typhus fever, small-pox, and other diseases, principally by bathing, and with a

success universally admitted to have been far greater, than that of the ordinary medical treatment.

Dr. John Bell, on the application of water: to children "How often have I seen the little sufferers, with burning heat and delirium, and unable to obtain sleep or repose of any kind, tranquillized immediately by the cold affusion, and fall into a sweet and refreshing sleep immediately afterwards."

Dr. MacCartney, late professor at Trinity College:—"If men knew how to use water so as to elicit all the remedial results it is capable of producing, it would be worth all other remedies put together/*

Sir T. K. Chambers, M. D., of St. Mar/s Hospital, Physician to the Prince of Wales (in his work on "Digestion and its Derangements"):—"The principle of hydropathy—that is, the renewal of the body by food and water—the increase of growth secondary to the increase of moulting—is no quackery. The practice of hydropathy, when based on physiology and its doses graduated, is entirely in accordance with the principles of rational medicine."

Dr. F. P. Atkinson, Claremont Road, Surbiton, Surrey ("British Medical Journal," March 6th, 1897), writes:—"Although we are all more or less acquainted with the value of mineral water baths in the treatment of gouty and rheumatic affections, we know very little, I think, of the effect of ordinary hydropathy in these cases. About two years ago I managed to get in for a rather severe attack of gouty neuritis of the right upper arm and arthrites of the right shoulder. Acting upon advice, I took some salicylate of potash and acetate, but without any great benefit. I next went to Buxton and took the baths for a fortnight on two separate occasions.. From these a certain amount of good was undoubtedly derived, but still the movements remained very imperfect and painful. Fearing the shoulder might become more or less permanently fixed, I made up my mind to see what could be done by the use of the Turkish bath. Mr. Metcalfe, the superintendent of the bath at Richmond, advised me to abstain from massage, to take frequent Turkish baths, and follow them upon each occasion by a shallow salt bath at a temperature beginning at 80° and lowered on each occasion till I could bear the water at 70°. On one occasion he ordered me a hot sulphur bath, on another a dripping sheet, and on another a cold pack. After the bath the shoulder had to be rubbed with Chilli paste, and then kept constantly covered with a wet compress. The result of the treatment, I am glad to say, has been that the arm is entirely free from pain and the movement is perfect.

Testimony of Edward Bulwer Lord Lytton.

Author of "Rienzi," "The Last Days of Pompeii/" etc. [Extract from the "Confessions of a Water Drinker/* in a letter to the "New Monthly Magazine," 1845.]

Both on the Continent and in England, the more eminent physicians have of late years occupied themselves less with attacking the diseased part of the frame by the partial application of drugs, than with enlightened attempts to restore the frame itself to health, by general rules of regimen and diet* un*\$i» consciously they have been acting in concert, throughout

the civilized world, with the native and penetrating genius of Priessnitz himself, and in conformity with that bold and philosophical truth which he enounces in his favorite dictum—"I do not cure the disease, I cure the man."

Since I first wrote this letter, has appeared the highly favorable testimony of the leading medical journal, edited by Dr. Forbes. Many of the most eminent of the faculty, with the true liberality which should belong to those embracing a profession whose object is human relief, now send patients to hydropathic establishments. I may cite, amongst others, the illustrious names of Locock, Forbes, Watson, Sir James Clarke, Lawrence, in sanction of hydropathic treatment in proper hands, as a system agreeable to science and approved by facts.

The following is one of the many cases I witnessed when at Dr. Wilson's establishment, showing how much may be done by a scientific application of the water treatment. It is that of a lady, who had had the lower limbs palsied for nine years, and who could, at the time I saw and conversed with her, walk well, and walk far. This case was the more striking, and I have selected it more particularly, because the cure was effected without the aid of adjuncts of air or exercise in which some skeptics are inclined to place the whole benefit which hydropathic treatment confers. For the patient had recovered the use of her limbs, and was enabled to walk without assistance, before she had once quitted the two rooms which for nearly six months formed the magic limit of the cure. & And I confess I scarce know which I envy most,—the delight of this grateful patient, or the pleasure and honest pride of Dr. Wilson in so signal a service to humanity, and so undeniable a trophy of his skill.

The lady had passed the meridian of life, and it was not until the power of standing had returned that she had any faith in recovering the use of her limbs, not withstanding Dr. Wilson's confident assurances from the first that she would walk again; her only hope was benefit to the general health; and this, with the Doctor's assiduity, induced her to persevere until his prediction was fully accomplished.—From the Preface.

It is not my intention, Mr. Editor, to detail the course I underwent. The different resources of water as a medicament are to be found in many works easily to be obtained, and well worth the study. In this letter I suppose myself to be addressing those as thoroughly unacquainted with the system as I myself was at first, and I deal, therefore, only in generals.

The first point which impressed and struck me was the extreme and utter innocence of the water cure in skilful hands—in my hands, indeed, not thoroughly new to the system. Certainly when I went, I believed it to be a kill or cure system. I fancied it must be a very violent remedy—that it doubtless might effect great and magical cures—but that if it failed, it might be fatal.

Now, I speak not alone of my own case, but of the immense number of cases I have seen—patients of all ages—all species and genera of disease—all kinds and conditions of constitution—when I declare, upon my honor, that I never witnessed one dangerous symptom produced by the water cure, whether at Dr Wilson's

or the other Hydropathic Institutions which I afterwards visited.

And though unquestionably fatal consequences might occur from gross mismanagement, and as unquestionably have so occurred at various establishments, I am yet convinced that water in itself is so friendly to the human body, that it requires a very extraordinary degree of bungling, of ignorance, and presumption, to produce results really dangerous; that a regular practitioner does more frequent mischief from the misapplication of even the simplest drugs, than a water-doctor of very moderate experience does, or can do, by the misapplication of his baths and friction.

Men to whom mental labor has been a necessity—who have existed on the excitement of the passions drawn, the prostration of the whole system—the lock and the stir of the intellect—who have felt, these withdrawn, the prostration of the whole system—the lock to the wheel of the entire machine—return at once to the careless spirits of the boy in his first holiday.

Here lies a great secret; water thus skilfully administered is in itself a wonderful excitement, it supplies the place of all others—it operates powerfully and rapidly upon the nerves, sometimes to calm them, sometimes to irritate, but always to occupy.

The safety of the system, then, struck me first;—its power of replacing by healthful stimulants the morbid ones it withdrew, whether physical or moral, surprised me next;—that which thirdly impressed me was no less contrary to all my preconceived notions. I had fancied that, whether good or bad, the treatment must be one of great hardship, extremely repugnant and disagreeable. I wondered at myself to find how soon it became so associated with pleasurable and grateful feelings as to dwell upon the mind amongst the happiest passages of existence.

I was compelled to go into Germany. On my return homewards I was seized with a severe cold, which rapidly passed into high fever. Fortunately I was within reach of Dr. Schmidt's magnificent Hydropathic establishment at Boppard; thither I caused myself to be conveyed, and now I had occasion to experience the wonderful effect of the water-cure in acute cases; slow in chronic disease, its beneficial operation in acute is immediate. ^ In twenty-four hours all fever had subsided, and on the third day I resumed my journey, relieved from every symptom that had before prognosticated a tedious and perhaps alarming illness.

And now came gradually, yet perceptibly, the good effects of the system I had undergone: flesh and weight returned, the sense of health became conscious and steady. I had every reason to bless the hour when I first sought the springs of Malvern. And here I must observe that it often happens that the patient makes but slight apparent improvement, when under the cure, compared with that which occurs subsequently. It is as the frame recovers from the agitation it undergoes that it gathers round it, powers utterly unknown to it before—as the plant watered by the rains of one season betrays in the next the effects of the grateful dews.

I had always suffered so severely in winter, that the severity of our last one gave me apprehensions, and I resolved to seek shelter from my fears at my beloved Malvern. I have passed the most inciemerit

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period of the winter, not only perfectly free from the colds, rheums, and catarrhs, which had hitherto visited me with the snows, but in the enjoyment of excellent health; and I am persuaded that for those who are delicate, and who suffer much during' winter, there is no place where the cold is so little felt as at a water-cure establishment.

I desire in no way to over-color my own case. *WW* do not say that when I first went to the water-cure I was afflicted with any disease immediately menacing my life—I say only that I was in that prolonged and chronic state of ill health which made life at the best extremely precarious. I do not say that I had any malady which the faculty could pronounce incurable—I say only that the most eminent men of the faculty had failed to cure me. I do not even now effect to boast of a perfect and complete deliverance from my ailments—I cannot declare that a constitution naturally delicate has been rendered Herculean, or that the wear and tear of the whole manhood have been thoroughly repaired.

These admissions made, what have I gained meanwhile to justify my eulogies and my gratitude?—An *immense* accumulation of the capital of health. Formerly, it was my favorite and querulous question to those who saw much of me, "Did you ever know me twelve *hours without pain* or illness?" Now, instead of these being my constant companions, they are but my occasional visitors. I compare my old state and my present to the poverty of a man who has a shilling in his pocket, and whose poverty is therefore a struggle for life, with the occasional distresses of a man of 5000 pounds a year, who sees but an appendage endangered or a luxury abridged.

All the good that I have gained is wholly unlike what I have ever derived either from medicine, or the German mineral baths. In the first it does not relieve a single malady alone, it pervades the whole frame; in the second place, unless the habits are intemperate, it does not wear off as we return to our ordinary pursuits; so that those who make fair experiment of the *system towards, or even* after, the season of middle-age, may, without exaggeration, find in the latter period of life (so far as freedom from suffering, and the calm enjoyment of physical being are concerned) a second—a younger youth!

Those cases in which the water-cure seems an absolute panacea, and in which the patient may commence with the most sanguine hopes, are: First, rheumatism, however prolonged, however complicated. In this the cure is usually rapid—nearly always permanent. ^Secondly, gout.

The predisposition—the tendency has appeared to me to remain. The patient is liable to relapses—but I have invariably found them far less frequent, less lengthened, and readily susceptible of simple and speedy cure, especially if the habits remain temperate.

Thirdly, that wide and grisly family of affliction classed under the common name of dyspepsia. All derangements of the digestive organs, imperfect powers of nutrition—the malaise of an injured stomach, appear to be precisely the complaints on which the system takes firmest hold, and in which it effects those

cures that convert existence from the burthen into a blessing.

With children, its effects can scarcely be exaggerated; in them, the nervous system, not weakened by toil, grief, anxiety, and intemperance, lends itself to the gracious element as a young plant to the rains.

The remedy is not desperate; it is simpler, I do not say than any dose, but than any course of medicine—it is infinitely more agreeable—it admits no remedies for the complaint which are inimical to the constitution. It bequeaths none of the maladies consequent on blue pill and mercury—on purgatives and drastics—on iodine and aconite—on leeches and the lancet. If it cures your complaint it will assuredly strengthen your whole frame; if it fails to cure your complaint, it can scarcely fail to improve your general system.

As it acts, or ought, scientifically treated, to act, first on the system, lastly on the complaint, placing Nature herself in the way to throw off the disease, so it constantly happens that the patients at a hydro-pathic establishment will tell you that the disorder for which they came is not removed, but that in all other respects their health is better than they ever remember it to have been.

Thus, I would not only recommend it to those who are sufferers from some grave disease, but to those who require merely the fillip, the alternative, or the bracing which they now often seek in country air or a watering place. E. BULWER LYTTON.

Close Rooms and Disease.

Did you ever visit an old house where old people live, where little work is done, where closets and rooms are seldom open, where the sunlight is shut out because the "carpet will fade"? Did you ever venture into those closets or rooms and move things about a little? If so, you have seen the animal life, tiny creatures start from papers, books, corners, old clothes, and furniture. These are unclean, the result of shutting out the sunlight, the great natural disinfectant, the exclusion of fresh air, lack of cleaning. If a determined woman could throw open the window and then apply plenty of hot water and soap, or ammonia, or sulpho-naphthol, she would change conditions, but not at once and not entirely, for these close rooms breed disease conditions, and the wood and paper all hold bad odors. We need, first of all, pure air and plenty of it; let it pour through your house. Screen the windows and doors, but do not shut out the light; let the soft warm air come in laden with the perfume of flowers. Let the sunshine, the beautiful sunshine fall across the carpet; it may fade the textile, but it wont fade the lives in your home.—Selected.

Morton County, in Kansas, with four hundred people, reported to the State board of health last summer that there had not been a case of sickness in the county for a year, and that there was not a practicing physician in the county. The county offteiffll notify doctors to keep away.

A Terrible Indictment.

Alexander M. Ross, M. D., F. JR. S. L., Eng.
Member of the Colleges of Physicians and Surgeons of Quebec and Ontario, Professor of Hygiene and Sanitation at St. Louis Hygienic College of Physicians and Surgeons, Vice-President of the Association of Hygienists of America, Member of the Ninth Session of the International Medical Congress, Member of the British, French, and American Association for the Advancement of Science, etc., etc.

I arraign the leaders of the profession on the following grave charges,—the rank and file are but sheep led astray:

(1) I charge that, whereas, the first duty of a physician is to instruct the people in the laws of health, and thus prevent disease, the tendency has ever been towards a conspiracy of mystery, humbug and silence.

(2) I charge that the general tendency of the profession is to depreciate the importance of personal and municipal cleanliness and to inculcate a reliance on drugs, medicines, vaccination and other unscientific expedients.

(3) I charge that they have encouraged superstition and humbug by the germ theory of disease. I do not question the existence of infinitesimal microorganisms; but they are the result, not the cause of, disease. They are the scavengers; their legitimate work is to clean out the sewers of our bodies; wherever there is decay, pus or decomposing matter, there these little life-savers are doing their work of neutralization, sanitation and purification; they feast upon effete and decaying animal matter—they are beneficial helpers to an important end.

(4) I charge that the prevalent custom of advising a speculum examination for every trifling backache, earache, headache, ingrowing toenail or bunion, is an unnecessary outrage on the modesty of women and a disgrace to the profession.

(5) I charge that the present abominable and dangerous custom of spaying women for the most trivial uterine derangement is nothing less than criminal, and in contravention of scientific practice.

(6) I charge that the prevalent custom of ascribing all the ills (imaginary or real) that afflict women, to uterine troubles, weakness, ulceration or displacement, is false in theory and fact, and is nothing but a cloak to cover ignorance, immorality or cupidity.

(7) I charge that they prescribe to their patients—even child-bearing and nursing women—the use of beer, ale and other alcoholic beverages, which not only encourage drunkenness, but poison the life-blood of unborn children, and stamp a permanent appetite for liquor on the rising generation.

(8) I charge that they have bitterly opposed every real and scientific reform in the healing art; they have filled the world with incurable invalids and given respectability to quackery by the outrageous quackery of the profession itself; disgusting all sensible and thoughtful men by their fallacies, tyrannical delusions, fetishism and humbug.

(9) I charge that they have, under the treacherous guise of protecting the people from quackery, secured the enactment of most unjust monopolistic laws which deprive the people of one of their dearest and most important rights—the right in the hour of sickness, and in the presence of death, to choose their own medicine.

(10) I charge that they have by doctorcraft hoodwinked legislatures into enacting compulsory vaccination laws which compel parents to submit the bodies of their children to the beastly, useless and dangerous rite of vaccination, and to deprive unvaccinated children of the right of education in our public schools and colleges. I hold that every individual should be protected and sustained in his medical opinions, and any man or set of men who would withhold from his brother man this right would light the fires of inquisition if he dared. **OUR HOME RIGHTS.**

Shall We Eat mushrooms ?

Some time ago we received a letter from a correspondent asking for our opinion respecting the use of mushrooms as an article of food. In reply we called attention to the fact that the food value of the mushroom is exceedingly small. The popular idea that it is a highly nitrogenous food and a good substitute for meat is without foundation. It is true that it contains some nitrogenous material, less than three per cent., which is about one seventh the amount contained in beefsteak; so a person would need to eat nearly seven of mushrooms to obtain the amount of food material contained in one pound of beefsteak. As a relish the mushroom cannot be compared at all with fruits, grains, and nuts. That the mushroom ever was intended to be eaten is, however, doubtful. Its function is that of a vegetable scavenger. Its duty is to take up refuse material just as any other scavenger. It grows quickly and decays quickly. The fact that many mushrooms contain deadly poisons is a "black eye" for the whole class. If three fourths of all potatoes were so poisonous as to kill a man should he eat one, it would make us suspicious of the whole class as a food for man. Nature intends that man shall reach up for his food instead of down. She designs that man shall pick from the trees and hedges food ripened in the sunlight instead of searching in dunghills and rotting logs for its sustenance. > If one desires proteid nourishment, it is provided in the most desirable form in nuts, in which it abounds.

GOOD HEALTH.

Evidence that colds are infectious is furnished by our domestic animals. •• Cats seem to be specially susceptible. Probably they often bring home from their nocturnal ramblings those mysterious catarrhal attacks which so rapidly run through the house. It is an old saying, "The cat is sneezing; we shall all have colds." Sheep, too, are liable; a whole flock may show that curious eruption around the lips which we all know only too well as one of the most unpleasant accompaniments of a bad cold in the head.

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The Fatty Heart*

Dr. Carl Strueh, Chicago.

The condition which is known as fatty heart may be due either to a mere increase of the fatty tissue, which is deposited underneath the outer-covering of the heart, or it may be caused by a morbid fatty degeneration of the cardiac muscular fibres.

Cases in which there is a mere accumulation of fat, are far oftener to be found in the male, than in the female sex, and about 80 per cent, of all cases concern individuals between the 20th and the 70th year of age.

In grave cases the accumulation of fat may extend to the connective tissue of the muscle and may traverse the entire wall of the heart; it may even substitute the muscular fibres. The heart is generally very much relaxed and the ventricles are considerably enlarged.

A fatty degeneration of the muscular fibres is often found in individuals in whom from certain causes a disturbance of the alimentation of the cardiac muscle has resulted. The latter needs, on account of its perpetual activity, such a great quantity of oxygen, that a scarcity of the latter may at once cause a fatty degeneration of the muscle.

Alimentary disturbances of the cardiac muscle may result from exhausting diseases such as cancer, tuberculosis, *chronic* discharges of pus or loss of blood, chlorosis, acute or chronic anaemia, malaria, etc., also from the condition of senility, in which the entire general alimentation is retarded. Furthermore an abundant deposition of fat or fatty degeneration of the cardiac muscle may be caused by the effect of various poisons: phosphorus, arsenic, antimony, chloroform, mercury, acids, carbonic-acid gas, and above all by the permanent use of liquor (alcohol). Also by obstinate, febrile, and especially infectious diseases of long duration.

Very frequently the "fatty degeneration is caused by disturbances of the local circulation of the blood at the heart itself, especially by abnormal conditions and obstruction of the so-called coronary arteries, furthermore by dilatation of the cardiac muscle which is of frequent occurrence in affections of the valves of the heart.

Occasionally the fatty heart is associated with simultaneous fatty degeneration of the solid viscera, even of the diaphragm. In the majority of cases only certain portions of the heart undergo a fatty degeneration. The left ventricle is more frequently degenerated than any other portion of the heart. A fatty degeneration of the entire cardiac muscle occurs but rarely.

In typical cases the heart is soft and dilated, and of a light yellow-brownish color. There is a pronounced softness of the tissue, which therefore tears very easily. A microscopic examination shows the muscular fibres to be filled with small globules of fat, in some instances the muscular fibres may even be completely replaced by fat.

The symptoms caused by the fatty heart do not always correspond with the extent of the fatty degeneration. The latter may have progressed quite exten-

sively without producing such noticeable symptoms as are required for the diagnosis of the fatty heart.

As a rule the symptoms, by which the constitutional disease which has caused the degeneration of the heart is accompanied, are so pronounced that we overlook those symptoms, which are due to the fatty heart.

It may even occur that the degenerated cardiac muscle breaks, and causes a fatal hemorrhage, although the patient never presented symptoms from which a fatty degeneration of the heart could be suspected.

The degeneration may be far developed, and yet the patient may go about with a full and regular pulse and a regular action of the heart, as long as no important feebleness of the cardiac muscle and an enlargement of the ventricles of the heart has resulted.

The latter leads to an irregularity of the heart's action, to palpitation, shortness of breath, and a feeble pulse. On account of the general obesity we are unable, as a rule, to diagnosticate the enlargement of the heart by a local examination by means of percussion of the chest.

To prove the existence of a fatty heart, it is absolutely necessary, that the patient's heart shows signs of feebleness, but even then the diagnosis is only a presumptive one, and can never be made with absolute certainty.

Has a dilatation of the ventricles taken place, the heart's action often assumes a galloping rhythm and at the same time the intervals between the heart's beats become shorter.

Occasionally we hear systolic murmurs at the heart-pit. »«

Shortness of breath after exertions is, in many cases, an early symptom of fatty degeneration;—there may also occur attacks of oppression of the heart. Some patients are very much inclined to fainting spells, while in others there is a pronounced depression, which frequently is accompanied by a reduction of the pulse to 40 and even to 30.

Occasionally the patient awakes in the early morning with an attack of heart-asthma. These attacks are sometimes accompanied by nausea and vomiting, or oppression of the heart, and occasionally by mental disturbances, such as delusions and even delirium. Towards the end of these attacks, there occurs at times a suspension of breathing, as first described by "Cheyne-Stokes."

This symptom is caused by a disturbance of the circulation of that portion of the spine in which the breathing centre is located and which is known as "medulla oblongata."

Now and then, as a consequence of poor circulation, caused by the degenerated heart, we observe occasional attacks which resemble very much the so-called apoplexy of the brain, and which leave a weakness in the extremities. The latter disappears after a short while. Such attacks may repeatedly occur within longer or shorter intervals and often announce themselves to the patient by a marked slowness of the pulse.

These attacks are at times accompanied by cramp-like convulsions of the extremities*

Patients suffering from obesity of the heart, are frequently subject to violent bleedings from the nose, also to suffering from dizziness, cardiac asthma and bronchitis.

In a great number of cases the pulse may for years be feeble, but regular. The heart-beats also are weak, and occasionally a murmur may be heard over the heart-pit.

The condition of a fatty heart may exist for a considerably long time, causing more or less violent symptoms, and death may occur from paralysis of the heart and fainting spells, from bursting of the cardiac walls, or from hemorrhage of the brain.

In a great number of cases the gradually increasing weakness of the heart manifests itself by the most varied symptoms following a stagnation of the blood, as we may observe in dropsy. The suffering which results from the latter becomes almost unbearable.

Whether an obesity of the heart is curable or not, depends upon the causes from which it has developed. If the cause is but temporary, as for instance in fever, the normal structure of the cardiac muscle will be recovered after the primary disturbance has ceased to exist.

If the fatty degeneration is the result of a constitutional disease we must only remove the ordinary cause, if this can be done, but we also stimulate and invigorate the metabolism, i. e., the oxydation. The means by which we can accomplish such an invigoration of the oxydation, consist in various hydropathic applications, in general and local massage, physical culture, breathing-exercises, etc. At the same time we must try to reduce the accumulation of fat by a proper diet.

The treatment must be applied in strict accordance with the requirements of each single case, i. e., it must be in harmony with the vitality of the cardiac muscle and must not impose any greater demands upon the heart than the latter is able to respond to.

If palpitation of the heart or acceleration of the breathing are caused by the treatment, the latter will not benefit, but injure the patient.

By dilating the blood vessels of the skin by means of the above mentioned treatment we lessen the resistance which the heart finds in the periphery blood-vessels, and thereby enable it to rest and recuperate.

The treatment which is practiced by Dr. Schott of Nauheim, and which consists in the application of baths with water containing carbonic acid,—and of physical culture, has the same purpose in view.

If alarming attacks of cardiac weakness occur, the patient must take to his bed and keep absolutely quiet. At the same time we must endeavor to strengthen the heart's action by local massage, local compresses, etc.

In slow pulse the administration of digitalis is to be avoided. It is also advisable to be extremely careful in prescribing morphia, as is sometimes necessary in conditions causing pain, because this drug acts in a weakening manner upon the cardiac muscle and, therefore, is apt to cause a paralysis of the heart.

It's easy finding reasons why nthe people should be patient
GEORGE ELLIOT.

Defects of the Eyes and their Treatment.

By Alfred W. Herzog, M, D.

Professor of Diseases of the Eye, Ear, Nose and Throat, Eclectic Medical College of the City of New York.

With the eyes we see; and, while we are awake; while our eyes are open, which is enerally about sixteen hours out of the twenty-four, our eyes are exercised continually, either at a distance or for near vision, and at the best, if both eyes are perfect, if the general health of the individual be in excellent condition, if the surroundings—that is, the conditions of air and light—are favorable, and if the work that the individual is doing is not too hard nor too long continued—yes, at the best there is a great strain on the eyes, and not on the eyes only, but through the eyes on the whole body, as the whole body helps to supply the eyes with the nerve force necessary to do the work demanded. This is easily to be understood if we reflect but a moment, for we find that the senses—which are seeing, feeling, hearing, tasting, and smelling—sight is the only one which is continually exercised, because it does not refuse to always supply the demand made on it, while the other senses are numbed in a very short time. Light alone never takes a vacation for the purpose of recuperating strength.

When sight fails the eyes are not tired only, they are either defective or diseased. Then they do not only need a rest, but they need either mechanical, surgical, or medicinal treatment.

If this is neglected, not only the eyes but the whole body is likely to suffer. Yet failing sight is not the only danger signal connected with the eyes, nor is it a symptom which is present in every case in which the eye needs attention, for in a great many cases the symptoms are not even directly eye symptoms—as, for example, pains in the eyes, burning of the eyelids, together in the morning—but the defective eyes will matter in the corners of the eyes, or eyelids sticking patiently work on, strain and not fail their owner in the slightest, yet they will use the nerve force which rightly should supply the rest of the body, drawing nerve force to the eyes whichever way they may, and so we find a great many cases in which the individual breaks down either in general health or in a special organ of the body; not a single symptom pointing to the eyes, they apparently being as well as ever, and yet all the sickness of the patient being due to nothing else but eye strain.

So when we consider defects of the eyes and their treatment we must bear in mind that in curing a defect of the eye we benefit not only the eye itself, but also the general health of the patient, for a defective eye is not only a menace to the sense of sight, but also to the rest of the body; the same as a person afflicted with a contagious disease endangers not only his own health, but the health of the whole community, and generally, the better the sight in a defective eye, the greater the havoc to the general health of the patient.

Show me an individual whose eyes are defective, although the defect may be hidden, and I will show

THE KNEIPP WATER CURE MONTHLY.

you one whose general health I can improve by properly treating his eyes.

If you can understand that a defective eye may, for the purpose of being able to do its work properly, draw upon the nerve force of the whole body, thus draining and weakening it,—if you can understand that a person whose nerve force has been weakened may either break down and become a nervous wreck, a neurasthenic or neurosthenic—insane, consumptive, or diabetic—or again, that he may try to keep up his nerve force by alcohol or opium, and thus become a drunkard or a drug fiend—then you can also understand that many a drunkard, morphine fiend, opium fiend, tobacco fiend or drug fiend in general, many a neurasthenic or neurosthenic, many an epileptic and many an unfortunate now locked up in an insane asylum, many a consumptive and many a diabetic, can be cured if the defect of the eyes can be corrected. And, happily, this can be done in the great majority of cases.

OMEGA.

The Foot-Bath.

A foot-bath is often a source of great relief and comfort to a sick person and every one who is likely to have charge of the sick at any time should learn how to give this bath in bed with the least tax and worry to the patient.

Here is a good way: Cover over the lower half of the bed with a large piece of oil-cloth (and said piece of oil-cloth no housewife should allow herself to be *found* without); then place a foot-tub with a small amount of water of medium temperature in the bed. Have the patient lie on the back, and flexing the knees place the feet in the tub. The knees can be supported if necessary by an attendant, cover the tub and knees with an old blanket, having placed a board over the tub to keep the blanket out of the water.

The patient can now lie there and thoroughly enjoy his bath. At the *close* of the bath cool the water to one hundred degrees; lift the feet out into towels and dry them.—Journal Hygeio-Therapy.

Cookery with Brains.

It isn't such a dreadful thing to give a little thought to food. It is, however, a wicked thing to give no thought to it, and to be haphazard about it. It is a source of the greatest gratification to have lived long enough to know that a lady may cook and be a lady still; that women may do menial labor in a refined way; that a brainy woman is by no means necessarily a bad housekeeper, but that, on the contrary, she is ten times more likely to be a good one. A woman of education will never think it beneath her best efforts to know well the business of housekeeping in which cooking plays one of the largest roles.—Selected.

Nature is a good physician, when conditions are furnished.

The Turkish Bath.

Do you know what it is? Did you ever try it? Bayard Taylor said that "mind and body are drowned in delicious rest, and we no longer remember what we are. Gently sleep lies upon our senses; as gently clouds are dissipated, and we again are born into the world; we walk forth with a new and more perfect life." "Describe it," did you say? Can't do it any! easier than we could one of Mason's and Hamlin's Cabinet Organs. The perspiration that does not exhaust, the rubbing that electrifies, the shower-bath more refreshing than a summer shower upon withered plants—the wrapping in clean white woollen blankets—the reclining or "extension chairs," surpass the most luxurious dream.

Those who think they must "stimulate," or take "Plantation Bitters," or whisky under some disguised name, will find in this bath an invigorator that leaves no "sting behind." If you have a cold that makes you ache all over and your bones feel as if they were being split with a saw, while you sneeze as if you would snap your head off, try a Turkish Bath, and you will know how a child feels sleeping sweetly in the arms of its mother. Has the "ile you struck" ceased to flow, and you have the blues instead of petroleum? or has gold fallen, and you with it, and now you feel that you are being gored by the "bulls," and torn by the "bears"? take a bath. Have you worked yourself down? try a Turkish Bath.

From twelve years of severe tax of brain, sympathy, and body, I became unable to walk without assistance. My physicians said, "Take a voyage—go to Switzerland, Italy—anywhere." I went, but the relief was only partial and temporary. In London, I heard of the Hydropathic Establishment. * I went, and Dr. Metcalfe said, "I think I can help you if you will observe my directions." "Doctor, I will do anything." In the morning, I took a Turkish, followed by a needle or plunge bath, and occasionally a pack—five baths a week! In three weeks I could walk two or three miles before breakfast.—An extract from the "Report of the Home for Little Wanderers, 37 New Bowery, New York, U. S. A., by the Superintendent, Rev. Van Meter.

Health and Wealth.

There is this difference between these two temporal blessings, health and money—money is the most envied, but the least enjoyed; health is the most enjoyed, but the least envied. This superiority of health is more obvious when we reflect that the poorest man would not part with health for money, but that the richest would gladly part with all his money for health.—Selected.

The Japanese government has prohibit* smoking of tobacco by persons under twenty y age, The law went into effect in the early part year.



The Very Rev. Mgr. Sebastian Kneipp, 76 years old.

The Kneipp Cure.

Who was Kneipp, the man who made his name so famous in *recent* years by his curative methods? Kneipp was a Roman Catholic priest in Woerishofen, in Bavaria. He was born at Stefansried, in Bavaria, on the 17th of May, 1824, the son of a poor weaver. As a boy he displayed great natural intelligence, and was possessed with a yearning desire to study for holy orders; but his parents had not the means of giving him the necessary opportunities, and he was obliged to follow his father's trade. In the introduction to his work, "My Water Cure," he describes his career in the following words:

"I was twenty-one years of age when I left home with my travelling permit in my pocket. The document described me as a weaver's apprentice; but on the tables of *my heart* had been graven, from the days of my childhood, a very different description. With pain unutterable, and a yearning desire for the fulfilment of my ideal, I had looked forward for long, long years to that departure. So I began my journey, hurrying from place to place, and seeking—not, as my friends hoped I should, to ply the weaver's shuttle, but—for some one who would be willing to help me to study. The Reverend Chaplain Merkle interested *himself in me*, gave me private instruction for two years in succession, and prepared me with such an unwearied zeal for my examination that, at the end of the second year, I was received into a Gymnasium (High School). The work was not light, and, to all appearance, was destined to be fruitless. After five years of the greatest privations and efforts, I was broken in body and mind. My father fetched me away from the town, and the words of the landlord of the inn, at which we rested, are still ringing in my ears, "Weaver," said he to my father, "you are bringing your student home for the last time." The landlord was not alone in his opinion; it was shared by others. An army doctor of high repute at that time, who was also distinguished for his great benevolence and large hearted kindness to poor patients, had visited me ninety times in the fourth year, and more than one hundred times in the last year, of that period of five years, so earnestly had he wished to be of use to me; but the progress of my illness had triumphed over his professional knowledge and his self-sacrificing humanity. I myself had given up hope, and looked forward with *resignation* to my end.

"Chance placed in my hands a modest little volume. On opening it, I found that it treated of Hydrophathy. I read its pages again and again; they contained what seemed incredible. The thought flashed upon me that at the eleventh hour I had found out my own condition. I read further; it was right; it agreed and harmonized with my own experience; it suited me to a hair. What joy! What comfort! New hope electrified the drooping body, and the yet more drooping spirit. The little volume was at first the straw to which I clung as a drowning man; it became in a short time the staff supporting the invalid; to-day it is the lifeboat which was sent to me by a merciful Providence in the nick of time, in the hour of extreme peril.

"The little book, which treats of the healing power of cold water, is from the pen of a physician (Dr. S. Hahn). I tried the cure for three months; then for another three months; and, though unconscious of any decided improvement, I felt none the worse; This gave me courage. The winter of the year 1849 arrived, when I was once more in Dillingen. Two or three times a week I repaired to a secluded spot on the bank of the Danube, and took a plunge in the river. If I walked quickly to my bathing place, I walked home still more quickly to my warm room. These cold dips did me no harm; and, on the other hand, as it seemed to me, not much good. In the following year I was in the Georgianum, in Munich, where I found a poor student in worse case than I was myself. The physician of the establishment declined to give him the necessary certificate of health to entitle him to the benefits of the Institution, because—so ran the medical report—he would not live long. I now had a beloved colleague. I initiated him into the mysteries of my little book, and we two vied with each other in proving and practicing its prescriptions. After a short time my friend obtained his desired certificate from the doctor; and he is still alive and well. I myself gained strength more and more; became a priest; and have followed my sacred vocation for thirty-six years. Friends flatter me by saying that they wonder now, when I am nearly fifty years older, at the power of my voice, and are astonished at my bodily strength. Water remained to me a tried and faithful friend. Who can blame me for proving myself a fast friend to it?"

The above is, in fact, a compendium of the history of the life of Father Kneipp; and, at the same time, the history of the origin of the "Kneipp Water Cure." As Kneipp himself says in his work, he does not in any degree claim to be the originator of a special method of cure. His method, critically considered, is only a branch of the modern combined Hygienic Treatment; he relies, according to his work, above quoted, chiefly on the cold water cure, as practiced in his day by Vincenz Priessnitz, on the Grafenberg, in Austrian Silesia. But to Kneipp belongs, undoubtedly, the merit of having directed the attention of mankind anew to the remedy which had almost passed into oblivion—that remedy being water.

The expression, "The Kneipp Cure," refers to the curative system carried out by Father Kneipp at Woerishofen, in Bavaria. From the Natural Method of Healing—which, as is known, employs only the natural healing factors, air, water, diet, etc.—Father Kneipp so far deviated, in his practice, as to prescribe the use internally of decoctions or infusions or such herbs and plants as appeared to him to have a therapeutic value, as well as of warm or steam-baths charged with the ingredients of plants.

These trifling deviations from the Natural Method of Healing, pure and simple, have been sometimes criticized with undue severity by the disciples of that drug-denying method;—but they do not in the least detract from the practical success of Kneipp's system. His patients are to be found in every rank and calling, from the princely landholder to his humblest subject. The very reverend gentleman, a priestly personage

of a stalwart and vigorous type, attracted the favorable notice of the invalid public by his gentle and sympathetic manner when giving advice, and by the pains which he bestowed on the treatment of his patients, rich and poor alike. To those circumstances the nourishing progress of the method of healing may in no small degree be attributed.

Kneipp's theory is that the cause of all disease lies in the blood—either from the fact of the blood being vitiated by the presence in it of morbid matter, or in the interruption of its normal circulation through the body—and he maintains that all morbid matter can be expelled by water. For the purposes of his cure he employs water in the form of wraps, compresses, packs, steamings, washings, and affusions. He holds that cold water is more effective than warm, and he ascribes to the other applications a subordinate importance only. The specialty of Kneipp's method is the shortness of the time during which the applications are continued—"cold and short" being the rule, especially for the affusions. He says, however, in his work, that not every patient can bear that rule of treatment; and in case of such inability, he adopts our modified practice. Kneipp has many markedly successful cures to show as the results of treatment carried out under his experienced and watchful eye. The great attractive power of Woerishofen was due in the first place to Kneipp's personality, but in a great measure also to the Roman Catholic priesthood and their press. Physicians journeyed in great numbers to that town to study Kneipp's treatment on the spot; Kneipp hydropathic establishments sprang up like mushrooms out of the earth; yet Kneipp himself said that many and many a practitioner assumed the Kneipp title for himself and his establishment; and few among them all were fit to hold it,

Kneipp's Diagnosis.

As Father Kneipp never examined a patient by auscultation or percussion, and yet achieved such remarkable results in the cure of disease, it is worth while to enquire how he arrived at his diagnosis, and arranged his plans of treatment.

1. His first look at the patient, which, owing to the number of sufferers whom he had to look at, was a very keen one—generally enabled him to form an opinion of the case. If the individuals were pale and thin, he concluded that their blood was poor and of bad quality, and that they lacked natural warmth. His first object then was to stimulate their appetite and circulation, which he accomplished for the most part by partial washings or affusions; local applications and packs being in such cases appropriate. If the lack of natural warmth was very marked, cold applications were preceded by warm ones, such as steaming of that part of the body which was immediately afterward to receive a cold affusion. As a consequence of the improved appetite and circulation which followed that treatment, the supply of blood and natural warmth were increased, and the whole system was roused to greater action.

2. In the case of corpulent persons, his attention was directed to augmenting the excretions; an object which must be pursued with caution if the heart of the patient is affected, as is frequently the case in corpu-

lency in a greater or less degree. Although the physician rejects water entirely in cases of heart complaint, Kneipp was of an wholly opposite opinion. He said to himself: "A well-ordered circulation is beneficial to the sufferer from heart complaint, and that can only be attained by the proper employment of water. By knee, thigh, and back affusions, for instance, the blood is drawn downwards from the weak heart, which is thereby relieved. At the same time the warmth of the blood is better distributed, and the natural strength of the patient is increased, so that it becomes possible to proceed to upper, or even full affusions."

3. Out of every hundred persons ninety are nervous. There must, therefore, be gradations of treatment in every case. With most patients, the mild applications come first; a beginning being made with the feet; walking bare-footed in the house, or on the grass when the sun shines. In that way the circulation of the blood in the feet is enlivened, and it is then possible to proceed with the stronger applications. When nervous pains and spasms call for relief, warm applications are prescribed. In some diseases, pain may be actually caused by the first stages of the cure; but these are signs of returning health, for it is not to be expected that a circulation which has been irregular for years can be brought into good order without a slight revolution, of which such pains are the best proof. In this way slight attacks of cough, or pain in the back, increase or cessation of the regular functions, may occur at the beginning of the cure: All such symptoms are, as a rule, so many proofs that the patient will certainly recover. Indeed, if they are altogether absent in chronic cases, the course of the cure is generally unsatisfactory, from the want in the patient of the reactive force required for the healing process. It is to be regretted that some invalids allow themselves to be frightened by these symptoms into changing their method of treatment for some other which removes them still farther from the desired goal of recovery. Upon such and similar natural and reasonable grounds Kneipp based his plans of treatment.

Sad to say, it was not permitted to the great Samaritan of Woerishofen to continue his work as long as—in the interests of the spread of his doctrine of the Natural Method of Healing, and of suffering humanity—could have been desired. A malignant malady, an insidious formation on the bladder, carried off the hale and vigorous old man in the course of six months. He died on the 17th of June, 1897, deeply mourned by the many thousands whom he had succored, as well as by all the friends and followers of the natural healing art.

Honor to his *memory!*

Fundamental Rules of the Kneipp Cure.

The following are fundamental rules and maxims, which should be borne in mind in the application of the Kneipp affusions, baths, etc.

The shorter the application the better its effect.

The colder the water, the shorter must be the time of its employment; and the greater will the reaction be. Weak patients must, nevertheless, begin with water of a moderate temperature; at first 66°, cooler after a time, down to 59 and 55° and at last

quite cold. The body must be as warm as possible before the application of cold water. If there is a lack of natural warmth, the first applications must be warm.

There should be no drying of the body, by artificial means, after the use of water; but the clothes should be put on quickly, and, in order to help on reaction, exercise should be taken, rapid at first and slower by degrees. If there is no reaction, or if the patient is very weak, the warmth of bed should be sought.

Hardening the body is the best means of preserving the general health, and of protection against attacks of disease.

Spasms in the Abdomen.

Hay-seed (remnants of hay and grass) steeped in hot water, used for warm compresses and packs in combination with other resources of the natural method of healing, are a powerful and reliable means of relief. For abdominal complaints which are caused through obstruction of the kidneys by mucous, lime-blossom tea furnishes an excellent remedy. Decoction of peppermint or water mint, taken in warm milk, soothes pain. Rue tea, or rue (*Ruta graveolens*, L.) soaked in spirit, twice daily ten or twelve drops on sugar, or the same quantity of it in olive oil, answers the same purpose. The last mixture must stand in a warm place for some length of time.

Violent Spasms in the Abdomen.

These yield to camomile tea. Such spasms are frequently nothing but the result of an accumulation of gases, and are accompanied by vomiting and cold hands and feet. In such cases an infusion of peppermint, water-mint, aniseed, or fennel—or a mixture of them all—will be of great service. Besides taking camomile tea, the patient should, on the first day of attack wash three times with warm water and vinegar; on the second day, twice, and afterward only once a day. Thus equable warmth and normal circulation of the blood will be re-established.

BILZ, THE NATURAL HEALING METHOD.

Dandoro, when past ninety and utterly blind, stormed Constantinople. Titian was painting his finest pictures when he died in his iooth year. %Sir Isaac Newton was President of the Royal Society at the age of eighty-three, and Landor furnished his "Imaginary Conversations" at the age of eighty-nine. Brougham was a strong debater at eighty, and Lyndhurst, when over ninety, spoke in the House of Lords. Franklin was the Governor of Pennsylvania at eighty-two. Gladstone (the grand old man), hale and hearty at the age of eighty-three years, was a power in the English Parliament.

Get health. No labor, pains, temperance, poverty nor exercise that can gain it must be grudged; for a sickness is a cannibal which eats up all the life and youth it can lay hold of, and absorbs its own sons and daughters.

EMERSON.

Modes of Application*

By F. E. Bilz.

Author of Bilz, The Natural Healing Method

Introduction and General Remarks.

Not merely in days of sickness, but in those of health, should every person have a care for his bodily condition. Therefore we ought to know what benefits the body and what harms it, for the prevention of disease is easier than the cure. The more the system is watched over in its functions, the less occasion will there be for interference. But even when diseases make their appearance, the afflicted must be able to bes his own doctor to a certain extent. For this purpose the method of treating disease must be so simple as to be comprehensible to anyone of average intelligence. Nevertheless, however simple it may be, it has to be learned, for the simple reason that there is no treatment which is suitable for every disease. One person may be extremely sensitive to water and would rather swallow the nastiest medicine than allow himself to be put in a bath, etc. Another patient is fit only for the most gentle treatment, by reason of his debilitated and shattered constitution; the individual case under treatment has, therefore, to be considered, i. e., the applications with water have to be varied with different gradations according to the patient's condition. It may be the case, therefore, that patients with similar symptoms of disease have to be treated differently. A case may even be imagined when, with a very nervous person, a beginning has to be made with warm water to induce him to try hydropathy at all. From bath to bath-pack the temperature of the water is imperceptibly lowered, and at the last stage the temperature most suitable for the treatment can be commenced.—Before entering upon the details of the treatment of diseases, let us once more summarily repeat the measures to be adopted in days of health. For he who lives in accordance with nature will be very rarely attacked by disease. Our principle aim must, therefore, be the preservation of health.

Many things must be observed in order to keep well and vigorous, but nevertheless it is not necessary to be acquainted with even the elements of science to hit upon the right thing. The natural method of healing, which constantly places hygiene in the foreground, might very appropriately be called "a science based on reason," because a normally developed moral sense of reason is the very one to find the best path to protect from disease. If a high degree of energy and perseverance goes hand in hand with reason, the preliminary conditions for the protection of health are established. We will, therefore, mention first of all and in their proper order the main requirements for the maintenance of health. The most important of all is:

Manner of Nutrition and Diet.

In the choice of food man should be most careful* as the construction of the whole body, its power of resisting disease, and the entire mental and bodily vigor depend upon it. In the first place the question arises.

THE KNEIPP WATER CURE MONTHLY.

How many meals should we take daily? The answer is three.*

The reason for this demand is self-evident; every organ requires rest to develop healthily, and so does the stomach. The latter needs more than three hours for the digestive process, and just as much time (three hours) must be given it to recuperate, before it begins its action again. The meals, therefore, should take place at rational intervals; breakfast at seven, dinner at one, and supper at seven o'clock. He who adopts this rule will know what proper hunger is, and consume even the simplest fare with the greatest relish. "Hunger is the best sauce," is a true proverb. It is also only too true that most diseases arise from an overloaded stomach, and that we eat and drink far more than is good for us. It is consequently but too frequently observed that after holidays and merry-making, when the meals follow in quick succession and people eat and drink more than they ought to, most complaints reach our ears about indisposition and sickness from the stomach. Therefore, every man who values his health will exercise the greatest moderation in the consumption of his meals.

It is almost as important, however, what to eat. Animal food is not good for the system, though it is thought to be so by a great many people. With heavy meat-eaters thick blood frequently courses in the veins, and many troubles, such as vertigo, headache, rheumatism, eruptions, etc., are the consequence. I, therefore, advise only a moderate indulgence in meat (if it cannot be dispensed with entirely); it should be taken in a mixed diet, e. g., with vegetables, and should be but a small addition to these.

Spices, also, such as salt and coffee, strong beer, brandy and wine, should, on account of their heating properties, be taken only very sparingly. Most nutritious and wholesome is, therefore, a vegetable diet; bread, vegetables, and pulse of all kinds, made palatable with butter. All dishes, moreover, made of milk, eggs, and potatoes, and, above all, fruit (fresh or stewed). The latter should, on account of their extremely wholesome properties, never be wanting at any meal. If anyone should take an interest in the vegetarian bill of fare, good books on vegetarianism furnishing him with the desired information may be procured at any book-seller's.

Further, it must be borne in mind that all food has to be long and well masticated, so as to mix the saliva properly with it, thus promoting digestion to a great extent. Nor should any food or drink be consumed hot. Their temperature should never exceed 97°.

Infants unable to take the mother's milk may be given a decoction of unbolted flour or the diluted milk of a healthy cow, and oatmeal gruel (not boiled thick and without sugar or salt).

Wholemeal (or Whole-Wheat) Bread.

Bread being man's daily food, because it is justly credited with containing the greatest amount of nutritive matter, it is most material that everybody should

* Dr. Trail goes still farther, saying that he ordered only two meals a day in many chronic diseases, and attained astonishing results thereby in a relatively short time.

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be extremely careful in the choice of the kind of bread he eats. It is to be regretted that the idea has taken root, both with doctors and the public, that people with a weak digestion (patients especially) should, if possible, eat wheaten bread as the baker bakes it in order to meet all troubles effectually by it. A greater mistake is hardly imaginable. For, in the first place, it may happen that the baker, to make his bread as white as possible, has recourse to all kinds of artifices and adulterations; and, secondly, we are grievously deceived if we think, even without any injurious additions to it, that white bread is the best in regard to nutritive value and facility of digestion.

The present custom of giving, in hotels, etc., wheaten bread (milk loaves) instead of brown bread with the meals, is most reprehensible.

If you hand to a peasant, who is accustomed to solid brown bread and otherwise has a healthy appetite, a small basket of milk loaves and fancy bread, he will make short work of the whole, but he will hardly feel satisfied. The military authorities of most countries have been aware of this defect for a long time; they let white bread for the army severely alone, considering it a foolish waste of money to give soldiers anything but dark brown, solid bread, and this, combined with plenty of exercise in the open air, creates for them such an astounding appetite that the German military bread, at which a gourmet turns up his nose, is demolished by the soldiers with remarkable relish. Thousands of pale, weakly lads return from military service to their homes the picture of health; fresh air, the wholesome bread, and, above all, the regular life led by them having effected such an extremely auspicious change. Why is such an (by no means expensive) example not followed during the whole lifetime?

Wholemeal bread decidedly contains considerably more nutriment than military black bread made of rye. Wheat is the acknowledged king of cereals. There attaches to this bread, moreover, an exceedingly pleasant, almost almond-like taste. When used for making wholemeal or whole-wheat bread, the wheat is only bruised or rolled, and all the bran it contains is therefore baked in it. The bruised wheat is wetted with tepid water and regularly kneaded till the mass has just sufficient consistency to be divided. Small loaves from a pound to a pound and a half in weight are then formed, neither too flat nor too thick—about two inches is a good medium. For the purposes of fermentation they are put in a warm place till the dough rises. When little cracks appear on the upper side, they are put into the oven, but brushed over with water before to give them a smooth and attractive appearance. This bread must not be staler than three or four days, for, as it contains no yeast whatever, it spoils more easily.* But the bread, when obtained,

* A little yeast is sometimes added to bruised-wheat bread, a procedure to be highly recommended during the period of accustoming the stomach to its use. Ingredients too, like sugar, almonds, raisins, milk, etc., can be used with it, as they impart to the bread a taste like cake. One easily gets accustomed to bread of this kind. It is ten times more healthy than the finest fancy white bread or confectioner's.

THE KNEIPP • WATER CURE MONT

Mjgsvers the moflHanguine expectations, for it is just the *presence* of the bran that fulfils the two main conditions: best possible nutrition and exceedingly easy digestibility. In regard to its nutritive substance bran is in many respects greatly under-valued by most people. Extremely material constituent parts, most indispensable for the structure of the body and its nutrition, are contained in bran, such as gluten, starch-flour, adipose matter, sugar and salt. What an incalculable amount of human strength, human happiness and money are thrown away solely by the absence of bran from bread, but also at the same time what nameless misery is inflicted on man by merely withholding from him the rich store of strength in food contained in bran.**

How is it that in all our large cities dentists shoot up from the ground like mushrooms, and why is it that townspeople have such soft frames with so little power of resistance? Because there is no strength or sap in their diet, and because they are so mightily afraid of fresh air and exercise that they do not know the *meaning* of downright hunger.

Hunger certainly is required to enjoy a piece of black bread and very simple food.*"But to constantly stimulate our deteriorated stomachs and to tickle our dainty palate, spicy viands and beverages only are consumed.

No wonder, then, if with such a mode of life, so thoroughly at variance with the canons of nature, many a "fine lady" takes hours over her toilet, to adjust the false set of teeth, to put on the false hair, and to obtain, by means of paint, the right flush in her cheeks, while at certain parts of the body padding and pads help to make up the full round lines of her figure. *Among the* lower class, but more particularly in the country, artifices of this kind are hardly ever resorted to. But there are no confectioners and cakes there either.

Country people are well content with black bread, and its consumption, together with fresh country air, play no mean part in preserving their health and strength. Let everybody, therefore, conquer his prejudices and he will soon become alive to the fact that of every variety of bread "whole-wheat" is the most wholesome as food.

With special regard to the digestibility of this bread, an illusion on the part of the non-connoisseur is at least to be excused. If we take a fancy loaf, e, g., in one hand and one of the above loaves, of equal size, into the other, we shall be absolutely astonished at the difference in weight, for the latter weighs like lead in comparison to the former, and the proof by weight might indeed be called a weighty proof.

Such simple experiment appeals to him who is willing to see, more strongly and impressively than any learned explanation. But it is exactly the remarkable weight of a loaf of this kind of a certain size which would lead an ignorant person astray and cause him to arrive at the false conclusion: This heavy loaf

** In the consumption of wheaten bread and bruised-wheat bread, particular stress must be laid on *its* coarseness or fineness, according to the case in hand, whether the person be in health, or affected by illness, and if so, % what kind of illness.

must surely lie as also as heavily a\$ lead on uiy^ &iun*-ach. At the first practical attempt, however, this supposition turns out fortunately to be a gross error. A patient who has been suffering for years with constipation will, after dieting himself with this bread, hardly ever have to complain of the action of his bowels. The longer the stomach is used to this bread, so agreeable to the taste, the more thoroughly will it be regenerated and strengthened, but the healthy stomach, too, and all the digestive organs belonging to it, benefit by the points of superiority which advantageously distinguish this bread from any other. Anyone wishing to test its excellent qualities must have a conscientious care that the wheat is good and genuine, and that no mistakes are made in its preparation or baking.

> Water.

Only too frequently we meet with people who are extremely ignorant of the real value and the great benefit of water as applied to the human body. Highly intelligent and enlightened persons (who are well informed in other respects) are yet met with who are still pronounced hydrophobes. In justification of their prejudice, they state that they always feel sickness and discomfort in the stomach after drinking water. But this circumstance, rightly interpreted, just speaks in favor of water drinking. For a stomach which receives water but rarely is troubled more or less by all kinds of mucous and other remnants, and has in consequence become sluggish and inactive. If it happens to receive water for once, some reaction takes place immediately. Water dissolves and loosens everything that has no place in the stomach, and to that circumstance must be ascribed the sickness and discomfort such people feel. Water causes a passing impression of cold, and immediately afterward an increase of blood to the walls of the stomach. The former feeling may not be pleasant, but it augments the stomach's capacity of action in the long run.

People should quietly bear the uncomfortable feeling for the time and continue with the use of cold water in moderate quantities till the purification of the stomach and the intestines is accomplished. A person used to drinking water swallows it with almost the same relish as another would drink beer or wine. As a matter of course, care must be especially taken to get it pure and fresh as well as entirely devoid of smell and taste. :! Anyone can comfortably drink a quart of water in the course of one day, and bear it well, too.

Artificial, mineral, seltzer and soda waters, on the other hand, are to be strictly avoided, as the chemical and mineral ingredients in them have an injurious effect upon the gastric mucous membranes, and in the long run undermine the health of the consumer.

Praising cold water as a beverage to inveterate beer drinkers leads, of course, to the most stubborn contradiction. There can hardly be imagined a more thankless task than an attempt to shake these hydrophobes in their preconceived IdeaM? And yet water is an element which develops, vivifies, strengthens and hardens the body. It is impossible to dispense with it as a beverage without greatly jeopardising the general health ill the long run.

The air itself is charged with water to a greater or lesser degree, and this most eminently conduces to the healthy condition of the nerves and respiratory organs, is proved by the fact that patients suffering from their nerves feels most comfortable in air which contains a large amount of moisture, and that consumptive people are most soothed by the mild temperature at the sea side. Animals long for fresh water, and plants, after exposure in the sun's heat, are revived by rain and dew. And should fresh, pure water be injurious to man?

No greater mistake could be made than to think that water introduced into the body with beer, coffee, wine, brandy, etc., and added to these nutritive substances, should act twice as advantageous. How little this is the case is already seen from the fact that a part of the artificial, alcoholic beverages taken even in moderation, first stimulate and afterward cause relaxation, and result in this or that discomfort to the system. But with an immoderate consumption the troubles either increase to an ominous degree (for vomiting is but too common an occurrence), or consciousness or strength are for a time jeopardized by slight or more pronounced intoxication. There is acknowledged to be nothing more repulsive than a thoroughly tipsy man, but, he has after all committed nothing more heinous than testing, rather too strongly, the excellent qualities of a beverage considered beneficial and conducive to health.

How totally different is the effect of a draught of pure good water. It quenches thirst, but, at the same time, refreshes and vivifies the whole system. Water, possessing, as it does, no charm for the palate which incites us to drink—an abuse of it is hardly imaginable, though if that were the case the body would far more easily discharge a surplus of water than it does artificial beverages. The nutritive value of these repeatedly cited liquors is greatly overestimated by the public. Chemical authorities have been unable to find any appreciable amount of proper nourishment in such beverages, whilst the real or rather fancied advantages of artificial drinks are tenfold counterbalanced by the disadvantages attending their use.

Although water may possess no nutritive value of any importance it is nevertheless highly beneficial. It quickly liquifies the chyme, renders it easily soluble, and prevents any positive loss of the nutritive matter contained in the food consumed. Water, moreover, by cleansing the stomach and intestines and freeing them from phlegm, strengthens the weakened and depressed digestion in a natural manner, and in a short time produces a healthy appetite and greatly increases the digestive power of the stomach.

Be it likewise mentioned in this place that to effect an active change of matter there are no more adequate and withal innocent means than the various kinds of baths, affusions, rubbings, packs, etc.

Also a condemnatory remark may be allowed here on the experiments to which the female sex, especially in the higher strata of society, lends itself to re-obtain a fresh and healthy complexion. For all the many expensive and widely advertised preparations for the toilet table not only do not vivify, freshen or strengthen the skin, but on the contrary destroy its natural

health and purity by their constant caustic and corroding action to such a degree that disfiguring wrinkles ultimately make their appearance.—If the face and the other parts of the body be gently rubbed with linen cloths previously dipped in tempered water of 73° and well wrung out, and the face and neck washed or rubbed with cold water only, a skin will, if the application be continued for some length of time, be acquired that, with color shining through, displays the freshness of youth. Simple water shows the most precious remedies of the toilet-table far into the shade.

Air.

The air surrounding the earth, which consists of seventy-seven parts of nitrogen and twenty-three parts of oxygen, is for every organic being its proper vital element. The more a man estranges himself from the air the more his life and health must suffer. It is again the inhabitants of great cities who sin to an enormous extent in this respect. With a rather considerable number of them, quite a dread of air has developed in the course of time. Many townspeople, without any particular discomfort to themselves, can tolerate the most offensive smell, the densest tobacco smoke, the excessively high temperatures in their rooms, etc.; whilst at a sniff of air, at the most innocent little draught, at rain and wind, they wince with insuperable dread. Is it not lamentable? If by reason of this unnatural course the gaunt spectre of consumption stalks through the land apace, reaping its richest harvest in the most populous towns and manufacturing districts, is there anyone who can wonder at it?

We all know that a plant must be exposed to the influence of light and air if we want it to grow and expand, and that an animal denied the enjoyment of unadulterated air must slowly perish.

Why, then, not apply the same principle to man? For the development and preservation of his physical innate strength, for the cheerful vitality of his mind and spirit, for the expansion and retention of his mental powers, the consumption of pure, undefiled air is the first and foremost condition. It is essential, therefore, for him to accustom himself to plenty of fresh air and drink in full draughts of the pure ether of nature. He must shun, on that account, as much as possible those close rooms in which the air is deteriorated and vitiated by tobacco smoke, dust, bad smells and other injurious matters. But not only in the day time is it necessary to live in fresh and pure air, but his bedroom should be filled with it, too. In consequence of the sleeper's calm and even respiration, he consumes more air in the night than in the day.

Nothing can be more destructive to health than for four or five people to sleep in a small room with closed windows. By breathing the same air over and over again, the sleepers' lungs lose all tension, and they feel confused next morning, and instead of being refreshed they yawn and stretch themselves as though they had not been in bed at all, and naturally, too.

The air which we breathe day and night must be impregnated with a sufficient quantity of oxygen. Therefore the ventilation of the room in which we sleep is a necessity. If a person cannot bear to sleep

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with the bedroom window open he should at least keep the window of the adjoining room open, or, if it is not feasible to leave the window in his bedroom open, he should leave his room door open. The good effect will not fail to make itself felt. The restless sleep, the feverish dreams, and the feeling of languidness in the morning, will, with sufficient admission of fresh air, come to an end. The beds must be aired for several hours and the bedroom all day, if possible. Heavy coverlets on beds are objectionable, and feather beds can surely be dispensed with, and the bedclothes must be as *light* as possible. Most appropriate for the latter are coverlets of wadding or wool, which should at all events be used during the warmer season.

Warmth.

The sun dispenses its light, and, at the same time, its genial warmth, refreshing and animating all organic life on our globe, if in the preservation of man's health the heat of the sun plays an important part.

The circulation of the blood expands under its life-giving influence, even the tiniest vascular vessels are filled with blood, and perspiration takes place through the pores. By no other process can the gases and other products of the change of matter more completely *volatilize from the* body than by the flow of perspiration. Both sickly and healthy persons should, therefore, walk in the sunshine as often as possible and expose themselves entirely to its' beneficent rays, and should not hide their faces under a sunshade, as ladies are in the habit of doing, as soon as a single ray breaks through the clouds. The human mind gains in elasticity and is in many ways pleasantly stimulated by the warmth of the sun. Dwellings, and especially bedrooms, into which the rays of the sun cannot penetrate, must be *pronounced* unhealthy.

In the absence of natural, artificial heat has in many cases to be substituted. Therefore we seek warm rooms in winter and the beneficial warmth of the bed at night. It must be observed here that the temperature of the rooms and beds should not to an abnormal extent suppress evaporation of the body. The warmth of the room should not exceed 67°, because a higher temperature, endured for any length of time, has a relaxing effect.

Professor Reclam says: If we raise the temperature of a room above 67°, we shall soon notice that our requirement of warmth always rises with it, and 71°, nay, 77° will soon not suffice for us. The following is the reason: Keeping up a great heat in the stove dries the walls and all the objects in the room. The more moisture they relinquish, the more eagerly does the dry air absorb that still contained in the bodies of people in the room. The imperceptible evaporation of the skin and lungs is augmented. Then losing a great deal of heat by the evaporation of moisture, the increased heat of the stove gradually increases our want of it and the stove, which appears to be our best friend, is in reality our worst enemy—for the heat in the room being increased, all other objects in it give off moisture at an increased rate, and the air gets vitiated. In breathing warm air we take in less of that most indispensable element of life, oxygen, and the change of matter proceeds slower and to a less degree,

our sleep becomes broken and uneasy, while all the functions of the body are imperfectly performed. There we have the sad picture of most people in *winter*. Only those, who never allow their stove to warm the room above 67°, are not subject to these drawbacks.

The warm rooms must be repeatedly ventilated in the course of the day, to procure a change of air. The use of hot-water bottles in bed is injurious, because it suppresses the generation of animal heat in the person using them. Heavy bedclothes, too, are most objectionable, evaporation being entirely suppressed by them. It must be borne in mind that an excess of heat relaxes the system and a high temperature should, therefore, only be indulged in as long as a strong and healthy body feels comfortable in it, for it indicates the change from it of its own accord.

In point of healing diseases, warmth plays an important part; for after every cold we take the equilibrium must be restored by the influence of warmth. Our natural method of healing possesses a great many modes of application in order to warm the body by the generation of animal heat and stimulation to perspire. A high degree of warmth, however, supervenes most surely when a short, cooling application, such as a bath, or wet rubbing, etc., has preceded it, a fact which all those patients may take to heart who are longing for warmth, but are averse to purchasing it by a previous cooling procedure.

Such water-shy patients must be dealt with leniently. The baths, packs, rubbings, etc., must be given a higher temperature and toned down half a degree a day, the object will then be attained in a short time and another patient saved by lenient treatment, and thereby another friend gained for our good cause.—From Bilz, "The Natural Method of Healing."

Nausea.

often precedes vomiting, or heralds the approach of many diseases, i. e., gastric catarrh, it is also sometimes a premonitor of a fainting fit.

When the stomach is out of order, vomiting is useful. A moderate drink of fresh water, a walk, or even fresh air in the room and a cool enema always have a good effect. The treatment must bear reference to the original cause or the impending disease.

A little boy entered a surgery the other day, when the village doctor was in attendance, and marching up to him, whispered cautiously: "Please, sir, mother sent me to say as how Lizzie's got scarlitina awful bad. And please, mother wants to know how much you'll give her to spread it all over the village?—Tit-Bits.

AGENTS WANTED

for the KNEIPP WATER CURE Monthly in every locality. Write for terms to agents.

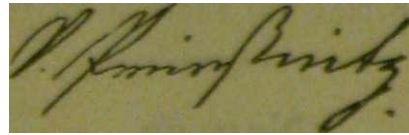
Mind Cure.

For the body's naught at all;
 Rich and poor and great and small,
 Thin and fat,
 Man is nobody; you'll note
 There is nothing in his coat
 Or his hat.

Should you lose your legs, anon.
 Never think of grafting on
 Legs of cork;
 Don't believe you're even lame,
 Put your boots on all the same,
 Rise and walk.

Never work and ne'er be sad;
 Hunger's nothing but a fad;
 Feed the mind.
 When on nothing you are cloyed,
 If you feel a kind of void.
 Think you've dined.

-The Critic.



Born October 4th, 1799, at Grafenberg, Silesia, Austria,

Vincent Priessnitz.

Introduction.

Water applications have been used and appreciated throughout the ages. Vincent Priessnitz—who earned the title "Father of Hydropathy"—was neither the discoverer of, nor the first to use, water as a remedial agent in disease.

That discovery was probably coeval with the appearance of man in his present condition. When we see that some of the lower animals possess an instinctive knowledge that water is good for them when wounded, and in certain conditions of sickness—or they have been seen to seek that element when they are suffering—we should be derogating from man's dignity and superior intellectual endowments if we denied to him a similar instinct and equal observing powers.

Histories that carry us back to remote ages show that the practice of water ablution, both for sanitary and religious purposes, existed amongst most ancient peoples.

Among the Jews bathing was enjoined by a code of specific regulations, which served to secure personal

cleanliness and to convey the idea of moral purity. The association of water with the cure of disease is illustrated by Elisha's command to Naaman the Syrian to wash seven times in Jordan; by that of the Saviour to the blind man to go and wash in the pool of Siloam; and by the resort of the sick to the pool of Bethesda. Among the Egyptians, Greeks and Romans, baths were in common use. Most of us have heard of the Greek gymnasia and the Roman thermae, in which the plunge or affusion was largely employed as an invigorator of the body*

Mahomet enjoined the use of the bath, and wherever his followers are it is in daily use. In almost all countries, hot or cold, civilized or savage, some form of bathing has been and is practiced. Its utility for purposes of health, cleanliness and comfort, is practically acknowledged everywhere.

The fathers of the healing art, whose names have become familiar to us, were well aware of the therapeutic virtues of water. Pythagoras (B. C. 530), and somewhat later Hippocrates (B. C. 460), used water, with friction and rubbing, in spasms and diseases of the joints, and watery applications in a great variety of diseases—particularly pneumonia, gout and rheumatism. The successors of these sages, up to the time of Galen (A. D. 131-200), valued water in the treatment of disease** Galen himself gave water the highest place in his list of remedies. "OCAA water," he says, "quickens the action of the bowels, provided there be no constriction from spasms, when warm is to

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be used; cold drinks stop haemorrhages and sometimes *bring* back heat; cold drinks are good in continued and ardent fevers. They discharge the peccant and redundant humors by stool, or by vomiting, or by sweat/' He recommends tepid and warm water drinking, with hot baths, followed by tepid or cold, in cases of biliousness, spasms, fever of the stomach, hiccup, cholera morbus, obstinate ophthalmia and plethora.

Not much is recorded of the use of water in disease after Galen's time until the Arabian physicians Rhazes (923) and Avicenna (1036) are found advocating the use of cold water in fevers, measles, small-pox, vomiting, nausea and diarrhoea, ff About this time the Arabs were prosecuting their researches in chemistry and pharmacy; many new drugs were introduced and water was ignored, and, judging from the results of the Arabian treatment of disease, not to the advantage of the patients.

Here and there, in the medical history of Europe, there occurs the name of a doctor who recommends water-drinking, washing, bathing, or swimming, to preserve health and cure disease. But there is nothing of special importance until the beginning of the eighteenth century (1702), when our countrymen, Sir John Floyer and Dr. Baynard, published their book of the "History of Cold Bathing, both Ancient and Modern," the first part of which contains interesting letters by Floyer, written between the years 1696 and 1702. In Italian, at Naples (1723), appeared Lanzani's "Right Method of Using Cold Water in Fevers and Other Maladies, Internal and External."

Niccolo Lanzani mostly confines his advocacy of water to his employment internally in fevers of all kinds, for which he holds water-drinking to be the best remedy.

About the same time appeared another interesting book by a distinguished clergyman, John Hancocke, D.D., Rector of St. Margaret's, Lothbury, London, Prebendary of Canterbury, entitled, "Febrifugum Magnum, or Common Water the Best Cure for Fevers and probably for the Plague" (1722), in which he gives many instances of the curative effects of water, use in case of fever, violent colds, etc., unassisted by any kinds of medicine. These publications, with the actual practice of the authors, again drew attention to water as a remedial agent. Floyer and Baynard employed water freely and with success in chronic diseases, such as rheumatism, gout, paralysis, indigestion, general debility and nervous affections. Externally, they administered the plunge bath, and they gave copious doses of water internally.

About this time Several pamphlets about water treatment appeared*!, Amongst them was the follow-

"The Curiosities of Common Water; or, the Advantages thereof in Preventing and Curing Many Distempers, etc." By John Smith. (London, 1723.;

Thomas Taylor, the "Water Poet," is responsible for a pamphlet with the following title: "Kick for kick, and Cuff for cuff, a clear and no favor; or, a refutation of a bombastical, scurrilous postscript, wrote by one who calls himself Gabriel John, others still will have it Daniel Defoe, which he calls *reflections on my Hudibrastick* reply to his *Flagellum* or

dry answer to Dr. Haneockes liquid book* etc.. vv HP two remarkable instances of cures by common w&tfv one of a malignant fever and no less than seven in <ltt* family of the pestilence." Published in London, 17*9-

In German, there appeared a book "On tile Power and Effect of Cold Water" (1768), by J. S. Hahn, who lived in the neighborhood of jGraefenberg, and whose father, Dr. S Hahn, was a worshipper of cold water. This Hahn, though he used other remedies, employed water so extensively in curing diseases that he may be considered a sort of hydropathist. He recommends cold water in chronic diseases particularly; also washing in small-pox and eruptions of the skit!* falling baths in inflammation of the brain, douches in maimings, cold injections in diarrhoea, injections into the nostrils for colds, and into the ears for deafness, and footbaths in chronic injuries. Hahn's work had, in 1754, passed through four editions. It did not, however, succeed in winning over the faculty to the cause of the water cure; and as for the public of Germany, though they liked to drink water, they did not care to have it applied externally.

V. Perez, a Spanish physician, sought to cure most diseases by the use of water, and he published at Madrid, in 1753, a small 4to. book entitled, *El Promotor de la Salud de los Hombres, sin dispendio el menor de sus caudales; admirable methodo de curar todo mal con brevedad, seguridad, y a placer. Dissertacion historico, critico, medico, pratica, en que se establece el aqua por remedio universal de las dolencias."

Somewhat later, in England, Fred. Hoffman published his ideas (London, 1761) with a somewhat similar title: "An Essay on the Nature and Properties of Water, showing its prodigious use; and proving it to be an universal medicine, both for preventing and curing the diseases to which the human body is subject."

About 1777, an English doctor—Wright—was led to try the water-cure. Dr. Wright, having caught fever from a sailor, undressed, threw a cloak about him, and went on deck, where, doffing his cloak, he had three pails of water thrown over his head. Repeating the process as often as the feverish heat returned, he quite recovered. ^Afterwards he treated fevers successfully in Edinburgh by the cold affusion, and published a report of his proceedings in the London Medical Journal (1786). By the same method. Dr. Currie, of Liverpool (1750-1805), treated with great success a contagious fever which was prevalent in that town, and in 1797 made public his views and experiences, with a list of cures effected by his measures. Though he by no means anticipated the discoveries of the founder of hydropathy, his reports on the effects of water in fevers and other diseases are considered to possess much practical value.

Dr. Currie found imitators both in England and on the Continent, to whose names and achievements it would be tedious to refer. But in connection with the therapeutic use of water it would unpardonable to omit mention of the name of the great German physician, Hufeland, who may be regarded as an apostle of bathing. After Hufeland, and before Priessnitz. by far the greatest water-doctor was Professor Oertel, of Ansbach, whose numerous writings on the stthjeet became popular. : OertePs motto, "Drink water in alum

dance, the more the better; for it prevents and cures all evils;" found a large measure of acceptance with the people of the Continent. Water societies were formed in Germany, and water was extensively used dietetically and medicinally, with, as was supposed, admirable effect. Still, there was no system, and what was done was done very much at random.

It remained for one greater and more far-sighted to grasp at once the whole secret of water treatment, and to develop and systematize it in one short lifetime.

That man was Vincent Priessnitz.
(From Life of Vincent Priessnitz, by R. Metcalfe,
London. Price \$1.50.)

The Danger of Medicine on Account of the Poison it Contains.

I come now to speak of medicine and its effects. All medicine should consist of poison, or of irritating substances, if it is to act upon disease. For that reason, it can have no healing character. Medicine, therefore, has never healed disease, whatever it be, whatever its object and origin, by whatever physician prescribed. I include in that category or proposition all kinds of balsam, extracts, universal ointments, etc., with recommendations of which the newspapers of today, are filled. Although sufferers may believe, with all the assurance of entire conviction, that this or that medicine or nostrum has cured them, I must tell them quite plainly that they deceive themselves. Not medicine, not domestic remedies, nor any wonder-working on their "sympathies," but the inherent vital force alone cured their complaints. It is the same with the cure of disease as with the growth of fruit. The sower sows the seed; God makes it grow: The doctor treats the sick man and binds up his wounds, but God must cure him.

If any kind of medicine, or the letting of blood, etc., has given you relief from pain, the action of that remedy or operation has only been to divert or draw the excessive flow of blood—which has caused the pain and danger—away from the diseased or suffering part of the body, which action, when natural, or brought about in a natural way, is wholly right. If carried out in an unnatural manner, or brought about by unnatural means, the same action is false and injurious, because, on the other hand, the patient is doubly injured, as, for instance, by opium, colchicum, etc., which certainly have the property of alleviating pain by numbing the nerves, but at the cost of grave injury to the organism. Of what use is it to alleviate pain without removing the cause?

A very clever natural healer once said that pain may be compared to an alarm bell which indicates that there is a fire somewhere. He remarks: "Of what use would it be to tie the clapper of that alarm bell and let the fire burn? We should not, therefore, waste our time and efforts in tying the clapper, but discover the fire and put it out; then the alarm bell will stop ringing of itself." There are plenty of harmless pain-alleviators; for example, water—cold, lukewarm, or warm,—employed in the proper way, steam compresses, and treatment by magnetism.

The healing virtue which is ascribed to medicine is due to its action now to be described, ^ When a person falls ill, and the deep-seated morbid matter is liberated, it is taken up by the blood and carried through the body for awhile by the circulatory system. If this matter, so disturbed and distributed, is not directly got rid of through the skin—which is only possible if the constitution is strong, the pores of the skin open, and the mode of treatment which is being pursued a natural one—it attacks some internal part, settles itself there, sets up inflammation, and causes pain. Now, as the flow of blood to a part so affected is greater (that is to say, the organism directs a greater flow of blood to that part for healing purposes), the pain and inflammation must be aggravated by the morbid matter mixed with that increased flow of blood. If the patient now takes strong and poisonous drugs, the organism, which is at all times ready to cast out of the body all matter which does not belong to it, will, for the purpose of getting rid of this new medicine, conduct more blood to the stomach and organs of digestion, in which, as is known, the drugs are at first received.

The increased flow of blood to the affected part is thus, as the consequence of the administration of medicine, diverted from that part to the digestive organs, and the disappearance of the local pain and inflammation follows, forthwith, the diminution in the flow of blood to the particular part. The taking of medicine continues; the natural healing force, intent on casting out the drug, directs the blood more to the region of the stomach than to the affected part; the local pain and inflammation gradually yield, and the patient believes that the malady is cured. In reality, however, it is not so; but the morbid matter which was called forth by the malady, instead of being cast out of the system, is again settled in it, and the pain is only benumbed. All the seeds of disease out of which the illness sprang, remains in the body in some or other part of the organs. The organism was, in fact, prevented by the medicine from fulfilling its natural function of drawing off the morbid matter, and so merely re-established it. If, on the other hand, the case had been treated in accordance with hydropathic science, which specially aims at promoting the excretory functions, the morbid matter would have, been cast out, root and branch, and the patient would have been made wholly sound. But the pharmaceutical treatment not only left the old morbid matter in the system, but introduced new one into it with the drugs. The patient thinks he is cured when he can leave his bed; yet he then harbors the seeds of disease in greater measure than before. He must henceforth use double care to protect himself against chills and such-like influences.

It is thus seen that persons who are crammed full of morbid matter cannot bear a draught of fresh air or a drink of cold water, or a cool bath, without becoming ill; and consequently such healing and strengthening gifts as air and water are at last considered actually dangerous. It is not to the effects of air and water that the possessor of unsubstantial constitutions should ascribe an occasional loss of health, but to their own systematic self-derived coddling, frailness, and delicacy, which involve their being kept from air

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and water as gunpowder from the fire. All persons to whom fresh air and cold water cause harm, feel convinced, from the outset, of the very slight resisting power of their organs, and live in constant dread of an attack of illness.

I will add the remark that the effect of drugs are manifold; that pain and fever may be allayed, diarrhoea and vomiting produced by the use of drugs. Those results would depend partly on the kind and quality of the drug, partly on the quantity employed. All entail after-effects of ill health—the medicine sickness.

It may indeed happen that death is averted by medicine or blood-letting; but, notwithstanding such a favorable result, those remedies cannot be said to have a curative character. The result can only be accounted for in the following manner. As I have already shown, when the flow of blood to an organ and inflammation of the part is so violent as to endanger the life of a patient, the dangerous inflammation may be subdued, or the blood drawn away from the affected organ, by the use of drugs or by bleeding; but all this may be effected by employing the Natural Method of Healing, with much greater certainty and without any injurious after-effects: that is to say, by baths, rubbing with wet towels, affusions, enemata, etc.

Has Medicine Healing Power or Not ?

As the drugs of apothecary, or medicine, have neither healing nor operative power—as some may believe, or be willing to suppose—I feel bound to make the following explanation:

When medicine, powders, etc., have been administered, and vomiting, diarrhoea, increased action of the kidneys, perspiration, etc., follow, you probably think that the medicine has the power of producing these results. That, however, is not the case; but the matter stands thus: f|J

All foreign, irritating, or poisonous matter—as medicine, powders, etc.—which gets into the system, immediately excites the efforts of the natural excretory apparatus to get rid of them—hence the vomiting, purging action of the bowels, perspiration, etc. These processes mislead many among whom are even to be found members of the medical profession, to the conclusion that poisonous stuffs, the "medicine," produced the effects.

The doctor can exercise his discretion as to the direction in which he will urge the efforts of nature—whether to produce increased action of the bowels, perspiration, or vomiting, etc. Larger quantities, for instance, will be at once thrown out by the stomach in the form of vomiting. Of smaller doses, or less potent poisons, which pass through the stomach, the organism endeavors to rid itself by the action of the bowels or kidneys, or by perspiration.

It is with plasters and rubbing-in of medicaments and so forth as it is with medicine. These also have no healing power in themselves; but their effect is more or less harmful. Only plasters which are prepared with fat of some kind may make the skin pliant, and more apt, therefore, to fulfil its task of excretion. Wounds are protected from dirt by covering and closing plasters; but the ejection of morbid matter will be more fully attained by the so-called drawing ban-

dage (as to which see Index), or by stimulating compresses.

As with plasters, so also with rubbed-in medicaments; neither salves nor ointments of any kind whatever have any inherent healing power. The slight alleviation or improvement which may be noticeable after such rubbings-in will only be due to the fact that the friction draws more blood to the part, while the pores of the skin, previously stopped up with impurities, are at the same time opened, and so a more copious excretion is rendered possible. Moreover, the friction develops electricity, which likewise alleviates pain.

It is true of the rubbing-in of pungent and very irritating salves as of the taking-in of poisonous medicine: that both have bad consequences, and injure the constitution.

On the contrary, washing-off, or rubbing-in with water, or, as the case may be, rubbing with fat, or fatty preparations, or with oil, are in the highest degree advantageous; because, by those means, a more effectual excretion of the morbid or waste matter present at the spot is obtained.

An example of the ingenious way in which the Human Organism goes to work in order to rid itself of foreign matter.

The following instance shows how ingeniously the organism sets to work to oust foreign matter. If a person has got a splinter into his finger, or a bullet into any part of his body, the organism, which has no instruments with which to withdraw the foreign body, proceeds in the following manner. Round the embedded substance it sets up inflammation and forms matter or pus. After some time the matter destroys the skin and makes its way out, carrying the foreign substance with it.

Such deep-seated and tenacious substances as bullets, or similar solid objects, are often to be brought to the surface by special devices, adapted to the circumstances—for instance, by pressure—without the necessity of a hazardous and dangerous operation, which may even give rise to the fear of a fatal issue.)*

The question has often impressed itself upon me, how long will men go trying to heal disease with poisons? In other spheres of knowledge they are so very enlightened; but in that in which our greatest source of happiness—health—is to be sought, such gross darkness still prevails!

God grant that in this sphere, too, mankind may soon be enlightened!

A few hints on the subject.

I will now give a few general hints on the practice of our art. First and foremost, the sick room should be well ventilated, and supplied with a sufficient volume of fresh air. The bed should be comfortable; but an under-mattress or heavy bed-cover

* The man who attempts to cure without knowing the healing power of nature appears to me to be like one who would embark in the sale of manufactured goods without knowing anything either about wares or about money. Circumstances will soon prove themselves too much for such a simpleton.

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may lie dispensed -with; both should be avoided in cases of fever. As every illness demands quiet and careful nursing as a primary condition of cure, the sick person can best be cared for in a bed which is in a quiet situation. The first task of the nurse is to see that the feet of the patient are warm. If they are not—as very frequently happens in cases of fever or convulsions—they must be warmed by rubbing with warm cloths, by warm foot-baths, or by foot steam-baths. As soon as they are warm, they should be hand-rubbed by the attendant, whose hand should be previously dipped in cold water. This process re-establishes normal circulation in the lower extremities; and so, the head, the heart, and the lungs are freed from pressure by the blood. "Keep the head cool, the feet warm, and the bowels open," is the first stipulation which I must make with every doctor, and more particularly with fever patients. It may be mentioned also that a mild and non-irritating diet should be provided for the sick, all kinds of fruit being specially advisable. It should not be supposed that sick people are quickly strengthened with meat broths, meat extracts, wine, beer, and egg preparations. Those aliments are detrimental even to people in health; how much more carefully should an invalid avoid them! The patient should have as much water as he or she asks for. A natural sleep promotes recovery more than anything; therefore, all causes of possible disturbance to the patient should be removed, as far as possible—such as noises in or near the room, too high a temperature, or too heavy bed-clothes. The sick bed should always be approached on tip-toe.

As every illness has its causes, these should in every case be looked for, in order that the healer may be able later to get them out of the system. An illness already in progress, or in its first stage, will often yield and almost cure itself on the removal of the cause.

Not only every natural healer, but every medical man, should endeavor to administer relief and healing to his patients in the following manner: in order to secure a motion of the bowels, which should take place at least once a day, the enema syringe should be used if necessary. It is not only less harmful but more certain in effects than a purgative, -y A single injection of lukewarm water is usually sufficient; but in obstinate constipation several should be given. - In exceptional instances recourse may be had to strong and stimulating enemata, as of water containing soap, soda, or salt. Those who suffer from chronic constipation should use frequent and regular, but not too copious, injections of lukewarm water, while observing a liberal diet of whole-meal bread and fresh fruit. The desired result may also be attained by hip and trunk-baths, as well as by massage and curative gymnastics; especially movements which call the abdominal organs into play. Enemata are seldom attended with risk, even when taken very frequently. The enema syringe should be among the domestic appliances of every household. I will here remark in passing that, if the mode of life is entirely natural, stoppages in the bowels can scarcely occur. Equally necessary as the enema syringe for every family is a comfortable bathroom, even if this should consist of a bath tub or a small sitz-

bath. This should never be wanting. Every healthy person should bathe at least once a day; and the sick as often as the doctor advises. By taking cool baths the healthy harden the constitution, keep the pores of the skin open, and evaporation normal.

Description of some kinds of baths, and applications of water.

Baths for the sick cannot be specially described here, because the kind of bath must depend upon the constitution and condition of each patient, and on the nature of the illness. It need only be observed that, most illnesses are due either to a failure of the action of the skin or to a sudden stoppage of it; and that consequently one or more of the kind of baths which are suited to that kind of illness will be the best to employ. The fever-reducing bath is a very useful one. It will be ordered when fever is high, with the view of lowering it. (For further particulars, see Index.) The fever patient is taken out of bed; if advisable, a towel wrung out in cold water is wound round the head, and perhaps round any inflamed part; the patient is then placed in the bath, and bathed and rubbed in it for about five minutes; but not so long as to bring on shivering. He is then put back to bed, and covered up moderately warm. This bath must be repeated if no perspiration appears after the first bathing, and if the fever reaches a high point. If it should appear to the reader, according to his present ideas, to be a more than questionable proceeding to take a patient in high fever out of bed and to put him into a cool bath, such a questioner may nevertheless accept my assurance that no harm will result, but that the patient will be much benefited and refreshed by the process I have described (and which I recommend). The fever longs for cooling and for the opening of the pores of the skin, in order that it may be enabled to drive out the morbid matter from the system: and that effect will be obtained chiefly by the fever-reducing bath.

Fever, strictly speaking, is not a disease, as is still commonly believed; but a much wished-for healing factor which throws the deep-seated morbid matter in the system into fermentation, and endeavors to cast it out. "Give me fever," says the natural healer of to-day. "and I will cure almost any chronic disease, provided that no serious organic disturbance has already been established." As, however, fever when it is too violent may endanger life, it must be very carefully watched and directly it begins to be too violent, it must be subdued by a few cooling baths of the above kind.

Very often a cool washing or rubbing of the whole body will suffice to moderate fever. This process should be carried out piecemeal; only one part of the body after another being uncovered and rubbed at a time, and covered up immediately. The legs and arms should be treated first; then the body, chest and back, in that order. Each part should be well dried at once, so that no chill may supervene.

The following treatment of fever patients has also been practiced of late with good results. The patient is enveloped in a soothing pack, which must be changed promptly if the fever increases, or if the patient feels uncomfortable. This soothing pack, if persevered

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with, lowers the temperature very considerably and produces a beneficial and invigorating effect on the skin, so that, after a short interval, perspiration breaks out; when that shows itself, the crisis is past and the danger removed. The packs need not always be continued until the perspiration appears, but should cease as *soon* as the fever has been sufficiently reduced. The perspiration will come later entirely of itself, when the crisis of the fever has been surmounted. Often enough it comes during sleep, into which the patient *falls on* being taken out of the pack. It should not, therefore, be supposed that, in treating an illness which it is proposed to cure by inducing perspiration, one should keep the patient in the pack until perspiration comes; to do so would be *wrong*; but in this respect professional and non-professional people are often to blame. Every appropriate influence brought to bear upon the skin prepares the way for the outbreak of perspiration; and, when this has been at length developed—a result to which the inherent vital force has contributed the *most*—it *streams forth* spontaneously. Let not the reader think that perspiration can be forced, or that the packing, or bath, or abdominal pack was necessarily fruitless, if it was not directly followed by perspiration. All such treatment, if it is appropriate to the form of illness, facilitates and hastens perspiration. Therefore neither children nor adults should be left too long in one and the same pack; the patient should be taken out as soon as the pack is felt to be oppressive or uncomfortable.

A form of bath frequently-employed, and which has helped to restore many sick persons to health, is the steam-bath. It is used to produce perspiration, in colds, rheumatic affections, and many other ailments; particularly such as have become chronic. The effect of the steam on the body is to cause a more brisk flow of blood to the surface of the skin, and a more abundant excretion, so that the waste and impurities accumulated in the system are worked off. The effect of the box steam-bath will be considerably increased and extended, if followed by a whole pack (73°) lasting from half an hour to an hour and a half; the bather being enveloped in the pack while in full perspiration from the steam-bath, and so continuing to perspire. As the box steam-bath is generally very trying to weakly patients, they may choose a lighter and less trying form of remedy, viz., the steam-bath in bed, or perspiration pack, or the foot-bath in bed (which see). The chief condition is that a bath (88°) or a wet rubbing of the whole body (72°) should follow every such use of steam.

The hip-bath also, when properly used, is a blessing to many, as already mentioned. It is used specially for female patients to draw the blood from the head and chest. For strengthening the stomach and the abdominal nervous system, for removal of obstructions in the bowels, stoppage of abnormal discharges, etc., the hip-bath is a good remedy. Its favorable effects will be much enhanced by massage, kneading, rubbing, and stroking the abdomen during the bath.

There is, further, the abdominal pack, also called "Neptune's girdle," which is convenient of application, and beneficial to young and old alike. Children who have cried whole nights from sleeplessness have

often been put to sleep at once by a single pack of this kind. It may be used without the slightest scruple; and for hours; indeed, it may be continued all night and will do no harm. Only in violent fever or abdominal inflammation the precaution must be taken of frequently changing the packing sheet. In the case of delicate children, or people who are shy of cold water, the part to which the pack is to be applied may be quickly rubbed with warm hands dipped in tepid water, by way of preparation. For such sensitive patients the water used for the pack may be somewhat warmer than 73° (the temperature generally adopted), perhaps from 77° to 84°; but I must warn the reader that the water must not be quite warm, for in that case there will be no reaction produced on the parts under treatment, and the desired results will not be obtained.

The first and indispensable condition for every one, whether professional or non-professional, who employs our healing processes, is that they should thoroughly acquaint themselves with all that has been stated above. He should know all this, and be capable of judging the character and state of the disease, and the constitution and condition of the patient, in order to be in a position to decide what the treatment should be. - As only those patients can be cured whose inherent vitality is stronger than the disease, I must here again draw attention to the importance of applying the right treatment in time, before the patient's strength has been sapped; for, as has been already said, the patient who is to-day within reach of cure may to-morrow be beyond it.

Concerning Natural Healers and the desirability, of their numbers being increased from the ranks of the medical profession.

Since the Natural Method of Healing, in spite of the great successes of which it may now boast, has not yet been generally adopted, one is led to consider that many opposing circumstances have to be taken into account. On the one hand, the art is still too young, on the other, it is not adequately protected by the legislature; and further, the majority of those who practice the art as a calling are non-professional persons and not educated physicians, etc. If, however, this method of healing, which is acknowledged to be one of the best, were more and more committed to the hands of certified and experienced physicians, and if the people were taught, or would earnestly try to learn, the curative power of nature and the principles of our method, the latter would soon become universal and a source of great blessing to mankind.

We may rejoice that, if we compare the present with an earlier period, the method has made enormous progress, since a milder form than the too cold and exciting applications at first tried has come into vogue, in most cases greatly to the advantage of patients. To that modification is especially due the fact that so many adherents have lately been gained for the cause. I will here set right a mistake, and reply to an oft-recurring objection. The opponents of our method frequently say to us, "You cannot cure a broke arm or leg with cold water"; therefore, you must have a doctor." I repeat, we can no more heal with water than doctors can with their remedies; but nature can heal, and we can powerfully support her efforts. As nature

cannot heal a fracture—without such bad after-effects as stiffness or crookedness—until the fractured parts have been placed again into position, and secured with splints and bandages—which is called "setting" the limb—the first help that can be rendered in such cases is obviously to do the setting. If this operation can only be accomplished by surgeons or physicians, it is because they have studied anatomy and surgery, and have gained a practical acquaintance with these sciences. There are some natural healers and doctors favorably inclined toward us who are already very efficient in this department of our work, and the time should not be far off when every qualified natural healer will be able to set a limb, and then to treat the fracture with success in nature's way. See "Fractures" in the index.

As there are, unfortunately, comparatively few trained natural healers, it is very desirable that natural healing societies should be constituted with the object of bringing up one or more clever men, preferably such as have studied medicine, to the calling of natural healers. When I have here and there struck rather a sharp note against physicians and their practice, I have had no thought of giving offense to these gentlemen in any way. That would be quite against my principles, as I well know that physicians act only as their circumstances dictate. They carry out what has been taught them at the universities. Consequently my criticisms refer not to them but to the circumstances of which they are the product.

In view of the fact that since the introduction of the Natural Method of Healing it is no longer necessary to employ drugs for the relief of pain or the cure of disease, or for warding off fatal results, but that today, in the Natural Method of Healing, a means has been placed in our hands by which all those results can be attained with far more certainty than before, and that this method can have no kind of after-effects prejudicial to health, I beg medical gentlemen to study the natural treatment and its results, and to include the method in their professional practice—especially on the ground that they will thereby win the full confidence of the great public.

Maxims and Healings.

Spontaneous natural warmth is the best, surest, and easiest means of cure. The principles of nature's art of healing and of hydropathy, if rightly and universally applied, will work wonders. I know a case in which a person who was always complaining of illness, and taking pills, bitter salts and other laxatives, or so-called blood-purifiers, the effect of which was apparent in eruptions all over the body and face, imagined that these were the evidence of impurities thrown off by the action of the medicines, but having come to the better knowledge that the impurities had been first introduced into the system with the "blood-purifiers/" etc., the patient left off taking the physic and now looks quite well, the skin being clear and smooth.

Cases are very often met in which people believe they are making themselves healthy with teas, pills, medicine, etc., but who are, in fact, first making themselves ill. Does the reader believe that God, who has provided for us everything that is simple and natural, would have given us such a complicated, highly-

schooled method of healing as the medicinal method is? Heaven forbid!

The healing power implanted in every one of us, as well as water, air, light and diet, are the natural means with which we support our innate power, and they are always within reach of every one.

Do not think, reader, when your child, or any hitherto healthy person belonging to you, dies, that you have no reason to reproach yourself,—that the death could not have been averted. In most cases you are yourself to blame for the premature death.

Many people are still unaware that it is not meat which gives the strength required for work, but chiefly other kinds of food. If the workman were to trust to deriving his strength from the small quantity of meat which his narrow means can purchase, he would wear himself out in a short time and become a wreck. If a natural way of living—in following which a man observes a less irritating diet than he has been accustomed to, and treats himself hydropathically, with abdominal packs, whole packs, and so forth,—should cause at first discomfort and apparent ailments, the individual may think that such treatment cannot be beneficial. That is a mistake. The discomfort is nothing more than would result from any change in long-established habits of living, and it will only be temporary. If the use of the packs, baths and other outward applications be preserved and a regular and correct diet be continued, not only will the former be found refreshing at the moment, but the beneficial effects on the constitution will show themselves. If a chronic ailment has to be treated, much patience and perseverance will be required, as well as the most strict attention to all curative rules. If there could be duplicate cases of every disease—that is, if there could be two similarly constituted individuals affected with the same disease in the same degree—and if then one of the two cases were treated with drugs, and the other according to the Natural Method of Healing, the result would be certainly be in favor of the latter method. It is very deplorable when one comes near the bed of sufferers of the severely ill and listens to their cries and moans, to have to say to oneself that, though worthy of all sympathy, they have brought their illness upon themselves by ignorantly clinging to the modes of living which are followed by the multitude, and which make men systematically ill. For as the millionaire, if he is extravagant, must eventually come to ruin, so it is unavoidable that the constitution should in time rebel against the immoderate use of irritating food and drink, of meat (especially if it is diseased), beer, spirits, tobacco, etc., as well as against bad air, and that illness should result. It must not be forgotten that most sufferers who have recourse to the Natural Method of Healing, do so when their health is already shattered and when perfect recovery is often beyond the bounds of possibility. Rather let parents allow their dearly loved child to die than submit it to medical treatment and themselves learn by experience the evil effects thereof. One but too often hears it said, "When anyone falls ill in my house, I send for the doctor, in order that no one may be able later to reproach me." We, on the contrary, consider that man imprudent and careless who does not send for the natural healer in a dangerous illness, as it is only from the nat-

ural treatment that a speedy and full recovery is to be hoped for. By getting the patient into a perspiration many, indeed most acute illnesses are relieved. Much railway travelling is to be avoided if possible; people had much better keep their feet in motion if they wish to be healthy. I know a case in which a man drank his own water, in order to cure his illness. He also recommended the remedy to a friend as one which had proved highly efficacious. When I told him that he had much better sleep with his window open, since that would do him more good, he said he felt sure that nothing could do him more harm, and he endeavored, in return, to convince me of the excellence of his own peculiar nostrum, in which endeavor—I need hardly say he failed.

To cure an illness, the great thing is always to treat the body as a whole, in order to free thereby the affected parts from an excessive flow of blood to them and so forth. I will relate an experience of my own in proof that nature alone cures. After a violent fall, I felt pain in the abdomen. The doctor who was called in, declared that inflammation of the skin was developing, and prescribed me medicine which, of course, I did not take. I then consulted a natural healer who advised me to try various applications as a precaution against the mischief in progress (which, by the way, he did not at all take for inflammation of the skin of the ribs). As I wished, for particular reasons, to await the development of the symptoms, I did nothing for the time being. And behold! after a few days the pain decreased and finally disappeared completely. Thus I had a proof, and one thing was established for me, that nature had played the physician, and so it is in all cases.

Many examples will be found in this book (and they might be increased to many thousands) of patients who had been given up by physicians, yet were saved by natural healers, but of the reverse there is no proof, viz.: that any physician has succeeded in saving patients who had been given up by a competent natural healer. Is not that plain enough? I say once more, "It is not the physician, but nature that heals." If I should urge my recommendation of the Natural Method of Healing still more on the reader, he would not be willing, or perhaps able, to believe me, because he bows to the authority of the physician, and I, a layman, cannot impress him.

The reader should on no account believe, that only the author and other unimportant persons are attached to the natural system. No; its adherents include physicians, doctors, professors, influential merchants and bankers, peers, and even princes, and it is to be hoped that before long a king and emperor will be at the head of its patrons and well-wishers. Will not the reader make a trial of the system? Such a trial, conscientiously carried out, cannot bring him any harm, but will open his eyes soon enough to his own advantage and that of his household and neighbors. I have heard from many the remark: "How lucky it was that I made a trial of the Natural Method of Healing! I am now, thank God,—in consequence of the continued and visible results of it and the great blessing it has proved to me—quite freed from the medicinesuperstition."

During an epidemic of scarlatina last year a little

daughter of mine was attacked, and at the same time a neighbor's child also fell ill of the fever. Both children were of the same age—about three years, my own child according to the natural method (which drives all the poison out of the body) and she quickly recovered. The neighbor's child was treated by a physician and—died. Both the little girls appeared to be equally healthy before the attack,

Although my neighbors lost their child, they did not reproach themselves; they had called in the doctor. But if my child had died, and theirs had recovered, the most bitter reproaches would have been heaped upon me.

As a precaution against the so-called wasting of the lobes of the lungs, upon which consumption, tuberculosis, etc., ensue, the following procedure is recommended: To go out of doors, lay the hands on the back, and bend the chest forward; then to count one, two, three, etc., in silence until all the air has been pressed out of the lungs. Many will have to take breath at fifteen. For further particulars I refer to Dr. Niemeyer's lecture on "The Art of Breathing," in the May (1900) number of this magazine,

Just as a person who is not musical, will derive but little pleasure from the most beautiful music, so the man who has not dieted himself according to natural principles, will not be able to get much enjoyment out of the sort of food and way of living which nature indicates as right. Only after a persevering observance of nature's prescription will the enjoyment of it be felt.

The Natural Method of Healing, compared with the pharmaceutical system, works almost always a perfect cure, whereas drugs, in the most favorable cases, only suppress the symptoms, without driving out the morbid matter which gave rise to them, and so ridding the body of the cause of the illness. Let the reader choose between the two methods,

The many-paged advertisements and puffs in the newspapers, which cry up sure remedies for all kinds of disease, are indeed so illusive and attractive that one would almost wish to be ill for a time, in order to be able to taste these tempting remedies. The enlightened person will not be deceived by such swindling means, for, at bottom, these mixtures are pressed upon public attention, not in order to benefit suffering humanity, but in order that those who prepare them, may become rich. If, for instance, one of them possesses an actual value of five or ten cents, it will cost often from seventy-five cents to a dollar and a half. Fortunately, the attention of some governments has been directed upon this subject, and a stop is being put to the nuisance. • It gives me great pain to see poor children especially, suffering and dwindling in consequence of the "medicines given to them. Let people think of the many remedies which they were advised, in a friendly way to try in sickness. All ought to be of use to them, for all have proved their value in other cases, yet they might take fifty of these remedies, and not one would do them any good. Does not that show what their curative value is? Because water costs nothing, it cannot be of any use either to the healthy or to the sick—so argues mankind in these days. I believe that if air and water cost money, the

great results which natural healers obtain with them.

would also be highly valued all the world over. Hygienic science, the Natural Method of Healing, the right and proper way of educating children, and all kindred subjects, should be explained in short and pithy paragraphs printed and hung on the walls of dwelling-rooms until everyone knew them by heart. But people are nowadays only half in earnest in their views as to the solution of such important questions. As a proof, how inexperienced the great majority of people are in the domain of curative science, I bring forward the following example: A person had steam introduced into the ears as a remedy for deafness. The effect was wonderfully good, and the subject of the cure recommended the remedy to all deaf people, and by them it is held in high esteem. And if we look more closely at the matter, we shall see that nothing can be more natural. If, for instance, the ears are not kept clean, the wax (cerumen) accumulates and hardens, thereby blocking the auditory passage. If softened by local steam-baths, dropping warm oil into the ear, etc., it can be removed, and the hearing will again become normal. If the ear is regularly cleansed with water, diseases of the organ will very seldom occur. A second instance: An invalid well known to me, obtained from a quack doctor a tea to purify the blood which was declared impure, and sure enough, on the second or third day his whole body was covered with pustules and small red spots. (Such a result to awake confidence!) What was the cause of the eruption? It was the poisonous tea which nature (perhaps only in part) at once threw out of the system. The old trouble, however, was not got rid of, but re-appeared, in an aggravated form, in three months' time. The reader should know that many diseases, when one they have broken out, only pass off slowly, and, without doubt, require the most skilful treatment, in strictest accordance with natural laws and conditions, in order to cure them.

Such diseases arise and develop themselves in like manner, slowly. If an illness does not always break out immediately after an injury is wrought on the constitution, or every catch in its physiological machinery but only after several years, and when the process of development has been slow, the curative process can not possibly be completed in an over-hasty manner or disproportionately short time. Cause and effect stand here also in the closest co-relation. In the treatment of such illnesses, remedies should be used which will at least insure a complete cure, and not, as often happens nowadays, those which are either ineffective or harmful and dangerous.

A proof that a system which is free from disease germs, will not sicken in consequence of a chill, is afforded by the animals; yet, all creatures living in a state of nature, fall sick again and again in raw cold weather. The following are general dietetic rules, by observing which one may carry illness and suffering to a favorable issue: An unsound organ always requires to be spared as much as possible; therefore, a weak stomach should not be burdened with food difficult to digest, or with too much at one time., A weak eye should not be tried by use in a strong light, nor a lame leg strained by running or jumping; people suffering from cough, should not remain in a smoky or dusty at-

mosphere; and hoarseness should not be made worse by singing and shouting, and so forth. By such reckless and unsparing proceeding's, illness arising suffering will be much prolonged, and indeed will often go from bad to-worse till they become incurable. It is a foolish plea which is conveyed in the answer, "I never can take care of myself," made by one who is already failing ill, and who is warned against over-exertion.

So be it, then; but the invalid will find that after a short time exhaustion ensues, and then he must give up work for a long time, perhaps forever. Sickness and death have no consideration for man or his work; they are the righteous and avenging deity. Let the invalid, therefore, be wise in time." Above all, curative or vital magnetism also has a great future in the way of healing. It alone, if suitably employed, can produce the most brilliant results; it might become of much greater importance if combined with other well-chosen and powerful healing factors. *fej*

It is to be hoped that magnetism will at no distant time be more and more included among the natural healing processes already so rich in blessing. * The results achieved will then be still more surprising.

In particular, the duration of the cure is likely to be diminished by magnetism. It requires, however, a great deal of experience and great magnetic power; and therefore really successful results can only be looked for from a combined natural healer and magnetizer or from a specialist in magnetism.

It is a great mistake on the part of anyone who feels unwell to grasp at something peculiar and unusual. One will force himself to vomit, another will take a purgative, a third will endeavor to cure himself by this or that food or drink, instead of simply resting. And there are many cases of that sort. It is in that way that many illnesses are diverted at the outset from a favorable course and conducted to a bad end. Cases of apoplexy and heart complaints which have proved immediately fatal are, unfortunately, on the increase; such attacks occur, as a rule, to persons whose veins have given owing to the weakening of their walls by ulceration due to a morbid condition of the blood, the result of unnatural and luxurious living, the excessive use of strong beers, etc. If, under such circumstances an unusual movement of the blood takes place, in consequence of strong exertion or violent bodily exertion, the veins cannot resist the shock and a sudden rupture of the walls occurs, which may cause instant death. On the other hand, we may see people who have had an arm or a leg broken by a very slight accident, or whose bones tremble within them, as the people themselves say. This is partly due to the fact of the nourishment not being of the kind required to give strength and resisting power to the bony frame; partly, perhaps, to the neglect of the individuals concerned to strengthen their limbs by healthy exercise, gymnastics, and so forth. • If a constitution so soft and undeveloped, is put, by force of circumstances, to any kind of strain, it is tired out, and the slightest accident may result in a broken bone.

At the end of this chapter I turn to all authorities who have to watch over their subjects and citizens in weal or woe, with the most earnest petition that they may inform and convince themselves as to the great blessings which a natural way of living and, still more,

THE KNEIPP . WATER CURE MONTHLY

the Natural Method of Healing, guarantee, and then, with all their power and influence, promote the good cause.

Evils of the Use of Medicine*

Although all sick people, in their patient waiting, but earnest longing for recovery, strictly observe the doctor's orders, and their relatives, who nurse them, offer them, as a rule, everything which can alleviate *their* suffering,—in spite of all this, illnesses not unfrequently take a course so unfavorable as to compel a non-professional observer to reflect, and if he has ever concerned himself with the study of the Natural Method of Healing, to awake in his mind a lively feeling of regret. How is that? Simply because wonder-working power is ascribed to medicine in the treatment of disease. People imagine that the medicaments cure the malady. That, however, is a foolish creed; since, in the most favorable of cases, a disease can only be suppressed and never cured by medicine.

And the patient is, after all, none the better; he has only for a short time escaped from his sick-bed, without being rid of his disease which is only suppressed and only forcibly transferred to other organs. The said medicaments, deep-seated in those organs, are foreign to the system and the system takes the first opportunity, by developing a new illness, to cast them out. A healthy organism will not endure the presence of any foreign matter or warehouse goods in the form of self-acting poisons. If the violent action of the medicine is continued, the innate natural healing power of the organism becomes gradually weaker, and a chronic malady is the result; that is to say, the derelict drugs lodged in the various organs have no more thought of being turned out, because the organism has been deprived of the power to do it. Instead of a strong fever, which would expel the foreign matter and other impurities and eventually establish a cure, there ensues a chronic constitutional weakness which embitters the patient's life. The best proof that medicine cannot be intended for the cure of disease is afforded by sick children whose instinct, as yet unspoiled, teaches them to struggle, with all their might, against medicine; that is, against the bestowal on them, as a privilege, of a strong poison, and whose gustatory nerves must first be misled with sugar, syrup, etc., added to and mixed with the drug. The taste of adults, on the contrary, is so blunted by beer and spirits, by tobacco smoking and other bad habits, that the strongest medicinal poisons can be swallowed without any sign of squeamishness. We should ask the reader if medicine can be a natural thing and beneficial to the body, when spoons which have contained medicines, immediately turn black, and linen on which a few drops of medicine have fallen by accident, are thereby burnt or made moldy. And we demand of the body that it shall gladly take in substances which injure metal! Are not the tissues and veins of the human body of finer material than iron or steel? What mischief could be done in that way! But the physicians are not alone to blame for this evil state of things. Through tradition (the transmission and continuation of the science) during nearly two thousand years, the mind of the people is so habituated to the taking of medicine and the writing of prescriptions, expecting therefrom all manner of health,

jury, from a material point of view, by declining to order any medicine. The habits and traditions of centuries cannot be suddenly broken off and dropped; but they will fade in the light of proof, brought to bear, with patient diligence, on something better which may take the place of the old doctrine and belief. Only by such means will it be possible to recast, in a natural form, habits which are opposed to nature, but which have, as it were, become part of our flesh. To those physicians who, from conviction, favor the natural system of treatment, but who are compelled by their patients to write prescriptions and compound drugs for them, we would offer the well-meant advice that they should cause the harmless colored "medicine" to be prepared, which shall be nothing more or less than colored and sweetened water. In this way the doctor will not be acting against his better knowledge, he will claim the minds of his patients, and—as has been proved by the practical experience of many physicians of not to be possible—he will produce better results than with poisonous drugs.

(F. E. Bilz in the Natural Healing Method).

Literary Notes.

Outlines of Practical Hygiene, by C. Gilman Currier, M. D. Third edition. Price, \$2. Published by E. B. Treat & Co., 242-244 W. 23d St., New York City.

The contents of this valuable addition to our standard works on practical hygiene fill a previously much-felt want of many busy practitioners and students who emphasized the lack of a compendious work on above subject.

The chapters on ventilation and house-drainage deserve the greatest encomium. As to infectious diseases, we certainly concur in the advisability of disinfection, but as to inoculation of poisonous drugs to prevent disease, we do not share the same views. That part of the book is entirely opposed to our view of healing and preventing disease by Natural Methods only.

* * *

The Mental Advocate is the title of a new monthly, edited, owned and solely written by Dr. Paul Edwards, of 108 W. 38th Street, New York City. As denoted by its title, it is an advocate of mental science, telepathy and mental healing. As Dr. Edwards is his own office staff in one person, the periodical is *certainly full* of his own personality, which is indeed striking. We wish him success in his new venture.

Realisation, a course of lessons upon the Inner Nature of the Self, by Lorraine Follet, published by the Order of the White Rose, Syracuse, N. Y. Price, 50 cents. This booklet contains a series of treatises on super-consciousness, clairvoyance, intuition, telepathy, sympathetic harmony and divinity.

Psychic Phenomena of the Twentieth Century, by Albert Vernon. Published by the Vernon Academy of Mental Sciences, Rochester, N. Y. A treatise on psychraticism, psychomagnetism, suggestive therapeutics, mesmerism, hypnotism, mental and magnetic healing, personal influence, character reading, telepathy, clairvoyance, mental impression, etc. AH who mention this publication will receive a free copy from the publishers.

* * *

Power of Will, Through Direct Mental Culture. By Frank C. Haddock. Published, by Thos. P. Nichols, Lynn, Mass. Price, \$2.

This work embraces chapters on the theory and practice of a growing will; on direct control of the mental faculties; on success in the conduct of affairs; with an analysis of the symmetrical existence.

It is especially written for deep thinkers* ~~and~~ those who enjoy to seriously follow out and think out for themselves interesting philosophical and psychological problems*

Our Home Rights. The organ of the U. S. Confederation of Medical Rights League, published at 74 Boylston Street, Boston. Price, 50 cents per annum; single copies, 5 cents. Ittman Pfeiffer, M. D., Editor. This magazine advocates medical freedom in its full meaning, and its treatises are written capably and very interesting.

Suggestions in the Cure of Diseases and the Correction of Vices. By George C. Pitzer, M. D. Published by the St. Louts School of Suggestive Therapeutics, Los Angeles, Cal. Price, \$1. As the employment of psychological treatment, or suggestion, in the treatment of disease is a method of cure that is yet new to many people, those who desire to learn particulars of this method would do well to send for this book.

* * *

The Phrenological Journal for June has some very interesting notices about recent development in that science. Its price, \$1 a year, permits anybody to allow himself the luxury of becoming a subscriber. It is published by Fowler & Wells, 27 W. 21st Street, New York.

* * *

What a Man of 45 Ought to Know.—By Sylvanus Stall, D.D., Vir Publishing Company, 1134 Real Estate Trust Building, Philadelphia, 248 pp. Price, \$1.00.

It has been aptly said that a man at forty-five is either a fool or a physician. In the earlier books of this Self and Sex Series, the author, Sylvanus Stall, D.D., has sought to save young boys, young men, and young husbands from mistakes which can only be avoided by intelligence. Few men know that great physical changes await them at middle life. Perhaps it may be truthfully said that men at forty-five are as ignorant of the nature of the changes through which they are passing as boys at the period of adolescence. In this book, Dr. Stall, in that honest, frank, and fearless, but pure and matchless way which distinguishes the earlier books of this series, sets forth the character of the chancres which occur in the physical life of both men and women. The author makes out a clear case; appraises laymen of what all intelligent physicians admit; prepares his readers to solve the mysteries of those changes and by intelligence to escape the sad consequences of ignorance. To many men the guidance of this book will be a timely benediction.

* * *

The Home a Gymnasium.—By Mrs. O. V. Sessions. Published by Ella J. Sessions, Los Angeles, Cal. Can also be obtained by the Health Culture Pub. Co., Fifth Ave., New York. Price 10 cents.

Practical Physical Culture for Women.—By E. L. Sessions, Los Angeles, Cal. Price 25 cents. These two booklets contain a quantity of valuable and almost indispensable information for every woman endowed with common sense. They not only show the falsity of modern ideas about dress, but also give easy to be executed directions how to exercise the female body with advantage at home.

* * *

The great work, Bilz' *The Natural Method of Healing*, the English edition of which is just out, as advertised elsewhere in our Magazine, contains more interesting knowledge than an entire Encyclopedia of the healing art. It gives advice how to stop any incipient disease, arrest its progress, or cure any malady of long standing by pure Natural Methods only.

For family use it actually is almost indispensable, and no one should begrudge the price of its outlay—as once procured, no further need of a physician, no more drug bills, no more pills or quack medicines. All these will be obliterated entirely by the explicit and careful advice given in this unique compendium of knowledge. We earnestly advise our readers to procure the "above work in the near future.

* * *

The Political Economy of Humanism.—By Henry Wood, author of "Studies in the Thought World," "Ideal Suggestion," etc. 12mo. Cloth. Messrs. Lee and Shepherd, Chicago, have published a most practical and interesting work by Henry Wood, intitled "The Political Economy of Humanism." The book is a handsome volume of more than three hundred pages, and a variety of burning topics, like co-operation and competition, trusts and corners, strikes and profit-sharing, are treated ably and impartially. Price, \$1.25, or in paper, 50 cents.

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.

Mrs. James E. D., Lebanon, Ills. Ques. Please explain to me how to take a bed steam-bath. Ans. The bed-steam-bath is a three-quarter or full-pack with one hot bottle (if possible, stone bottle wrapped in a wet towel applied to the feet, two of such bottles outside to the calves, and two bottles to the thighs. First the body has to be wrapped in a wet sheet, then the hot bottles have to be placed, then the woollen blanket has to be enveloped round the whole. Three hot bottles in average are sufficient. Duration of the bed steam-bath is from 1 to 3 hours.

Ques. How to take a Sun-bath? Ans. See July copy.

Ques. What is the treatment for a ten months baby who has inflamed eyes at times. Ans. Two three-quarter packs every week and a cool hay-blossom bath daily 5 minutes. Sponge the eye several times a day with cold water, if inflamed with luke-warm fennel tea or luke-warm milk. Let the baby be naked in the house all day, expose the body to the rays of the sun 2 or 3 times a day, first 5 minutes, then gradually a little longer; let it play on the grass dressed with a thin shirt only. Give the juice of oranges or lemons mixed with the juice of any berries, 1 teaspoonful 3 or 4 times daily.

Ques. How should the foot of a child be treated who has hurt it with a nail or large splinter? Is there danger of blood poisoning? Ans. Clean the foot with luke-warm water, remove the splinter and apply a thick wet clay compress, or envelope the whole foot in wet clay, just as doctors do it with plaster of paris. After 2 to 4 hours the clay may become dry, then take off the clay, wash the foot and apply a new bandage; cover the clay bandage with a wet towel and over this a dry flannel. During the night apply a wet pack to the whole foot or even to the whole leg. There may be danger of blood poisoning, in order to prevent such apply a bed steam-bath every day for 5 or 6 following days.

Ques. What shall I do for a child troubled with looseness of the bowels? Ans. Every other day a three-quarter pack, every night a wet abdominal bandage, every day a luke-warm injection of thin oak-bark tea. Let the child live on a vegetarian diet, especially barley and oatmeal gruel, rice with stewed fruits, plenty of peaches, apples and berries, especially huckleberries and blackberries, luke-warm milk, malt coffee, Dr. Lahmann's Cocoa.

Ques. What is the natural method of treating scarlet fever? Full or three-quarter packs by luke-warm 80-85° F. half-baths, abdominal packs, cool sponge baths, and fresh air. Diet: orange juice, cold water, cold black malt coffee with lemon juice.

Ques. What is the best treatment for prickly heat? Ans. Cool sponge baths several times daily, three-quarter pack, sun and air baths.

F. L. St., Columbus, Ohio. Ques. My wife suffers from dizziness in the head combined with occasional severe headaches and a continual drawing in the back of the neck up through the head centering alongside the spinal chord. Ans. Every other day Spanish mantle or three-quarter packing, 1 to 154 hours, followed by a sitz-bath 85° F., in cool weather 90° F., 10 to 15 minutes, with pouring the water over the shoulders and on the stomach alternat[ing]. Every other day a back compress, 4-6 folded wet linen compress from the neck down to the last vertebra, covered by flannel bandage, duration, 2 hours. Every morning, if possible, sun-bath on the back 15 to 25 minutes, followed by cold sponge bath. The sun-bath should be combined with a full air-bath. In severe headache warm injection of 1 to ¼ quarts of camomile tea, cold neck bandage and cold compresses on the forehead, rest in bed, no food but a little orange juice, or every two hours one teaspoonful of lemon juice. During the night wet abdominal bandage. Diet: vegetarian and non-irritating. Moderate riding of bicycle might do her good.

L. STADEN,

346 Schermerhorn St., Brooglyn, N. Y.

The Health League.

To promulgate the truths of Health and the Nature Cure, the League will issue a periodical, which is to be distributed gratis to those unable to pay for the same, relying on all able to contribute the subscription price.

Second.—A *Hospital and* Clinic will be erected, where treatment will be given according to the principles of the Nature Cure; free to those patients who are unable to pay.

Third.—A public Lyceum, where free instruction may be given in the form of popular lectures, will also be established. These lectures will be followed by similar ones throughout the United States.

Fourth.—There shall be the establishment of a College for the instruction of HEALTH ADVISERS, who shall be taught to treat the sick without drugs and medicines, strictly according to the principles of NATURE CURE.

Fifth.—It is desired to form Branches of the League and Colleges in other cities, as fast as circumstances will allow.

The author of this idea seeks neither glory nor financial remuneration from its realization. He will be satisfied with the knowledge that he will have "set the stone a-rolling," and will bless the day when this thought suggested itself to his mind, should the stone grow to an avalanche and sweep the country clear of *disease*, pain, *misery and* physical and mental wretchedness and imperfections, thus making room for pleasanter conditions.

He exhorts the people to consider that this enterprise vitally concerns them all, rich and poor alike, and that, therefore, they shall not sting themselves, and shall come forth nobly. In spite of the great degeneracy existing everywhere, the author believes that the Americans possess one great redeeming feature—viz.: they are a nation of Philanthropists. Let them be assured that their aid is solicited for the common good of all, and their liberality knows no bounds. His confidence that his enterprise will prove a rapid and telling success is founded on a solid rock!

Let the welfare of your fellow-beings be the sole study and aim of your lives.

The Clergy and the Press especially, should take hold of this idea and promulgate it, as it deserves; thereby, they would earn the undying gratitude of the American people—nay, of the entire human race.

What would it avail you so you possessed the whole world, but hath not Chanty? Love each other, and bear one another's burdens that ye be children of your Heavenly Father. Let every thought of yours be, how best to serve Him, and He will reward you, both here and yonder.

For particulars, address U. S. HEALTH LEAGUE, 823 Lexington Avenue, New York City.

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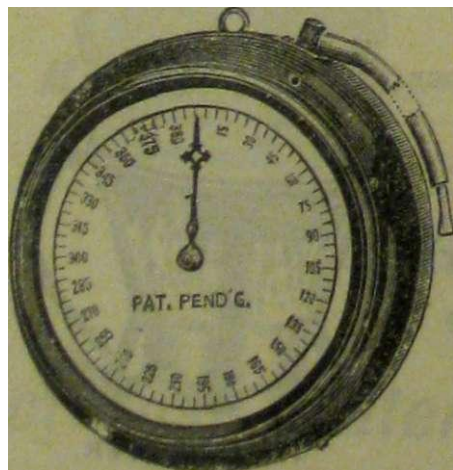
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Water is turned on first, regulating pressure and temperature; opens up and is put on like a collar, not over the head. Shuts the water off whilst open, preventing spattering or wetting the room. Closes over the shoulders adjusting itself to the shape of the body holding itself in proper position. It showers the whole body at once being the shape of the body.

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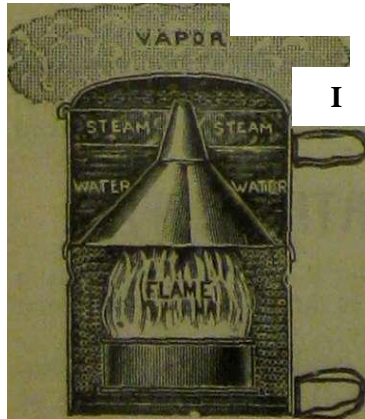
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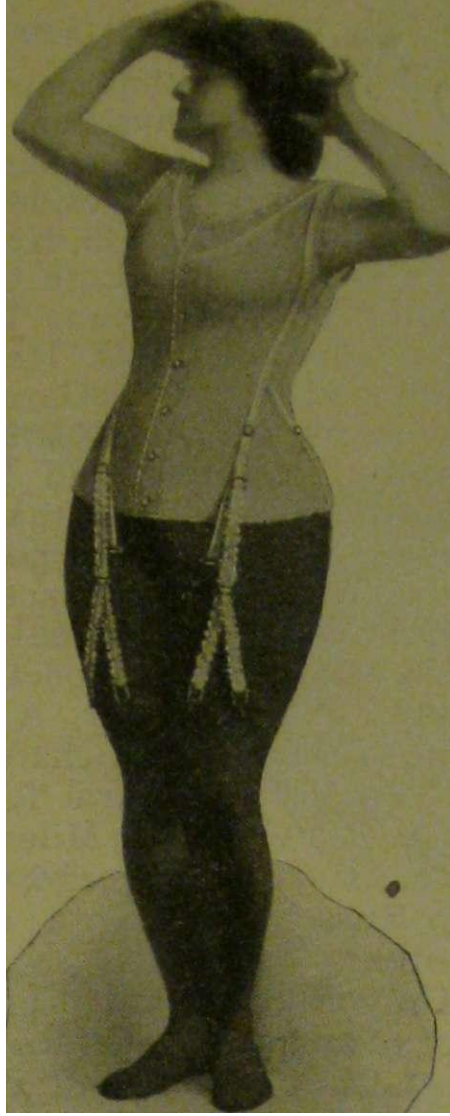
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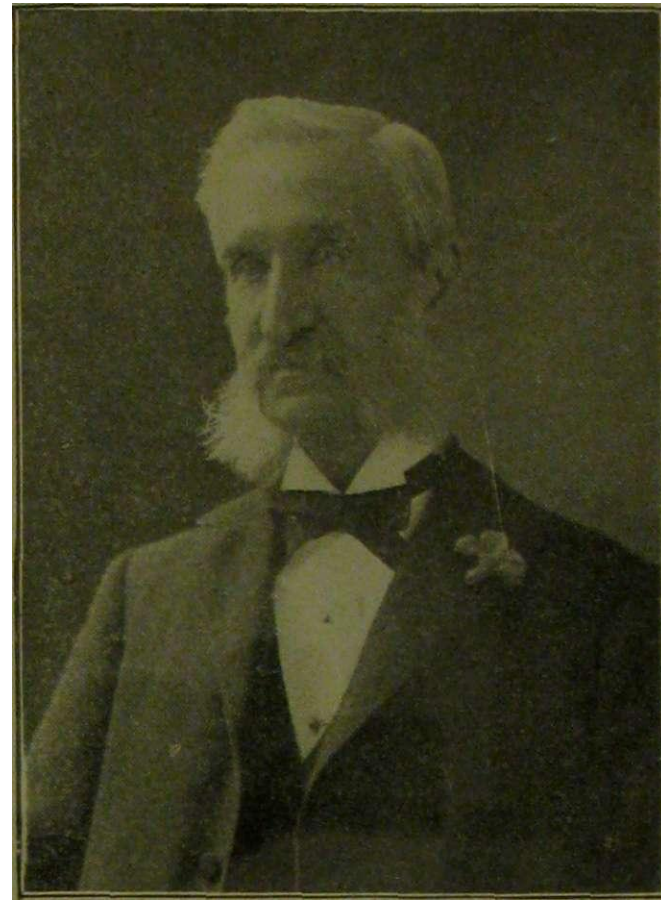
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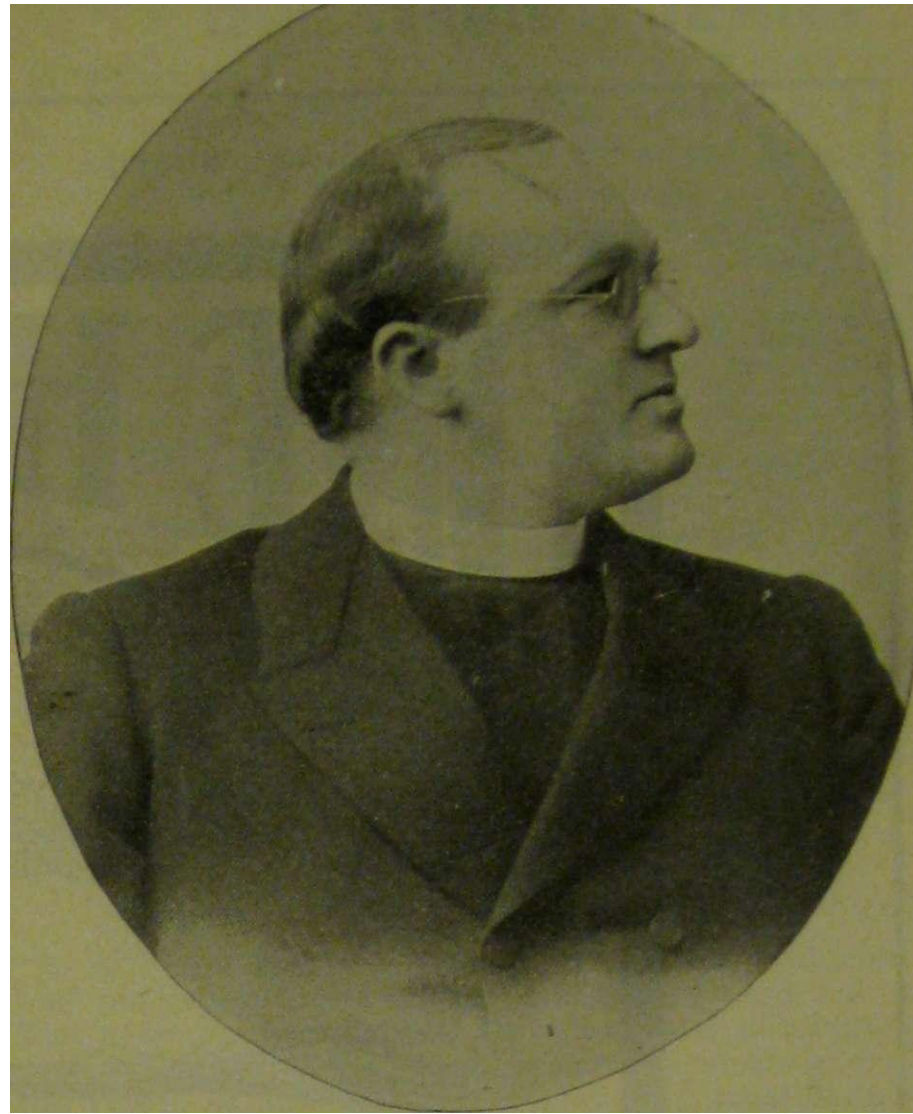
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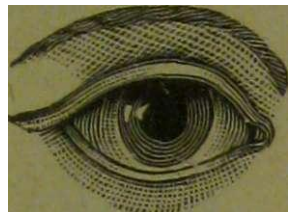
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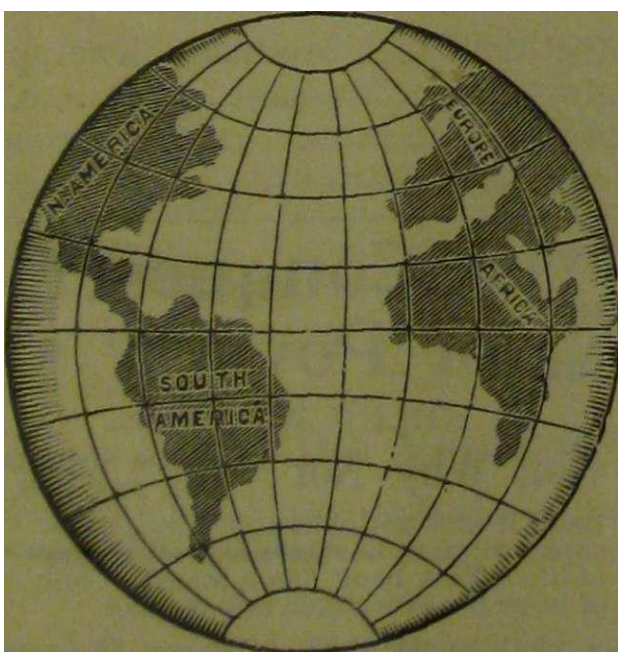
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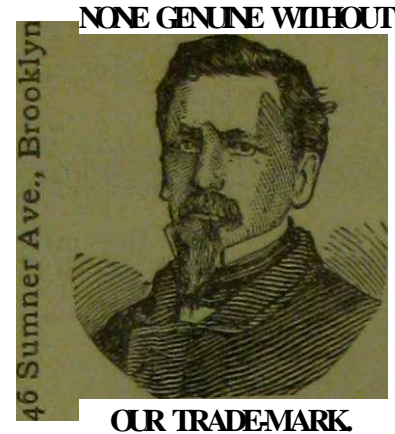
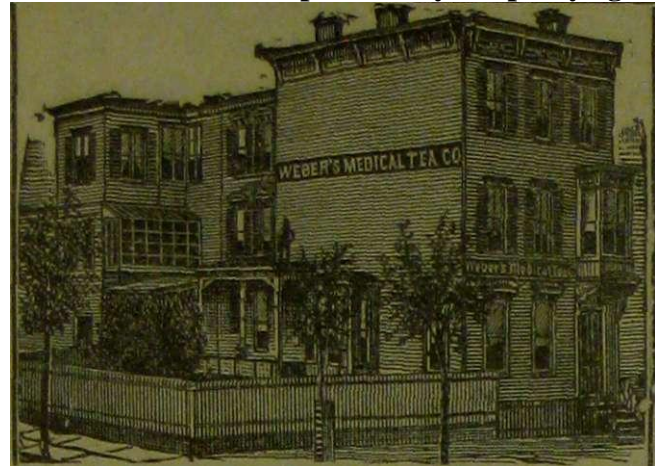
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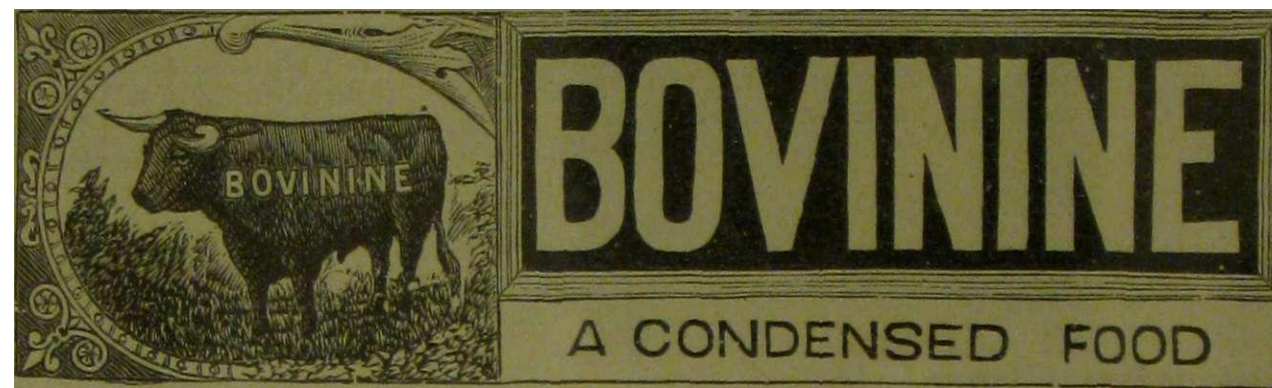
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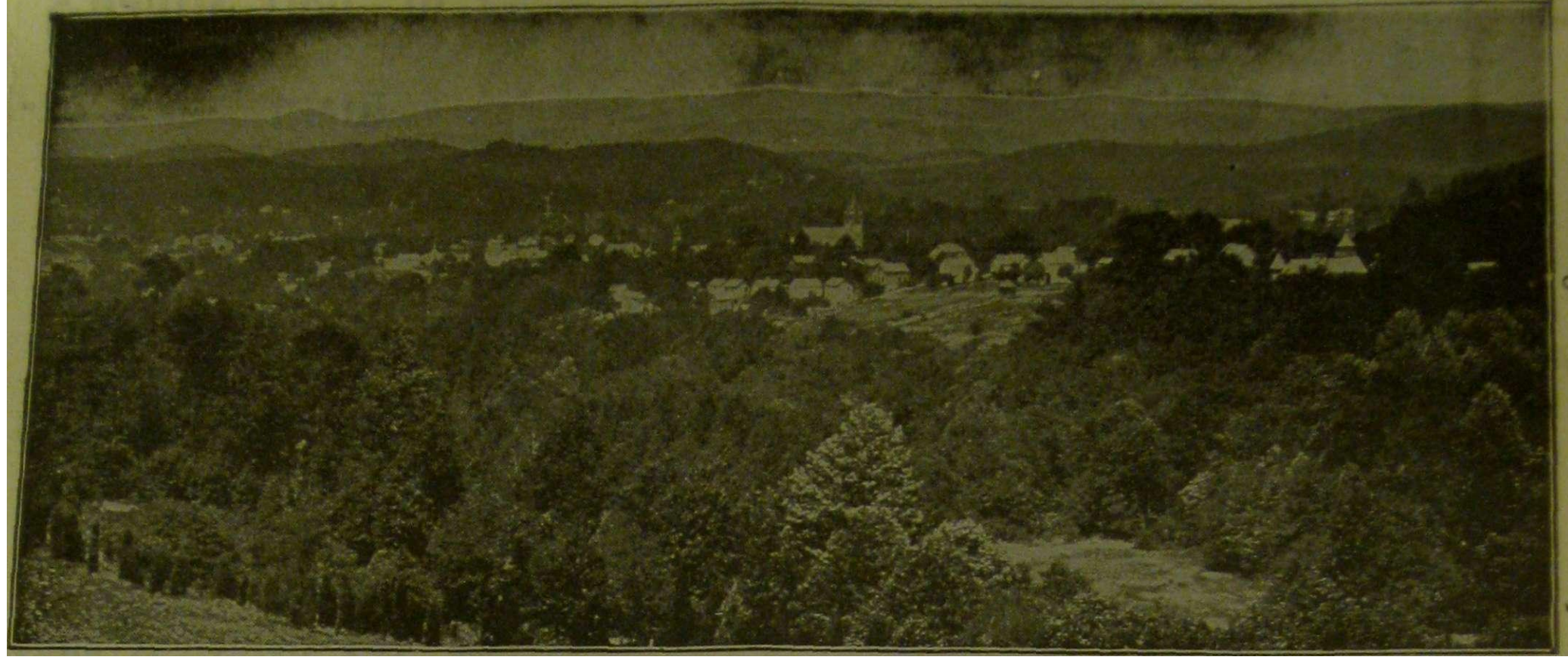
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Pound 15c, box 15c.

Iceland Moss.

German: Islandisches Moos.—Latin: Betraria Islandica.

Tea of the moss is used internally for chest and lung troubles, consumption and general disability.
Pound 80c, Box 15c

Iris.

German: Schwertlilie. — Latin : Iris germanica.

Commonly used in cases of dropsy.
Pound 75c, box 20c.

Juniper Berries.

German: Wachholder-Beeren.—French: Genievre.
Latin: Jiiiniperus communis L.

Aid digestion; are of good service in kidney and liver complaints, for removing foul gases and foul matter from the body, for stone and gravel. Those exposed to infection by contagious diseases should chew from six to ten berries every day.
Pound 30c, box 10c.

Knotgrass.

German: Wegtritt.—French: Renouee.
Latin: Polygonum aviculare L.

Very efficient in expelling gravel or stone from the kidneys and bladder.
Pound 50c, Box 15c.

Laxative Tea, «

German: Stuhlgangs-Thee.

Will effect regular movement of the bowels in case of constipation without any unpleasant effects and at the same time promote an active condition of the kidneys.
Box 30c.

Lindenflowers.

German: Lindenbliithen.—French: Tilleul.
Latin: Tilla Grandifolia L.

Next to Elder this is the best remedy to produce perspiration. It has an excellent effect on old coughs and obstructions from phlegm in the lungs and respiratory organs or in the kidneys.
Pound 60c, box 15c.

Liverwort.

German: Leberbliimchen.—Latin; Hepathica, or triloba nobilis.
Tea used internally for sexual diseases and hematemesis.
Pound 80c, box 20c.

Lungwort.

German: Lungenkraut.—French: Grand pulmonaire.
Latin: Pulmonaria officinalis L.

Of excellent use in lung troubles, especially when mixed with ribwort.
Pound 50c, box 15c.

Mallow.

German: Malve.—French: Mauve noir.
Latin: Aljhaea Rosea L.

Prepared as tea it cures throat infirmities and loosens the phlegm in the chest. It is also used for the ear in form of vapor.
Pound 75c, box 15c.

Marigold Flowers.

German: Ringelblumen.—French: Souci.
Latin: Calendula officinalis.

For induration of the glands, scrofula, cancer of the breast, constipation this tea is used with good effects. Its tincture is healing, like the tincture of arnica. A salve is also made of these leaves for ulcerous sores and old wounds.
Pound \$1.00, box 15c.

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Mistletoe.

German: Mistel.—French: Gui.—Latin: Viscum albumX*
Flux of blood is stopped by tea of Mistletoe. It removes obstructions in the circulation of the blood. Often used. wid& Shave-grass in equal parts.
Pound 50c. box 15c.

Mouse Ear.

German: Mausohrchen.

Mouse Ear Tea is recommended principally for gout.
Pound \$1.00, box 20c.

Mullein.

German: Wollkraut.—French: Bouillon blanc.
Latin: Verbascum thapsus et phi.

A very effective tea for complaints of the throat, catarrh, phlegm in the chest and difficult breathing.
Pound \$1.10, box 20c.

Mustard.

German: Senf.—French: Moutarde.
Latin: Sinapis alba or Sinapis nigra.

For rheumatism, pains in the back or chest or swoons put a plaster of mustard flour mixed with water on back or chest. For a trance use the same kind of plaster on the soles of the feet.

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Oat Straw.

German: Haferstroh.—French: Avoine.
Latin: A vena satira.

The straw of oats boiled in water for one hour and mixed with honey renders an excellent tea for all diseases of the chest. Oats boiled in water for one hour and mixed with honey form an excellent nourishment for convalescents. Oat-cutlins and Oat-flour make very nourishing soups.
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Peony.

German: Pfingstrose.—Latin: Paeonia officinalis.

Very beneficial in cases of epilepsy, cramps, asthma, gout. Antispasmodic, sedative.
Pound 90c, box 20c.

Peppermint.

German: Pfeffer-Minze. —French: Menthe poivree.
Latin: Mentha piperita L.

Of excellent use in various complaints of the stomach and bowels. Mint decoction, prepared with vinegar, stops blood vomiting.
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German: Pfefferkraut.—Latin: Satureja hortensis.

Against colic, griping pains, vomiting. A dissolvent remedy, also a good stomach-tonic.
Pound 50c, box 15c.

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German: Immergrun oder Sinngrin.—Latin: Vima minor.

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Pimpernel.

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Latin: Pimpinella L.

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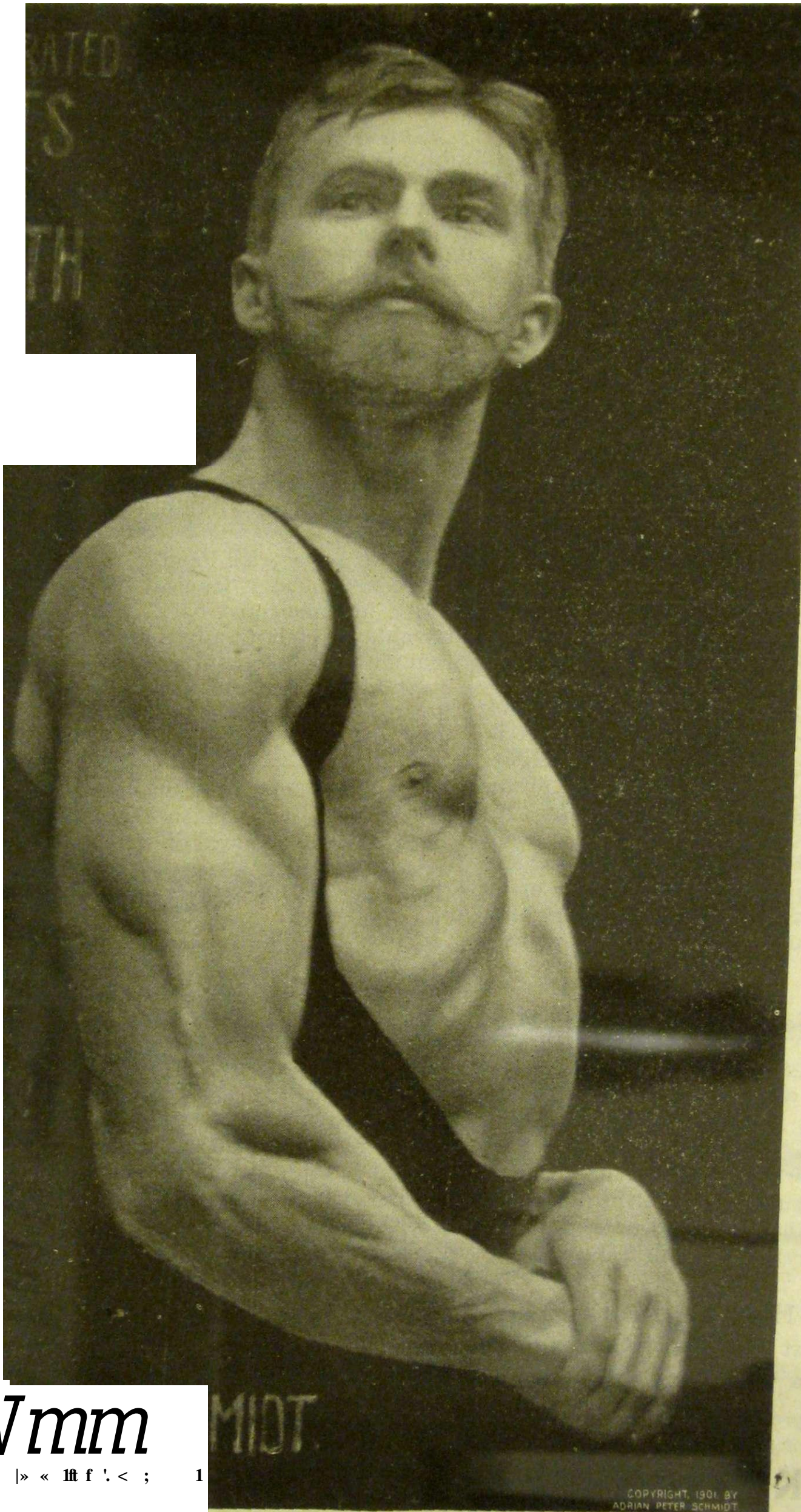
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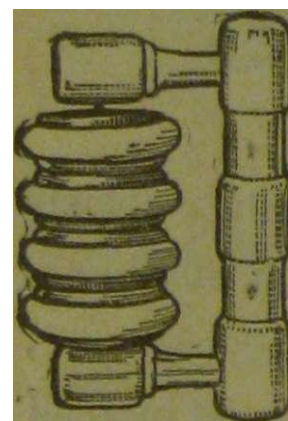
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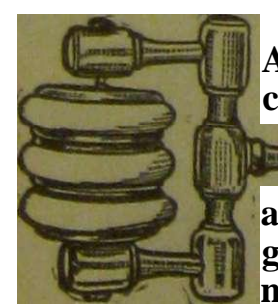
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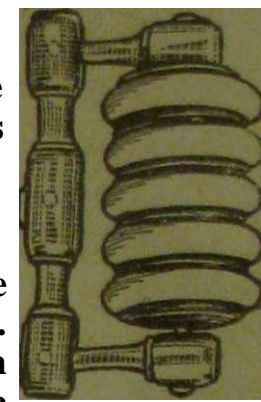
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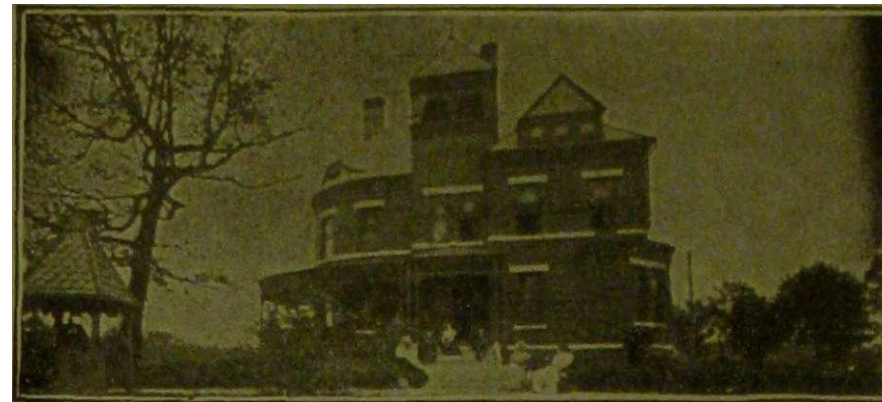
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